



RIDGE
PARENTS



Hang TIME



*A deck of ideas to
bond with your child*

RIDGE
PARENTS

**Hang
TIME**

YOU ARE THE
**BIGGEST
INFLUENCE**
IN YOUR KID'S LIFE.

Enjoy it!

**INSTRUCTIONS:**

HERE IT IS: your deck of Hang Time Cards. Brought to you by The Ridge Parent Team to help you live out Deuteronomy 6:7, these cards are meant to be used during one-on-one time with your kids, but if you include the whole family, we won't tell.

Each card highlights a high or low energy activity or a service project and gives you conversation starters that tie in a Biblical theme or passage. The deck also includes ideas on how to address and discuss other relevant topics. And—the best thing—the cards are adaptable for all ages, even teens!

These commandments that I give to you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down, and when you get up.—Deuteronomy 6:6–7

continued on back

INSTRUCTIONS

RIDGE PARENTS

Hang Time

Parents, these cards are meant to help you have meaningful and fun conversations with your kids. We want talking about God to be a natural thing that happens in your family. We hope these cards will help you sharpen that skill.

When you are doing these activities, we understand that not every conversation starter will work for you and your kids. If you get stuck, just say, "Hey, this activity reminds me of a Bible verse." Then read the verse out loud and ask your kids what they think. We suggest that you know what the verse says before you start the activity.

Remember you are the **BIGGEST INFLUENCE** in your kid's life. Having meaningful conversations, sharing stories and listening to each other are ways that you can **BE** that influence.

INSTRUCTIONS

RIDGE PARENTS Hang TIME



Board Games

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Pick anything that you have in your cupboard. Grab some drinks and snacks and play that game that you used to love. Or pick a game that usually takes too long, and set aside the time, turn off your phone and have fun!



SCRIPTURE CONVERSATION STARTERS

Exodus 20:1-17 & Galatians 3:19 God's commandments can be like rules. Can you name the 10 commandments? Why did God give us these rules? Why is it important to have rules? Will God forgive us if we break His rules? Will God forgive anyone who breaks His rules?



TOPICAL CONVERSATION STARTERS

Rules are a part of life. What rules do you hate? What rules do you actually like? What would your family be like if there were no rules? What would your city or state be like if there were no rules?

LOW ENERGY

RIDGE PARENTS Hang TIME



Movie Marathon

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Pick a theme, go with a series like Narnia, Toy Story or mom & dad's favorites. Let everyone pick, gather up the snacks, and watch for a couple hours, all day long or over the course of multiple nights.



SCRIPTURE CONVERSATION STARTERS

Galatians 5:22-23 Who do you see modeling love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control in the movie? And who isn't? How can we be sure we're showing good fruit when things are hard?



TOPICAL CONVERSATION STARTERS

Every movie character goes through some sort of struggle. How do you go through struggle and still react with good character? How do we react when things get stressful? How are the characters reacting in positive and negative ways? What ways do you want to react when times get tough?

LOW ENERGY

RIDGE PARENTS Hang TIME



Read Together

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Read the same themes, explore a non-fiction topic or just grab your current free reading. Spend time together quietly and without screens. Bonus points for shared snacks!



SCRIPTURE CONVERSATION STARTERS

Matthew 11:28-29 Who gives you rest? Why do we need quiet and peace? What can God give us when we are still?



TOPICAL CONVERSATION STARTERS

Take some time away from the chaos to rest and renew. What does it feel like to be busy? How do you feel after you take some time to rest?

LOW ENERGY

RIDGE PARENTS Hang TIME



Share Funny Videos

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Go to Tik Tok or Youtube or wherever you find funny videos and share them with each other and have a good laugh.



SCRIPTURE CONVERSATION STARTERS

Proverbs 17:22 & Ecclesiastes 3:4 Why did God create us to be able to laugh? Why would laughing be so important? How is laughter like medicine? Do you think Jesus was funny? Why or why not?



TOPICAL CONVERSATION STARTERS

Joy and fun are what makes life...well...fun! What are some of the funniest things you have ever seen or done? Tell a funny joke (or look some up). Who are your favorite comedians? Who is the funniest person you know?

LOW ENERGY

RIDGE PARENTS Hang TIME



Go to an Arcade

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Luke 15:8-10. Talk about how you used coins in the “old days” to play arcade games. Share stories about how you would search for coins you could use. Do you rejoice when you get the high score or win? In the same way, when people who don’t know Jesus as their personal savior come to know Him and believe in Him, there is great rejoicing. Describe what that rejoicing might look like in heaven.



TOPICAL CONVERSATION STARTERS

What is exciting to you? Why do you think certain things are exciting to one person, but boring to someone else? What is your favorite arcade game? Why is it so fun? What was your highest score?

LOW ENERGY

RIDGE PARENTS Hang TIME



Geo Caching

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Luke 2:8-20 & Matthew 21-12 What do you think it was like for the shepherds and Magi to find Jesus? Remember they did not have cell phones and Google maps. How long do you think it took them to find Jesus?



TOPICAL CONVERSATION STARTERS

Lost and found. Have you ever lost something and had to search for it? How hard did you search? How long did it take to find it (if you found it)? Describe the difference between the disappointment you felt when you lost it and the joy you felt when you found it.

LOW ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Watch Sports

(on TV or in person)

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Have some fun! Wear your favorite team colors, buy or make snacks and drink soda.



SCRIPTURE CONVERSATION STARTERS

Jesus is recruiting you to play the spiritual game of life. We are all working towards a common goal. Follow Christ's game plan. Christ is the coach. Strength, endurance and dedication are some of the things that make a good athlete in sports. What are the things that make a good "Christian athlete" in the game of life?



TOPICAL CONVERSATION STARTERS

Imagine being a player on a professional sports team and the things you have to do. Train, lift weights, run, be dedicated. What actions are you taking in your life that are like being a professional athlete?

LOW ENERGY

RIDGE PARENTS Hang TIME



Paint a Canvas

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Look for a tutorial on Youtube or find an old episode of The Joy of Painting with Bob Ross. Make this really memorable and paint yourselves instead of a canvas! Yep, we said it...paint yourselves! Use washable paints and grab some old clothes or buy some white t-shirts and paint away!



SCRIPTURE CONVERSATION STARTERS

Genesis 1:1 Isn't it amazing how God created such an intricate universe and planet from nothing? There is so much detail that it boggles the mind. What are some of the small details in this world that you think are super cool?



TOPICAL CONVERSATION STARTERS

Art is everywhere: in books, billboards, graffiti, museums. What is some of the coolest art you've seen?

LOW ENERGY

RIDGE PARENTS Hang TIME



Share Your Favorite Songs

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



SCRIPTURE CONVERSATION STARTERS

Psalm 135:3; 95:1; 98:1; Ephesians 5:19 Should we sing to God? Why? What if we don't like singing? Can we use other gifts to worship God? How could we use our gifts of athleticism, painting, dancing, being smart or being a good cook? What things are you good at?



TOPICAL CONVERSATION STARTERS

We all like different kinds of music, and that's ok! Who is your favorite artist? Favorite song? What instrument do you like to play? What do you wish you could play? Which musical artist does a lot of good with their talent? How would you use your musical talent for good if you were famous? How could you use it if you are not famous?

LOW ENERGY

RIDGE
PARENTS

Hang
Time



Treat Day

(eat treats all day long)

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

This was our favorite made up holiday at our house. One day a year was declared TREAT DAY! On this day, we could eat and drink whatever we wanted without asking for permission.



SCRIPTURE CONVERSATION STARTERS

Acts 10:9-16 Psalm 110:103 What does it mean that God's word is sweet? Would you like to tell others about your TREAT DAY? Who will you tell? How could you tell other people that God is like a treat?



TOPICAL CONVERSATION STARTERS

Think about ways to share our treats (and food) with others. 1 in 6 Americans is food insecure. Go to foodbankiowa.org or Ampleharvest.org for good information and other statistics. When have you shared things? What is easy to share? What is hard to share? How can you remember to share more often? Who has shared with you?

LOW ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Family Slumber Party

(or Blanket Fort)

LOW ENERGY

RATING: ★★★★★

RIDGE PARENTS Hang TIME



SCRIPTURE CONVERSATION STARTERS

Joshua 6:6-20 & John 14:2 When you tear down your fort ask if you think the Jewish people felt weird walking around the city? Why? Does God ask us to do weird things now? When have you felt weird after being asked to do something that was good for you? What do you think Heaven will be like? What will God's mansion be like? How do we get there?



TOPICAL CONVERSATION STARTERS

Homelessness (we have a home, but some don't). Why are some people homeless? Is it always their fault? How should we help them? What would you do if we were homeless? What's best about your home? Is there a difference between a house and a home?

LOW ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Winter Sledding

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

Ecclesiastes 3:1-11 What's more fun - sledding down the hill or hauling your sled back up hill? Why do we have to carry our sled back uphill? What do workers gain from their hard work?



TOPICAL CONVERSATION STARTERS

There's a time to work (uphill) and a time to play (downhill).

When are times you had to do the hard stuff to get to the good stuff? Why do you think it's important to do the work? What would life be like if it was only "downhill"?

**RIDGE
PARENTS**

**Hang
TIME**



Summer Sledding
(on a block of ice)

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang TIME



FURTHER INSTRUCTIONS

On a hot day, buy a block of ice (found at most local grocery stores) and “sled” down a grassy hill. Sit on a towel to keep yourself dry! Or make your own ice block. Use a box big enough to sit on that fits in your freezer. Line the box with a trash bag, fill with 3” to 4” of water.



SCRIPTURE CONVERSATION STARTERS

John 17:14–19 What does it mean to be in the world, but not act like the world? How do you feel when you do things that are different? How can you show other people that doing things differently might be better? What did Jesus do different than the rest of the world?



TOPICAL CONVERSATION STARTERS

Just because you live in the world doesn't mean you have to live like the world does.

What if everyone else isn't doing it? Why is it important to do your own thing even if nobody else is doing it?

When have you had to do something that seemed contrary to everyone around you?

HIGH ENERGY

**RIDGE
PARENTS**

**Hang
TIME**



Ice Skating

(use a walker if you're really terrible)

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

Hebrews 4:16 Were you a perfect ice skater the first time you tried? How does it feel to fall down over and over? Who can help you when you need it? How do you cry out for help? When you have problems in life, who are some of the people who can help you? How does God help us when we need it?



TOPICAL CONVERSATION STARTERS

When you fall down, you get back up. You're not going to be good at everything the first time.

How do you feel when you aren't great at something?
What do you do when you're struggling or frustrated?
How can you reach out for help?

**RIDGE
PARENTS**

**Hang
TIME**



Bowling

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang Time



SCRIPTURE CONVERSATION STARTERS

1 Peter 1:19 What would a perfect game in life look like to you? What if I told you someone has your life mistakes covered if you believe in Him?

Who from the Bible would most likely to bowl a perfect game? What does the Bible say about our lives that are less than perfect?



TOPICAL CONVERSATION STARTERS

What would a perfect game in life look like to you? What if I told you someone has your life mistakes covered if you believe in Him?

HIGH ENERGY

**RIDGE
PARENTS**

**Hang
TIME**



Driving Range

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang TIME



SCRIPTURE CONVERSATION STARTERS

Hebrews 12:11 What is a way that we can train ourselves to be better Christians?



TOPICAL CONVERSATION STARTERS

Webster's dictionary defines the word habit as "a pattern of behavior acquired as a result of frequent good-habits-bad-habits repetition." If you think about it, all of us are creatures of habit. Our habits, for the most part, define and describe us! What are your good habits? What bad habits do you have? What would people say about you if they looked at your habits?

HIGH ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Backyard Tailgate Sports

HIGH ENERGY

RATING: ★★★★★



FURTHER INSTRUCTIONS

Find any game that you can play in your backyard or driveway, such as Bags, Ladder Ball, Horse Shoes, Lawn Darts etc.



SCRIPTURE CONVERSATION STARTERS

Philippians 3:17 We are supposed to keep our eye on the target. The target can be other people who are living like Jesus and setting a good example. Who in your life is setting a good example? Who is living like Jesus? What do you see them doing?



TOPICAL CONVERSATION STARTERS

It's good to have good aim and to keep our eye on the prize. What are you aiming for? What do you want to accomplish this week? This month? This year? Practice can help us hit the target. How are you practicing so you can hit what you are aiming for?

**RIDGE
PARENTS**

**Hang
Time**



Mini Golf

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

Luke 9:46-48 Play a game of mini golf and ask who had the worst score or who did the worst. Talk about what “the least” or the last means in this passage. How can we invite others to know Jesus?



TOPICAL CONVERSATION STARTERS

Mini golf is all about getting around the obstacles and trying to get the ball in the hole. What are some goals you have for this week or this semester or this year? What are things that will try and get in your way? How will you get around those obstacles? Realize, like in mini golf, it might take multiple tries to reach your goal.

**RIDGE
PARENTS**

**Hang
Time**



Escape Room

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

Acts 12:5 Does God always answer prayer in the way we ask? Talk about situations where He did and maybe didn't.



TOPICAL CONVERSATION STARTERS

Have you ever “escaped” maybe a difficult situation or things went much better than you expected (for example an activity you participated in or a school test or project)? Say a prayer for something or someone who might need some help right now.

**RIDGE
PARENTS**

**Hang
Time**



Ax Throwing

HIGH ENERGY

RATING: ★★★★★



FURTHER INSTRUCTIONS

This seems to be a new popular activity. Find a place nearby that offers this and go for it!



SCRIPTURE CONVERSATION STARTERS

Matthew 3:10 & 1 Samuel 17 This Matthew verse talks about God's judgment. Sometimes people in our world say, "Don't judge others." But here God is judging. Why is it okay for God to judge? What does He expect from those who follow Him? Does this mean that we have to do good things for God to love us? Explain.



TOPICAL CONVERSATION STARTERS

Think about your good actions and the good character traits in our life. These things are considered "good fruit". What "good fruit" are you producing? What are some ways we can produce good fruit in our everyday lives? Who do you know that is producing "good fruit"?

**RIDGE
PARENTS**

**Hang
Time**



Paintball

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang TIME



SCRIPTURE CONVERSATION STARTERS

1 Samuel 17 What else do you think David used his slingshot for? How do you think each person in the story felt? When in your life have you felt victorious?



TOPICAL CONVERSATION STARTERS

In paintball what is your strategy? (Offense? Defense? Working together as a team? Why did you choose that route? David entered into his battle alone. When did you feel like the inferior competitor in a game or competition? Would you have preferred to enter “battle” with a captain leading you or you being the leader?

HIGH ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Bike Ride

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

2 Timothy 4:7 & Galatians 5:7 What happens when someone “cuts in on you”? How do you get out of balance in your walk with Jesus? If we consider each day we live as a “race”, what are some things we can focus on each day to be closer to Jesus and “finish” that day well for Him?



TOPICAL CONVERSATION STARTERS

What does the statement, “just like riding a bike.” mean to you? How would you teach someone to ride a bike? What do you notice in the scenery when you ride a bike that you might not when you’re walking (slower) or driving in a car (faster)? Do you ride a bike differently when you’re alone vs with someone else? If older child: Discuss the term “drafting” and can discuss how that works.

**RIDGE
PARENTS**

**Hang
TIME**



Tennis

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

1 John 4:7 How does Jesus show you love?
How do you show love to others?



TOPICAL CONVERSATION STARTERS

Research what the term LOVE means in tennis. What is the difference between the meaning of LOVE that you know and how it's used in tennis? Can you find any similarities in the way the word is used in tennis and how it's used in your life?

**RIDGE
PARENTS**

**Hang
TIME**



Canoeing / Kayaking / Toy Boats

HIGH ENERGY

RATING: ★★★★★



FURTHER INSTRUCTIONS

Rent or borrow a canoe or kayak. Or if your kids are little, grab some toy boats and play in the tub or an outdoor pool.



SCRIPTURE CONVERSATION STARTERS

Deuteronomy 11:12 & Matthew 6:26 Think about how God can watch us all year long. When did you want God to watch you and help you in the past week? In the past month? In the past year? How does God take care of us? List all the ways He provides for us.



TOPICAL CONVERSATION STARTERS

Being aware of our environment is very important. Google some of the biggest problems our planet faces today. What are some of the big things people are doing to help our planet? What is a small thing you can do to help? If you had super powers, what would you do to help our planet?

**RIDGE
PARENTS**

**Hang
Time**



Play at the Park

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

Mark 9:37 & Luke 18:17 How is being like a little kid a good thing in God's eyes? Why do you like being a kid? What are some of the advantages? What are some of the disadvantages? The Jesus story and faith, can be complicated, but it can be simple too. Try explaining the Jesus story in a super simple way.



TOPICAL CONVERSATION STARTERS

Little kids seem to have great imaginations. Do you think you have a good imagination? What is one of the most creative things you've ever thought about or done? Who is one of the most creative people you know?

**RIDGE
PARENTS**

**Hang
Time**



Frisbee Golf

(make your own version)

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang TIME



FURTHER INSTRUCTIONS

Use anything: a Frisbee, whiffle ball & bat or tennis ball & racket. Go to a park or use your neighborhood if your neighbors don't mind. Pick a "hole" like a bush, or tree, or lawn chair and try and hit that "hole". Keep score like in golf, then pick your next hole.



SCRIPTURE CONVERSATION STARTERS

Ecclesiastes 4:12 Because we usually walk a golf course with a friend, what people walk with you through life? How have they helped you? Use this time to encourage your kid (and spouse). Tell them what you appreciate about them and why you like walking the "golf course of life" with them.



TOPICAL CONVERSATION STARTERS

Honesty. Golf is known as a gentlemen's game where often you police yourself. Would you cheat if no one saw you? What if the violation did not change the outcome of the game? When have you been tempted to cheat in a game?

HIGH ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Water Fight

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang TIME



FURTHER INSTRUCTIONS

Make this fight truly unforgettable and use brushes and washable paint instead of water guns and balloons.



SCRIPTURE CONVERSATION STARTERS

Matthew 5:39-40 & Genesis 6:9-9:17 What does it mean to turn the other cheek? Are we supposed to always turn the other cheek? When have you had to walk away from someone who was attacking you (verbally or physically)? What are the good and bad outcomes of turning the other cheek or fighting? What was it like living on the Ark for over a year? How was that like living in quarantine during COVID? How does God provide help?



TOPICAL CONVERSATION STARTERS

We might be challenged to fight sometime. Have you ever been in a fight? Should you ever fight? What if someone needs protection? Have you ever needed protection? What's the difference between justice and revenge?

HIGH ENERGY

**RIDGE
PARENTS**

**Hang
Time**



Pickle Ball

HIGH ENERGY

RATING: ★★★★★



FURTHER INSTRUCTIONS

Play at a place like Smash Park, or make your own court in your drive way with some rope as a net and use tennis rackets and whiffle balls.



SCRIPTURE CONVERSATION STARTERS

Genesis 4:6-8 Cain gave God vegetables (and maybe pickles). Why didn't God accept them? Have you ever done anything and your heart wasn't in it? Explain. How can we change our attitudes (or our heart) in situations where we have a bad attitude?



TOPICAL CONVERSATION STARTERS

"In a pickle" means to be in a tough situation where you might get caught! What is the toughest situation you've been caught in? Was it your fault? Were you in the wrong? What would have happened if you had gotten caught? Did you learn anything?

**RIDGE
PARENTS**

**Hang
Time**



4 Square

HIGH ENERGY

RATING: ★★★★★



SCRIPTURE CONVERSATION STARTERS

Luke 10:1 Jesus is sending people out to different towns. Sort of like in 4 square where the ball is getting “sent” to different squares. Remember that Jesus was constantly moving, like the ball, from one town to another. He did not have a church building. What if our church did not have a building? What would it be like? Was it easy or hard for Jesus to move all the time? Why?



TOPICAL CONVERSATION STARTERS

4 square reminds us of getting better and moving up towards the server’s square. What are you trying to get better at? How do you decide who to serve it to when you are the server? Would this game be easier or harder if you had teammates? Is it good or bad to have teammates in life? Why?

**RIDGE
PARENTS**

**Hang
TIME**



Shovel Snow
(or trash)

HIGH ENERGY

RATING: ★★★★★



FURTHER INSTRUCTIONS

Look around your neighborhood, find an area that looks neglected, that needs shoveling after a big snow, or needs cleaning up. Shovel any trash into garbage bags.



SCRIPTURE CONVERSATION STARTERS

Philemon 1:6-7 How can we give joy and encouragement to our neighbors? What does it mean to refresh someone's heart? Who are the Lord's people? How can we better notice when people are in need?



TOPICAL CONVERSATION STARTERS

Who is your neighbor? How can you serve the people around you? How can you be an encouragement to people around you? Who needs encouragement?

RIDGE PARENTS Hang TIME



Meals from Heartland

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



FURTHER INSTRUCTIONS

Schedule a time on their website to serve as a family at Meals from the Heartland. (Kids must be 8+ and accompanied by an adult)



SCRIPTURE CONVERSATION STARTERS

Matthew 25:35-40 Who are God's children? Who does God care about? Why do you think it's important to feed people who are hungry?



TOPICAL CONVERSATION STARTERS

Every hungry person deserves a healthy meal. What would it be like to not have enough food? What would you do if you didn't have any food? Why do we care if other people are hungry?

SERVING PROJECT

RIDGE PARENTS Hang TIME



Give Money & Food

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



FURTHER INSTRUCTIONS

Drive around and find people who are asking for money and food and actually give them some!



SCRIPTURE CONVERSATION STARTERS

Mark 12:43-44 & Mark 12:43-44 Does it really help someone if we can only give them a little bit? What else can you give besides money?



TOPICAL CONVERSATION STARTERS

Does it matter how much you give if you are giving to someone who needs it more?

Have you ever given something to someone in return for nothing? How did that feel to you? Have you ever received something for nothing? How did that feel to you? Why does giving feel good to us?

SERVING PROJECT

RIDGE PARENTS Hang TIME



Make Meals for People

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Matthew 14:19 Do you remember when Jesus and His disciples came together to feed thousands of people when they had nothing to eat? What do you think the disciples were thinking when Jesus said to feed all the people? What would you have noticed if you were there watching? Describe a time you had a small amount of something, then later you had more of it!



TOPICAL CONVERSATION STARTERS

When was a time that you were hungry and didn't have anything to eat? How did you overcome that hunger? Did you get help from someone?

SERVING PROJECT

RIDGE PARENTS Hang Time



Raking Leaves

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Luke 10:27 Who is our neighbor? How can we love God (or our neighbor) with all of our heart? And all of our strength? And all of our mind?



TOPICAL CONVERSATION STARTERS

While raking leaves, see who can find the coolest leaf. Look at all the differences in the leaves. Rake leaves into piles and jump in the leaves.

SERVING PROJECT

RIDGE PARENTS Hang TIME



Bake Cookies

(for firefighters, police, teachers etc.)

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Galatians 5:22 Which one of the fruits of the Spirit is hardest/easiest for you? Talk about a situation or time when you believe the Spirit helped you in showing one or more of these in a difficult situation or when someone else showed the fruit of the Spirit to you.



TOPICAL CONVERSATION STARTERS

Talk about who you are giving goodies to, what their jobs might be like (if it's a teacher, police officer, etc.)

What is your favorite fruit you like to eat?

SERVING PROJECT

RIDGE PARENTS Hang TIME



Fill Helping Hands Boxes

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang TIME



FURTHER INSTRUCTIONS

Look for the Helping Hands Boxes of Food around town and fill them with super yummy food.



SCRIPTURE CONVERSATION STARTERS

Matthew 25:35-40 If your kids are older, you could enter into the conversation of fasting/prayer. What would it be like to fast? Why would you do it?



TOPICAL CONVERSATION STARTERS

Hunger. People in need. Ask your child what they would like to fill the boxes with and grocery shop together either in your own home or at the store. How do you feel when you serve others? Tell me about a time when you were really hungry? What did it feel like? How else can we help people who are hungry?

SERVING PROJECT

RIDGE PARENTS Hang Time



Go for a Walk
(and pick up trash)

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Psalm 51:7-15 (Message translation) Are we being a good steward of the earth God gave us when we litter? What's the big deal if we throw a small piece of trash on the ground? What do you think the writer of the scripture above meant by "don't throw me out with the trash"?



TOPICAL CONVERSATION STARTERS

Why do you think people litter? Does litter really cause that big of a problem? Google litter and see what you find. Think of the earth as your house, how would you want people to treat your house? What rules or laws would you come up with to help the earth if you were king of the world?

SERVING PROJECT

**RIDGE
PARENTS**

**Hang
TIME**



Cross Country Skiing

(Jester Park or elsewhere)

HIGH ENERGY

RATING: ★★★★★

RIDGE PARENTS

Hang Time



SCRIPTURE CONVERSATION STARTERS

Matthew 5:14 Snow reminds us of light, and how bright it can be. How are we a light in this world? What things can we do to be a light to others?



TOPICAL CONVERSATION STARTERS

Think about the different seasons and landscapes. What would it be like to live in a desert or somewhere where it never snowed? What is your favorite thing to do in the snow?

HIGH ENERGY

RIDGE PARENTS Hang TIME



Make “We Care” Kits

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



FURTHER INSTRUCTIONS

Put together toiletry bags for homeless men to use at Bethel Mission Shelter. Each quart-sized plastic bag should include: Disposable Razor, Toothbrush (the following should all be Travel Size): 2 in 1 Shampoo, Deodorant, Body Wash/Soap, Toothpaste, and a “We Care Kit Card” of support and encouragement (this card can include bible verses or drawings, but please no last names or contact information). Contact Hope Ministries Community Involvement Coordinator with questions at 515-265-7272



SCRIPTURE CONVERSATION STARTERS

Psalm 41:1 When you provide hope and help for people in need, what do you get out of it? Why would we want to take care of people we don't even know?



TOPICAL CONVERSATION STARTERS

Taking care of people in need is a blessing to them AND to you! Why do we take care of people we don't know? Have you ever not had what you needed? What does it feel like to give to people who don't have the very basics?

SERVING PROJECT

RIDGE PARENTS Hang TIME



Adopt A Meal

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



FURTHER INSTRUCTIONS

Prepare casseroles and deliver to shelters to provide a meal for our neighbors in need: Hope Cafe at the Bethel Mission (serving approximately 200), Door of Faith (75) or Hope Center for Women and Children (50). Casseroles and other food in any amount can be dropped off at the Hope Cafe on the backside of Bethel Mission in any quantity at any time. If you'd like to adopt an entire meal for a residential facility, please call 515-265-7272 to confirm a date and time.



SCRIPTURE CONVERSATION STARTERS

John 13:34-35 How do people know we are Christians? What does feeding your neighbors say about who you are? How can we show people Jesus?



TOPICAL CONVERSATION STARTERS

What you do for others shows who you are. How do you want to be known? What do your actions say about who you are? What are you telling people about you when you do things for others?

SERVING PROJECT

RIDGE PARENTS Hang TIME



Laundry Pod Packets

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



FURTHER INSTRUCTIONS

Assemble laundry pod packets for shelter guests to wash their clothes in free laundry facilities. Wrap individual laundry detergent pods in a dryer sheet. Staple a scripture or encouraging note on each one as a way of securing the packet. Drop off packets to Hope Ministries any time. Call 515-265-7272 with questions or for more info!



SCRIPTURE CONVERSATION STARTERS

Psalm 51:10 What does it mean to have a clean heart? Do you think people would care about getting their heart and mind clean if they are still going to be dirty on the outside?



TOPICAL CONVERSATION STARTERS

Feeling clean on the outside might be the first step to feeling clean on the inside. What would it feel like to always look dirty? Have dirty clothes? Be smelly? Do you think it would make you more or less likely to get your heart clean if you can't even get your clothes clean?

SERVING PROJECT

RIDGE PARENTS Hang TIME



**Volunteering with
Habitat for Humanity**

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang Time



SCRIPTURE CONVERSATION STARTERS

Matthew 25: 34-40 and Acts 20:35 Why does God and Jesus say it is important for us to help others? Why should we help others all the time and not just when we get something in return or we are rewarded?



TOPICAL CONVERSATION STARTERS

What do you like about your house? What if you didn't have a house? Where would you sleep?

SERVING PROJECT

RIDGE PARENTS Hang TIME



**Read to Kids at
a School or Library**

SERVING PROJECT

RATING: ★★★★★

RIDGE PARENTS Hang TIME



SCRIPTURE CONVERSATION STARTERS

Proverbs 22:6 Why do the things you learn as a child have such an important influence on your life? What are things God and Jesus want us to learn and always remember even when we are grown up and old?



TOPICAL CONVERSATION STARTERS

When you were little what was your favorite story? Who read the story to you? Why did you like it so much?

SERVING PROJECT