

**STICKY  
FAITH  
EVERY  
DAY**

**Week 3: Receive**

Family Ideas

*Author: [unreadable]*

# RECEIVE

## Sticky Faith Every Day Family Ideas

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Too often in life, gifts come to us with “strings” attached—expectations, obligations, or work we must do to earn them. This week we look at a different kind of gift. In John 1 the Bible describes Jesus’ grace as a free gift to us, something we are invited to simply receive. Below are a few suggestions for talking as families about our ability to receive with “no strings attached.”

### Ideas for Engaging Your Whole Family in RECEIVE

- In the DAILY GUIDE there is an invitation to journey through Psalm 51 in different ways each day. You may want to sit down together over dinner and walk through this journey as a family, or practice the exercises individually and process them together.
- An unspoken affirmation is no affirmation at all. During the week when you see family members doing things you appreciate, jot it down on a note and express your appreciation in a location you know they will see it. See how many come up during the week, and at the end of the week talk about how it felt to receive affirmation from one another.
- Plan a specific date with your children to shop for inexpensive gifts for another family member. Go together to a store and with \$5 or \$10 each, break away and in 30 minutes come up with the best gift you want the other person to receive. When you come back together, share why you chose that gift. Talk about the concept of receiving and what it’s like to give or receive gifts freely. (NOTE: As an alternative, you might go to the store and pick out the gift you would want the other person to receive if you had any amount of money to spend, and talk about it in the store).
- Create an obstacle course as a family, go to one nearby, or make one up on the spot at a local park playground. You can decide whether to time each other or race through all at once depending on your family’s style and competitive preference. Afterwards go out for ice cream or a dessert somewhere (or bring one with you from home) and talk about some of the things that get in our way of noticing God. Perhaps look over Psalm 51 and the obstacles that kept David from receiving all God had for him. You may even talk about obstacles as a family that can get in the way of noticing God as well. What obstacles—personal or family ones—keep us from receiving the gifts of God’s grace and love?