



Rekindling Faith and Trusting God's Strength

By Alice Presswood

Illuminate Your Path | Strengthen Your Faith | Trust in God

This activity and summary sheet set invites participants to reflect on their faith, trust in God's unshakable strength, and find renewal in their spiritual journey. With thought-provoking reflections, hands-on activities, and practical applications, this set provides tools to deepen your relationship with God and inspire a life rooted in trust and perseverance. Through scripture, creativity, and community, let this guide help you rekindle the flame of faith.

Introduction

Blog Summary

Ariel's blog explores the power of faith to overcome life's challenges by trusting in God's strength. Drawing on scriptures like Isaiah 41:10, Psalm 46:1, and 2 Timothy 1:6, the post emphasizes perseverance, spiritual renewal, and the importance of rekindling one's faith during difficult times. Readers are encouraged to reflect on their spiritual journey, reconnect with God, and trust that His strength is sufficient to guide them through any storm.

Memory Quote

Inspired by Ariel: "Faith rekindles the light within us, guiding us to trust God's unshakable strength. For children, consider imagining this as a tiny flame in their hearts that grows brighter each time they trust in God."

Reflection Questions

Exploring Faith and Trust

1. What does trusting God's strength mean to you?
2. How can faith help you face life's uncertainties?
3. What steps can you take to reignite your spiritual relationship with God?

Personal Connections to Faith

1. Can you recall a time when trusting God helped you overcome a challenge?
2. How can prayer and scripture strengthen your faith during difficult moments?
3. What daily practices can help you stay spiritually connected?

Faith in Action

1. How can you share God's strength and encouragement with others?
2. What role does your community or family play in supporting your spiritual growth?
3. How can rekindling your faith impact your outlook on life?

Section 1: Interactive Activities

Activity 1: Faith Flame Journal

Objective: Reflect on personal experiences of faith and write about moments when God's strength has been evident in your life. For kids, you might prompt them to think about a time they were scared or sad and prayed, then felt better.

Materials Needed:

- Notebook or printable journal pages.
- Pens, markers, and decorative stickers.

Instructions:

1. Reflect on a time when you felt God's strength in your life.
2. Write about how your faith was rekindled during that moment.
3. Decorate your journal entry with scripture verses or symbols of faith.

Reflection: How did journaling about your faith journey help you reconnect with God?

Activity 2: Build a Scripture Trust Chain

Objective: Create a visual reminder of God's promises by building a chain of scripture verses focused on trust and strength. For younger participants, include shorter verses or key phrases like "God loves you" or "Trust in the Lord."

Materials Needed:

- Colored paper strips.
- Markers or pens.
- Glue or tape.

Instructions:

1. Write a different scripture verse about trust and strength on each paper strip.
2. Link the strips together to form a chain.
3. Hang the chain in a visible place as a daily reminder of God's promises.

Reflection: How does seeing God's promises every day strengthen your faith?

Activity 3: Rekindling Faith Craft

Objective: Create a decorative candle or flame to symbolize the renewal of your faith. For kids, provide an option to draw or color a flame instead of crafting, making it more accessible.

Materials Needed:

- Small glass jars or votive holders.
- Battery-operated tea lights.
- Decorative materials like paint, ribbon, and stickers.

Instructions:

1. Decorate the jar or votive holder with symbols of faith or scripture verses.
2. Place the tea light inside to represent the flame of faith.
3. Use this craft as a reminder to trust in God's strength.

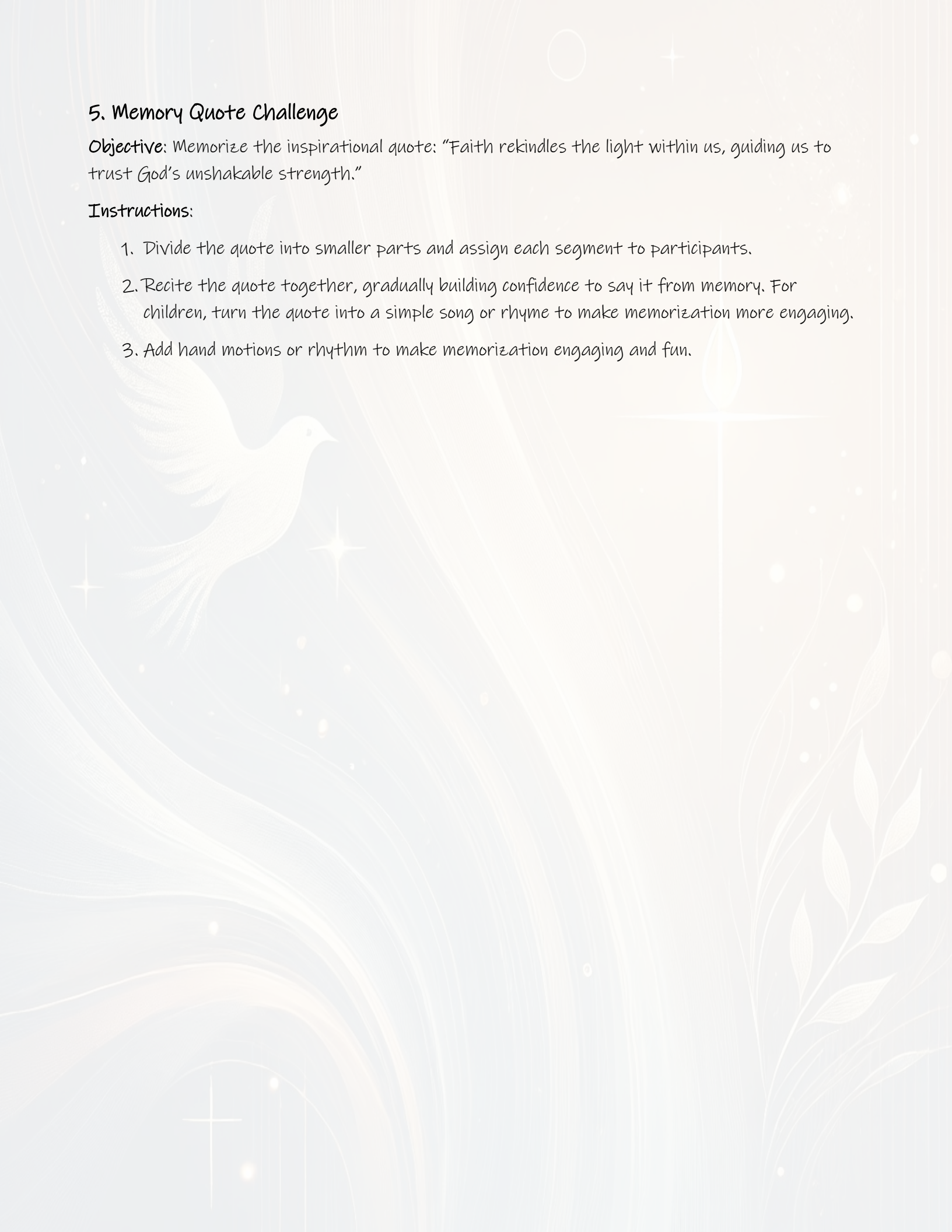
Reflection: How does this visual representation inspire you to keep your faith alive?

5. Memory Quote Challenge

Objective: Memorize the inspirational quote: "Faith rekindles the light within us, guiding us to trust God's unshakable strength."

Instructions:

1. Divide the quote into smaller parts and assign each segment to participants.
2. Recite the quote together, gradually building confidence to say it from memory. For children, turn the quote into a simple song or rhyme to make memorization more engaging.
3. Add hand motions or rhythm to make memorization engaging and fun.



6. Practical Applications

Faith Connection Journal

Instructions:

1. Write daily prayers or reflections on how trusting God strengthens you.
2. Record moments of gratitude where you've felt God's presence.

Family Faith Renewal Plan

Structure:

- Monday: Study a scripture passage about trust and discuss its meaning.
- Tuesday: Share personal stories of faith and encouragement.
- Wednesday: Create a family scripture chain with verses of trust.
- Thursday: Spend time in prayer together, focusing on rekindling faith.
- Friday: Reflect on the week's lessons and set spiritual goals for the future.
- Saturday: Engage in a faith-centered craft as a family. Ideas include painting stones with faith messages or creating bookmarks with scripture verses for a fun and meaningful activity.
- Sunday: Worship together and celebrate spiritual growth.

7. Closing Reflection

Gratitude Journal Entry

- Prompt: "How has trusting in God's strength helped me face challenges?"
- Prompt: "What steps can I take to keep my faith alive and growing?"

Take-Home Question

- "What lessons from scripture can I apply to rekindle my faith and trust in God?"

