

FAITH FORMATION AT HOME - FAMILIES

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Beach Ball Faith

By Christy Olson

Use a beach ball to explore how faith helps us bounce back after hard things.

Materials Needed: Inflatable, multi-colored beach ball; optional: outdoor space
Prepare in Advance: Inflate the beach ball.

ACTIVITY:

Sit in a circle with the beach ball. Talk about the colors of the beach ball.

Which is your favorite color? Why?

How does it look when we spin the beach ball?

PRAY:

Explain that you all will say a beach ball prayer. After you say, “Dear, God thank you for...” you will bounce the beach ball in turn to each person, who will add one thing he or she is thankful for. Together, shout “Amen!” at the end of the prayer.

Sit down and have one person hold the beach ball. Talk about some hard things that sometimes happen in life. (Maybe you got sick or a friend got mad at you.) Allow time for each person to tell about a hard thing.

GAME:

Play a game of “Faith Bounce.” Stand in a circle. One person holds the ball. The ball needs to bounce in the middle. When the ball hits the ground, the person who threw the ball yells one of life’s hard things. The person who catches the ball yells, “I have faith!” For example:

Person bounces the ball in the middle of the circle and yells, “My friend is sick.”

The person who catches the ball yells, “I have faith!”

Play until everyone has two turns to catch the ball and yell, “I have faith!”

Sit in a circle and place the beach ball in the center. Discuss:

How does our family’s faith in Jesus Christ help us through hard things?

How can we help other people when they are going through hard things?

Comment that prayer—talking with God and asking for God’s help—can help us.

Sit close to the ball. Have everyone place their hands on the beach ball. Pray aloud, asking the others to repeat each line:

God, thank you for giving us this family. (Repeat.)

Help us to live with faith in you. (Repeat.)

Help us to bounce back from hard things . (Repeat.)

Have everyone stand up while holding the beach ball and toss it in the air together as you shout, “Amen!”

Play a beach ball game together.

Kick the beach ball back and forth between two trees.

Lie on your backs and try to pass the beach ball from person to person while keeping it in the air.

Make up an outdoor beach ball obstacle course around trees, bushes, or lawn furniture.

Try pushing the ball, bouncing the ball, or holding the ball on your head while you run around the course.