

# NCC Family Activities Guide

Week 4: H.A.L.T. Depression. | Series: Weeds! | Date: 4.28.24

*Remember the goal of these activities is to foster open communication, spiritual growth, and shared experiences as a family! Adapt these activities to best help grow your family!*

## Possible Family Activities

### 1. Family Scripture Study:

Select Bible passages that address mental health, hope, and God's faithfulness. Read and discuss these passages as a family, reflecting on their relevance to struggles with depression. As a family discuss depression, what is it? How is it different than sadness? Bible heroes struggles?

### 2. Designate a "Peaceful Space" in your home:

Create a designated area in your home where family members can go to find quiet, peace, and solitude. Discuss as a family what this place looks like and why? i.e. comfortable seating, soft lighting, calming decorations. Encourage each family member to spend a few minutes each day in this space, engaging in quiet reflection, prayer, or reading uplifting books. Discuss and share the experiences of this intentional time of peace.

### 3. Have a conversation:

As a family discuss the acronym **H.A.L.T.** Hungry, Angry, Lonely, Tired. Talk about how each of these affect us as individuals and as a family. How can we name them when we begin to feel down and discouraged?

### 4. Family Prayer Time:

Schedule dedicated times for family prayer, specifically focusing on lifting up those who are battling depression. Each family member can take turns leading prayers for individuals struggling with mental health issues and pray for God's comfort, healing, and guidance.

### 5. Listen to worship music together:

Gather as a family and listen to worship songs that focus on finding hope and strength in God. Go to the Resource Page and the Spotify list. Talk about how the words, music or both encourage you and why? Have each family member choose their favorite.