

NCC Family Activities Guide

Week 5 Message: Hope and Help | Series: Weeds! | Date: 5.4.24

Possible Family Activities.

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!

1. **Create a "Weed Pulling" Time:** Take some as a family to go out into your garden or yard and spend some time pulling weeds together. Use this physical activity as a metaphor for the process of surrendering struggles and challenges to God. As you pull each weed, encourage family members to share one thing they want to release to God and pray together for His help and redemption. Think and discuss how God can transform these "weeds" into something beautiful in His time.
2. **Plant Hope Seeds:** Purchase small packets of flower or vegetable seeds for each family member. As you plant the seeds, talk about how seeds represent hope and new beginnings. Discuss how God can bring growth and beauty out of challenging circumstances, just as He can transform a tiny seed into a thriving plant.
3. **"Help a Neighbor" Challenge:** Create a challenge within your family to help a neighbor or someone in need. Maybe someone who is discouraged or struggling with mental health. Brainstorm small acts of kindness that can bring hope and help to others, such as preparing a meal, writing encouragement cards, or offering to do yard work. Discuss the impact these acts of kindness can have on others and how they reflect God's love and care.
4. **Fruit of the Spirit Family Game:** Play a game centered around the fruits of the Spirit mentioned in the sermon (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control). Each family member can choose a fruit and come up with a creative game or activity that represents that fruit. For example, for joy, you can play a game of charades acting out joyful situations. Take turns and discuss how these fruits of the Spirit bring hope and help to our lives and relationships.
5. **Family Scripture Wall:** Designate a wall in your home as a "Family Scripture Wall." Choose scriptures that remind your family of God's hope, help, and promises. Write or print out these verses and display them on the wall. As a family, take turns reading and discussing these scriptures regularly, allowing them to serve as a daily reminder of God's faithfulness and the hope we have in Him.

Choose one or more of these family activities and enjoy the opportunity to grow closer to God and each other as you explore the message of "Hope and Help" together.