

## Activity #3: Classic Carry

### Instructions:

Draw a start and end line with chalk and divide into two groups at the start line. Have teams make encouragement posters for their teammates mates. Then, the first two people in each line should stand back to back. Place an emoji beach ball between their backs. They must walk or run as quickly as they can to the finish line with the balloon between their backs. They can't use their hands to hold the balloon. They must keep the balloon up using only the pressure of their backs. If they do drop it, they must pick it up and put it back between them before they keep running. When they reach the line again, the next two people put the balloon between their backs and repeat.

While the pairs are running, the other members of their team can hold up the posters and call out positive encouragement to the runners.

### Questions:

- Do you think this game would have worked if you had to carry the balloon on your back by yourself? Why or why not? (it would fall off) You needed a partner in this game to help you support the balloon.
  - “Just like that, we need friends in our lives who help us when we are discouraged or when we have a problem we can't deal with on our own. Because **friends encourage one another**, they help each other when life gets tough.
- What is one way that your friends have encouraged you?
- When are some times that people need encouragement?
- When is it easy to show that friends love one another?
- When is it hard to show your friends that you love them?

### Application:

Share about a time when you encouraged a friend just by being with them during a hard time or by doing something very small. The point is to remember that encouragement can be simple and we don't have to have all the answers in order to encourage a friend. I was really glad that I could be there for my friend. And there are times when my friends have been there for me—not doing a whole lot, but just listening when I needed to talk or praying with me.

I'm glad that God designed friendship so that **friends encourage one another**.

### Pray:

“Dear God, thank You for giving us friends to encourage us and that we can encourage our friends. Please, help us see when the people around us need to be reminded of Your love. Amen.”

