

ACTIVITY: FEARS IN A HAT

Made to Play: an activity that encourages learning through following guidelines and working as a group

What You Need: Hat, index card or small pieces of paper, pencils, music, larger piece of paper to display bible verse

What You Do:

- Review Hebrews 11:1. Write it out on a dry erase board or chart paper and read it together a few times. (*Faith is being sure of what we hope for. It is being sure of what we do not see.* Hebrews 11:1 (NirV))
- Give each family member an index card or a small piece of paper and a pencil.
- Ask each person to write down one fear that they have. (if they have more than one fear give them an additional piece of paper)
- Encourage them to fold the papers and place it in a hat.
- Instruct the family to pass the hat around as you play music.
- When the music stops, the person holding the hat pulls out a fear and reads it to the family.
- The family responds by saying the verse, direct them to read from the paper if needed.
- Then the music and hat-passing start again.
- Continue until you've gotten through all of the fears.

What You Say:

"This activity was a great reminder that all of us struggle with fears. Today's story, as well as this month's verse, are great reminders to put your hope in Jesus when you're scared. You may not understand it or see immediate results, but faith in Jesus produces strength and courage to face any situation. **[Bottom Line] Knowing Jesus can help you face your fears.**"