

Faith Talk *Activity* - Mar. 22, 2026

Family Activity: Needs vs. Blessings Jar

This activity helps families see how contentment grows when we recognize Christ's satisfaction and God's faithful provision.

Materials needed:

- Two jars or cups
- Slips of paper
- Pens

Instructions:

1. Label one jar "**What We Think We Need**" and the other "**What God Has Given Us.**"
2. As a family, write down things you often want or feel you need and place them in the first jar.
3. Then list ways God has already provided—spiritually and practically—and place those in the second jar.
4. Read the "blessings" jar aloud and thank God together in prayer.