



Activity Time

What you need: A copy of the “Overcoming Obstacles” activity, scissors, a marker, a blindfold

Preparation

1. **Print** several of the “rock” pages, at least as many as you have family members.
2. **Cut** out the rocks if desired.

Activity:

1. **Setting up the Game:** We must face obstacles in this life, but the Lord has promised that He will help us to overcome them. Help each family member come up with something that could be an obstacle they might face, like sickness, sin, bullies, etc. Give each family member a rock paper, and write down what they came up with on the rock paper. If desired, write more ideas on rock papers. (More rocks will help make the game a little more challenging.)

2. **Game Instructions:** The rocks will be your obstacles. Spread the rocks across the room. The object is for each family member to cross the room one at a time without touching any of the obstacles while blindfolded. A parent will help to guide the family member from one side of the room to the other. For older children, the parent could give verbal directions. For small children, the parent might hold their hand to guide them. You might also try crossing the room blindfolded without a guide to see how much more difficult it is to avoid obstacles on your own.

3. **Think about it:** Just like in the game, we need help to deal with the obstacles we face in our lives. If we trust in the Lord, he can guide us through our trials and help us to overcome them. Our trials and obstacles may not be taken away, but the Lord can support us and help us.



