



Family Time

**Main Idea:
True Faith Is...**



Key Verse: Hebrews 11:1

Now faith is the reality of what is hoped for, the proof of what is not seen.



Set it Up:

You will need a balloon, an empty and clean soda or juice bottle, baking soda, lemon juice, and a straw.



Experiment & Family Discussion:

Fill the bottle with ¼ cup of water.

How do worries and fears keep us from growing in faith? Does Jesus understand how all of our day-to-day worries affect us?

Sprinkle 1 tsp. of baking soda into the bottle and stir with the straw. Pour in the lemon juice. Quickly stretch an uninflated balloon and place it over the mouth of the bottle.

We don't see anything inside the bottle, do we? But we have faith that there is something in there.

Watch as the balloon inflates.



See, we can't see the gas, but we know that it's in there. How does this remind us of any of the miracles that Jesus did?

What earthly things crowd out God and leave little room for His power to work in our lives?

Can you think of something you might have to give up so that faith can grow in you?

Our experiment is a fun way to remember that although we don't see faith, we can trust its power to connect to God.