

# THE BODY OF CHRIST

## SCRIPTURE:

“Let us think about each other and help each other to show love and do good deeds. You should not stay away from the church meetings, as some are doing. But you should meet together and encourage each other. Do this even as you see the day coming” (Hebrews 10:24-25 ICB)

## PLAY:

Have the family members extend their arms straight out to the sides. Start a timer. See how long everyone can hold this position. When one person's arms drop, the timer stops. Repeat to try and set a family record. As you do this a second or third time, encourage each other as you grow tired of holding up your arms, so you can set a new family record.

## TALK:

Sometimes encouragement from others can help us do things we couldn't do alone. As followers of Christ and members of His body, we are told to encourage each other. This is especially important when life gets tough. We need to take time to encourage our friends and family by sharing God's word with them. We can remind them that whatever happens, Jesus will help them keep going. Who do you think you can encourage today? *[Allow your kids to share their thoughts]*

## PRAY:

Ask God to help you become more aware of those who need encouragement.