

What is Faith?

By Paige Evers



“Faith” is a word that children often hear but they may not understand what it means. This activity invites families to take a winter walk or look at nature together through the window. By talking about things that are happening unseen under the snow, children can start to understand that faith means believing in Jesus who promises to be with us even though we can’t see him. After a winter walk or window time, family members can play a simple memory game indoors to talk further about the meaning of faith.

For
Young Family

Season
Winter

Needed

Winter clothing if you want to do a nature walk outdoors, binoculars if you have them, tray or cookie sheet, about five objects (toys, kitchen items, stuffed animals) that are familiar to your child, towel to cover the tray or cookie sheet.

Prepare in Advance

- Spread the objects out on the tray or cookie sheet so they can all be easily seen.

Activity Plan

1. Say this prayer aloud to begin.

Dear God, thank you for this time together. Be with us as we learn more about you. Help us grow in faith so that we can always pray with confidence in Jesus’ name. Amen

2. We just asked God to help us grow in faith. Let’s talk about that word “faith.” What does it mean? What is faith? Read aloud Hebrews 11:1

“Now faith is confidence in what we hope for and assurance about what we do not see.”

In other words: faith is believing that something is there even when we can’t see it. Faith is knowing that something is going on, even when our eyes can’t see it happening.

3. Move to a window and look outside. Show your child how to use binoculars if you have them. You could also go for a winter walk and do the activity outdoors. Ask your child what she or he sees in nature in winter. Can they think of anything else that is going on outside in the winter, even though they can’t see it happening? Some possibilities are:
 - Moles are traveling through their tunnels underground.
 - Turtles and frogs are hibernating deep in mud.
 - Squirrels are nibbling on pine cones.



- Chipmunks are hibernating in burrows.
 - Woodpeckers are resting in their nests in holes in trees.
 - Some butterflies spend winter as a chrysalis, preparing to emerge as a butterfly in the spring.
4. Say to your child/family that on a quiet winter day, we know that things are happening in nature even though we can't see them. Faith is like that: it's trusting that Jesus is always with us, even though we can't see him. Faith is knowing that God loves us and helps us every day. Faith is believing that we are God's children and that God has good plans for us.
 5. Go inside or move to an area where you can sit together. Play a simple memory game to demonstrate the verse from Hebrews: "Now faith is confidence in what we hope for and assurance about what we do not see."
 - Place the objects you selected ahead of time on a tray or cookie sheet.
 - Show your child the objects and name each one.
 - Look at the objects for a minute or so and then cover the entire tray with a towel.
 - With the items covered, ask your child to remember and name all of the objects that are on the tray.
 - Remind them that even though you can't see them now, you know that they are there.
 - Remove the towel and check how many you were able to name.
 6. Remind your child that you started the activity with a prayer that God would help you grow in faith. When you played the memory game, you had faith that those objects were still on the tray even though you couldn't see them.
 7. The Bible tells us that Jesus is always with us. Jesus loves us and gives us new life every day. We put our faith and trust in Jesus. We want to grow in faith so we can follow Jesus and live joyfully as children of God.
 8. Finish by saying this prayer.

Dear God, it's winter and sometimes it looks like nothing is happening. But we know that you are at work in the beautiful outdoors. We know that you are with us, too. Help us grow in faith in Jesus. Fill up our hearts with Jesus' love. Show us how to share his love with others. Teach us how to serve family, friends, and strangers with joy. In Jesus' name we pray. Amen.

