



Blessed Bonds

An Activity Guide Book For Christian Families

The background is a solid dark blue color. Scattered across it are several small, colorful dots in shades of orange, light blue, pink, and purple. There are also two larger, stylized pink hearts. One heart is positioned to the left of the word 'Contents', and the other is to the right, above the word.

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The Starting Point

Welcome to your faith-filled family adventure!
Explore this book of engaging activities to strengthen your family bond and deepen your connection with God. Embrace shared moments, strengthen bonds, and celebrate the sacred gift of family as you grow in faith and love.

Do feel free to take photos or videos, and tag us on Instagram [@amkmc](https://www.instagram.com/amkmc) and/or use the hashtag **#amkblessedbonds** to encourage other families!

**Let's embark on this
blessed journey together!**

Family Devotion Time



Devotional Reading:

Reflect on 1 Corinthians 13:4-7. Discuss what love means in your family, and how love makes everyone feel cared for and connected.



Reflection Questions:

1. Why is it important to forgive each other when we make mistakes in our family?
2. Think of a time when a family member showed kindness to you. How did it make you feel?



Activity:

Each family member writes down or shares one way they can show love this week.



End the devotion with a prayer.





Nature Discovery

Embark on a Nature Scavenger Hunt and seek out the wonders of God's creation!



Scavenger Hunt Checklist:

Check the boxes for the things you've found!

- | | | | |
|--------------------------|-------------------------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | Bird's nest | <input type="checkbox"/> | A small stream |
| <input type="checkbox"/> | Twisting vines | <input type="checkbox"/> | Waterlilies |
| <input type="checkbox"/> | Buzzing bees | <input type="checkbox"/> | Spider web |
| <input type="checkbox"/> | Fungi | <input type="checkbox"/> | Palm trees |
| <input type="checkbox"/> | Squirrels | <input type="checkbox"/> | Giant ferns |
| <input type="checkbox"/> | Tropical fruits on a tree or plant | <input type="checkbox"/> | Caterpillar on a leaf |

Discuss:

- What was your favourite part of the walk and why?
- What other amazing things did you see during your nature walk?
- How do the things we found show us God's creativity?

Reflection:

Draw or write about something beautiful you saw in nature.



Love on a Plate

Recipe 1

Low-Sugar No-Bake Cookies



Ingredients:

- 1 cup Peanut butter or one medium banana
- 1/2 cup Honey or maple syrup
- 2 cups Rolled oats
- 1/4 cup Chopped nuts or dried fruit (optional)

Instructions:

1. Heat peanut butter/banana and honey in a microwave until smooth.
2. Mix in oats, add nuts/fruits (optional).
3. Drop spoonfuls on parchment-lined sheet. Chill in the fridge for 30 minutes until firm.

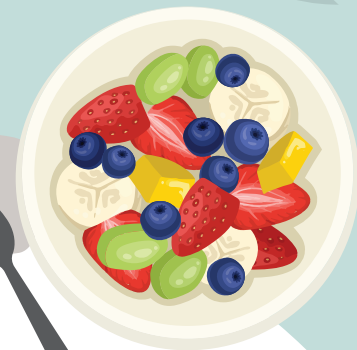


Discuss:

- How does preparing a meal together bring you closer?
- What are you thankful for in today's meal?

Recipe 2

Rainbow Fruit Salad



Ingredients:

2	Bananas	1/2 cup	Strawberries
1	Apple	1/2 cup	Blueberries
1 cup	Grapes	1/4 cup	Yogurt (optional)

Instructions:

1. Wash all the fruits thoroughly.
2. Chop the bananas, apple, and strawberries into bite-sized pieces.
3. Combine all the fruits in a bowl and add yogurt for extra creaminess (optional).
4. Serve immediately or chill in the refrigerator for a refreshing snack!

Crafty Creations

Craft
1

Gratitude Stones

Materials:

Smooth stones, permanent markers, glitter glue, acrylic paint and brushes

Instructions:

Decorate the stones with symbols, words, or images representing blessings, gratitude, or prayers.

Once the stones are dry, place them in a special spot in your home or garden as a visual reminder of God's blessings in your family.



Craft
2

Family Blessing Jar



Materials:

Jar, colourful paper, pens, markers, stickers, decorative ribbons or twine

Instructions:

Decorate the jar with coloured paper, stickers and/or ribbons. Write blessings or things you're grateful for, add them to the jar, and read them together at the end of each week.

Discuss:

- How do the materials we use in our crafts reflect the beauty of God's creation?
- How can we use our crafts to share the message of God's love with others?

Acts of Service



Doing acts of service as a family fosters love, compassion, and unity, reflecting Christ's teachings of selflessness and kindness to others in our daily lives.

Ideas:

- Making care packages
- Community clean-up
- Support a family in need
- Participate in a mission trip
- Offer your skills to neighbours eg. tutoring, cooking, home repair etc

Love in Action Plan

Who will we help?

What will we do?

When will we do it?

Discuss:

How does serving others show God's love?

Writing Thank You Notes

Write thank you notes to each family member, showing appreciation for specific acts of kindness and love.

Prompts:

- What specifically are you thankful for?
- How has the recipient's actions or presence positively impacted you?
- How will you pass on the kindness or do something nice in return?

Discuss:

How does expressing gratitude strengthen your family bonds?



Thank
You

The illustration shows a pair of hands in pink sleeves writing on a white envelope. The envelope is decorated with a pink flower and a yellow flower. The words 'Thank You' are written in large, bold, black letters. A green pencil is held in the right hand, pointing towards the text. The background is purple with a white speech bubble containing the prompts and a dark green speech bubble containing the discussion question.

Family Fun Challenges



Ideas:

- **Family Storytelling Night:**
Share anecdotes, memories, and stories in a circle together.
- **Game Night:**
Play board games, card games, and puzzles together, rewarding winners with prizes.
- **Family Talent Show:**
Allow each family member to showcase their unique skills or talents.
- **Outdoor Adventure Day:**
Plan a day of outdoor activities like hiking, biking, or playing sports together.

Discuss:

How do these activities bring joy and laughter to your family?

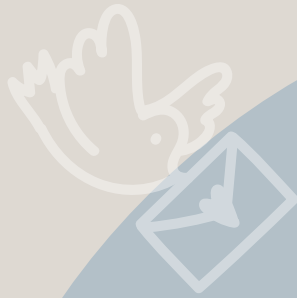


Heart-To-Heart Talk

Meaningful family conversations sow seeds of friendship. Listening and sharing with each other deepen bonds like sturdy roots of a tree.

Suggested Topics:

- Healthy habits to adopt as a family
- Long and short term family goals
- The role of media and technology in your family
- Different perspectives on current events (eg. climate change, social justice etc)
- Navigating life transitions together (eg. moving to a new home, starting a new school/job etc)



Guided Questions:

- What makes your family special or unique?
- What are the values that are important to your family and how can each of you live them out?
- What can you do together to protect the planet and ensure a better future for everyone?
- How does technology affect your family's relationships and well-being?
- Which bad habits can you change as a family to be healthier?



Worship & Prayer

Gathering as a family to worship brings us closer to each other and to God. It helps us learn and grow together in love and faith.

Song Suggestions:

- "This Little Light of Mine"
- "Amazing Grace"
- "10,000 Reasons (Bless the Lord)"





Scripture:

Choose a passage from the Bible to read together. Take turns reading verses aloud, or one person can read the entire passage.

Prayer Guide:

Say a simple family prayer together. Include each member's thanksgiving and prayer request.

Reflection:

How does singing and praying together help you feel closer to God and to each other?



Sing Along!

Scan the QR code to access the [AMKMC Worship Songs Playlist](#).

Soulful Scribbles



Journaling shows God's presence, grows faith, expresses gratitude, and records prayers.

Prompts:

- Write about a time you felt very thankful for a family member. How did the person show God's love?
- Think about how your family has helped you learn about God. What have they taught you about Him?
- Identify the strengths and talents of each family member. How can you encourage and celebrate these gifts in a way that honours God?
- Write about your hopes and prayers for your family's future. How do you think God will work in your family in the future?

Reflection & Closing Prayer

Reflection Questions:

- What was your favourite activity, and why?
- How did doing these activities together as a family make you feel?
- Did you learn anything new about God or Jesus from the activities? What was it?
- Did any of the activities remind you of something special about your family or faith?
- How have these activities helped us grow closer as a family?

Closing Prayer:

A prayer of thanksgiving for the time spent together and for continued growth in love and faith.



The Journey Continues

Family bonding is a journey of love and faith that strengthens our connection with God. Let's embrace it with joy and gratitude, knowing God binds us forever.

Here are **5 more activities** your family can continue doing:

- **Gardening:** Plant and care for a garden, learning about growth and stewardship.
- **Book Club:** Read and discuss Christian books, exploring faith and character.
- **Memory Journal:** Document family memories, milestones, and prayers in a scrapbook.
- **Fit Fun:** Exercise as a family, honouring God by caring for your bodies.
- **Retreat:** Plan a weekend getaway for relaxation and family bonding.





Love is patient, love is kind.

It does not envy, it does not boast, it is not proud.

It does not dishonour others, it is not self-seeking,

it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth.

It always protects, always trusts, always hopes,

always perseveres.

1 Corinthians 13:4-7 NIV



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