

# Blown Over with Hope

By Julie Filby



Pairing a feeling of discouragement with one of happiness in this activity may help to demonstrate how even when a person feels overwhelmed or hopeless, Jesus is there to help. Sometimes this encouragement comes in very simple ways.

**For**  
Young Family

**Season**  
Summer

**Needed**  
Index cards, pencils, table

## Activity Plan

1. Gather around a table and begin by inviting family members to tell what they are most thankful for today.
2. Give each person an index card and a pencil. Ask each one to write or draw about a time of day or daily activity that is often discouraging, an activity that makes him or her feel hopeless or “at odds” with the world. (For example, getting up in the morning, doing homework, cooking a meal, running errands, commuting to job, tying shoes, going to daycare.) Be ready to help younger children with spelling.
3. Next, have family members flip their cards over and write or draw about a favorite time of day or daily activity that makes them feel relaxed, happy, or confident. (For example, playing with friends, reading a story, working in the garden, eating a meal with the family, watching a sporting event.) Again, be ready to help younger children with spelling.
4. Once finished with both sides, have family members gently fold their index cards with the favorite time of day facing out. Set the folded cards on the table.
5. Have each person try to flip over his or her card by blowing on it. (It sounds easy, but it’s not.) Even when blowing above or below the card, it shouldn’t flip.
6. Invite family members to think about what lesson they might take from this activity: What might this exercise say about living each day? (For example: Even when we feel frustrated or overwhelmed, it is temporary. The “bright side” of life can’t be blown away. Jesus provides hope in many different ways, including in the form of everyday activities that we enjoy—times when we feel happy, confident, and hopeful.)
7. Finish by reading aloud Psalm 86:15: *But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.* Wonder together about how praying these words might improve a person’s outlook on life each day.

