

Faith Talk *Activity* - Mar. 8, 2026

Family Activity: The Maturity Mile (A Guided Walk & Talk)

What You Need

Just your shoes and a place to walk—your neighborhood, a park, or even a loop around your house.

How It Works

1. Begin your walk together and explain that this is a “Maturity Mile”—a short walk that symbolizes the longer spiritual race Paul describes.
2. As you walk, pause at three designated spots (choose trees, mailboxes, corners, etc.).

Stop 1. Admit and Take Hold

Conversation Starter: “What is one way you want to grow spiritually?”

Connection: Explain how Paul admitted he needed to grow even after decades of following Jesus. Everyone names *one thing* they want God’s help with.

Stop 2. Forget and Reach Forward

Conversation Starter: “What is one thing you want to leave behind with Jesus?”

Connection: Talk briefly about Paul’s encouragement to let go of past sins, failures, or discouragements. (Optional: Let kids or teens drop a small pebble to symbolize “letting go.”)

Stop 3. Eyes on the Prize

Conversation Starter: “What are we looking forward to with Jesus—today or in the future?”

Connection: Remind the family that we’re heavenly citizens and we press on with hope and purpose.

End the Mile with a Prayer

Thank God for taking hold of you, ask Him to help you grow, and commit to pressing on as a family.