



FAMILY ACTIVITY GUIDE



OUR HOPE

is that this Family Activity Guide not only provides you with engaging activities, but that your family would be encouraged to learn more about what God's word has to say about helping each other and how we use our gifts to serve those in need. As you spend time with your own family, we invite you to pray for the families around the world that are separated by prison walls.

Thank you for being a loving sponsor and for your heart for these precious children. May God bless you.



OUR WORK

Prison Fellowship International (PFI) provides direct services to children of prisoners, a population that often falls through the cracks of other child-focused organizations. Through PFI's reputable and enduring in-prison programming around the world, we engage with incarcerated men and women on a regular basis. This enables PFI to locate and provide services to children of prisoners in a way no other organization can.



The Child's Journey is a comprehensive, community- and family- based care program designed to address the needs of this vulnerable population. Since program launch in 2013, we have served more than 10,000 children of prisoners, ensuring they receive four essential supports: education, safety, health, and spiritual engagement. The program is focused in six countries: Cambodia, Colombia, Malawi, Rwanda, Togo, and Zambia.



You'll Need:

- Large paper or whiteboard
- Marker
- Sticky Notes

WELL VERSED

BIBLE VERSE

I have stored up your word in my heart, that I might not sin against you. - Psalm 119:11

ACTIVITY

It's always a great time to learn more of God's Word! Through this simple activity, you and your family can learn Bible verses by memory. Feel free to pick your own verses, but ten that we recommend are: John 3:16, Psalm 119:105, Matthew 5:16, 2 Corinthians 4:18, 2 Timothy 1:7, John 14:6, Psalm 27:1, Psalm 46:1, Micah 6:8, and Philippians 4:13.

- Step One: Write the verse of your choice on a large sheet of paper and practice saying it together a few times.
- Step Two: Start by covering up one word of the verse with sticky notes to see if you can remember what the word is.
- Step Three: Continue this until all of the words are covered by sticky notes and you are all saying the Bible verse from memory!
- Step Four: Debrief the activity with the questions provided and pray together.

Note: This is an activity that can be ongoing. You can schedule a weekly family time where you learn a verse together each week!

QUESTIONS

- What Bible verse is your favorite and why?
- What do these Bible verses tell you about God and who He is?
- Why do you think it is important to read your Bible and learn Bible Verses?
- What are your plans for exploring more of God's Word?

A PRAYER

Father, please help us to hide Your words in our hearts. "Be doers of the word and not hearers only, deceiving yourselves." James 1:22

YOUR IMPACT



We often take for granted our own access to scripture. In Rwanda, a Bible translated into Kinyarwanda cost as much as a month of schooling for a child. This puts purchasing a Bible financially out of reach for most of the families that we serve. Through our partnership with Biblica, we are now

are now providing Bibles and Scripture resources to each child enrolled in The Child's Journey and their caregivers. Each country has been holding events to distribute these precious resources, which are translated into their heart language. One of our staff in Rwanda shared, "As soon as we handed [the Bibles] out, [the caregivers] sat in the grass and began to read. We had to stop the rest of the program for that day and engage in prayer and Bible study!"



You'll Need:

- Paper
- Pen/Pencil
- Stamp
- Envelope

LETTER OF HOPE

BIBLE VERSE

Therefore encourage one another and build each other up, just as in fact you are doing. - 1 Thessalonians 5:11

ACTIVITY

This activity is one that we always encourage! Take this time to pull out your pens, paper, and stamps and write an old-fashioned letter of encouragement to a friend or family member that needs your kind words.

- Step One: Gather all of the materials that you will be using for your letter. With younger children, they could draw or paint a picture if they are unable to write.
- Step Two: Pray that God will lead you to the words/pictures that will most encourage your recipient.
- Step Three: Write your letter and/or draw pictures together.
- Step Four: Put your letter in an envelope, address it, stamp it, and drop it in the mail!
- Step Five: Debrief the activity with the questions provided and pray together.

Note: If you would like to send a letter to your sponsored child, please send to sponsorship@pfi.org.

Be sure to include your name, along with your child's name and ID number.

QUESTIONS

- When you feel sad or scared, what are some ways that someone can help you feel better?
- How do you feel when you receive something that lets you know that someone cares about you?
- What are some ways that we can show our family that we care about them every day?

A PRAYER

Father, please help us to use our words to honor one another. "Kind words are like honey, sweet to the soul and healthy for the body."

Proverbs 16:24

Here is what both sponsors and children have to say about receiving letters:

"I love to get their letters and read about how happy they are to have me in their lives. If only they knew how much joy their tiny hearts are bringing to me."
- Kianna (Sponsor)

"Thank you for your thoughtful wishes on my birthday. Your words are simply a reminder of how blessed I am to know you."
- Felicia (Zambia)



"I'm so glad that you are more than my sponsor. Yes, you are my grandmother. I'm proud to be your grandson. Thank you for your prayers for me and for the support you will be for me. God bless you."
- Koffivi (Togo)



You'll Need:

- Cardstock
- Markers
- Scissors
- Paper lunch bag

BREAD OF LIFE

BIBLE VERSE

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" - Psalm 119:105

ACTIVITY

Jesus is the bread of life. Use this activity to discuss how Jesus brings nourishment to our lives both inside and out!

- Step One: Cut the cardstock into the shape of bread slices.
- Step Two: On each bread slice, write a way that Jesus feeds your life, for example "Knowing Jesus will take care of me gives me peace."
- Step Three: Write "Jesus is the bread of life" on the lunch bag and put all of your bread slices inside of it. Shake it to mix them up.
- Step Four: Invite each person to pull out a bread slice and read what is on it so that you can all hear the ways each person came up with.
- Step Five: Debrief the activity with the questions provided and pray together.

QUESTIONS

- Why do you think that Jesus compares himself to bread?
- How does it make you feel when you are physically hungry?
- How do you think you feel when you are spiritually hungry?
- What are some ways that you can feed your relationship with Jesus?

YOUR IMPACT

In many of the families that we work with, the incarcerated parent was the breadwinner before going to prison. This leaves the child's caregiver behind to take care of them on their own. As you can imagine, for families already living in poverty, the situation becomes dire. By supporting The Child's Journey you are enabling our teams to distribute life-giving supplemental food to these families. In 2021, more than 4,700 children enrolled in the program received additional food supplies.

In Cambodia and Rwanda, program staff even provided families with seeds, livestock, and training so that they could farm and continue producing food throughout the year.



A PRAYER

Lord, help us to find nourishment in our walk with you. "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." John 6:35



You'll Need:

- A bag or hat
- Paper
- Pencils

THE MORE YOU KNOW

BIBLE VERSE

An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge. - Proverbs 18:15

ACTIVITY

It's always time to learn new things, even in the summer! This game will allow you all to exercise the creative side of your brain.

- Step One: Each participant writes down a random subject, for example "the history of penguin forks". The subjects can be as silly as you want!
- Step Two: The subjects are placed in a bag or hat and each person draws a subject.
- Step Three: Each person then takes turns addressing the room as the "expert" of their subject. The other participants can take turns asking questions to the "expert" and they have to make up their answers on the spot.
- Step Four: You can repeat this process with historical or scientific subjects and give participants time to research before they give their expert presentation.
- Step Five: Debrief the activity with the questions provided and pray together.

QUESTIONS

- Why do you think that learning is important?
- What is your favorite thing to learn about?
- Why is it important for all children to have access to school?
- How can you grow in your knowledge of the Bible?

A PRAYER

Lord, grant us wisdom to make the right choices in our lives. "For wisdom will come into your heart, and knowledge will be pleasant to your soul" Proverbs 2:10

YOUR IMPACT



Many children of prisoners in The Child's Journey live in rural areas where it may be difficult to access education. Others simply cannot afford the small fees for school materials and uniforms and often will drop out of school and work to help provide for their families. Education is a key area of support in The Child's Journey and the program provides education support for enrolled children in a number of ways including paying school fees, providing school uniforms, and distributing backpacks filled with school supplies. Such efforts allow these vulnerable children to access an education that will open opportunities to a brighter future.



You'll Need:

- 2 plastic bins
- Water
- Sand
- Large Rocks
- Cardstock

UPON THE ROCK

BIBLE VERSE

Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.- Matthew 7:24

ACTIVITY

In Matthew Chapter 7, Christ teaches the parable of the house built on the rock. Use this fun activity to discuss the meaning behind His parable!

- Step One: Each participant will build and decorate two houses out of cardstock (or whatever materials you have).
- Step Two: Place a small amount of sand in the bottom of one of the plastic bins and have the participants place one of their houses in the sand.
- Step Three: Put large rocks in the second bin and have each participant place their other house on one of the large rocks.
- Step Four: Slowly pour water into the sand and observe what happens to the houses.
- Step Five: Slowly pour water around the rocks, not to go over the top of the rocks, and observe what happens to the houses.
- Step 6: Debrief the activity with the questions provided and pray together.

QUESTIONS

- Why do you think Jesus said it is wise to build your house upon the rock?
- Why do you think Jesus said it was foolish to build a house upon the sand?
- How do you think this parable relates to your relationship with Jesus?
- What storms come into our lives to test the strength of our faith?

A PRAYER

Lord, help us to have faith as strong as a house that has been built upon the rock. "For no one can lay a foundation other than that which is laid, which is Jesus Christ." 1 Corinthians 3:11

YOUR IMPACT

By supporting The Child's Journey, you are enabling children of prisoners to access care to help them lead safe and healthy lives. Children of prisoners are at a higher risk for poverty, neglect, and abuse. Our program is specifically designed to address these issues by providing services including health checks and access to medical care. The caseworkers also complete an assessment of the child's home in order to make sure that it is safe for the family to live in. In many cases, the homes will



be structurally unsound with missing windows, doors, and a leaky roof. The teams work with the families to repair and improve the homes to make them a safe place for the children to grow and thrive in.



Prison Fellowship International is the world's largest association of Christian ministries working in the criminal justice field. Founded in 1979 by former Nixon aide Chuck Colson after his own imprisonment on a Watergate-related offense, PFI now operates through chartered affiliates in 115+ countries, with a focus on trans-denominational, indigenous leadership and local funding. This grassroots presence enables us to minister to prisoners and their families in culturally relevant ways. In 1983, PFI received special consultative status with the Economic and Social Council of the United Nations.

For more information about how PFI works to protect and empower children of prisoners, visit our website at pfi.org/what-we-do/protect-children/