



**BOXING OUT**

**HUNGER**

TABERNACLE CHURCH OF NORFOLK

**NOVEMBER 5-19**

**Parent Guide**

# Introduction

Faith is not only taught, it is caught. If we want to pass along faith to our children, to the next generation, then we must be intentional about actively living out our faith in front of our kids. This guide is designed to help you make Boxing Out Hunger a meaningful experience for your children.

## What is Boxing Out Hunger?

Each year, Tab collects boxes of food to provide holiday meals to families in Norfolk that are in need. We rely on the sacrificial giving of families at Tab to use some of what God has entrusted to them in order to bless someone else.

## How to do Boxing Out Hunger as a Family

1. Pick up a box in the Atrium at church along with a shopping list. Or download from the Tab website.
2. At a meal together, share that you are thankful God provides food for you as a family. Then, share with your kids about the opportunity we have coming up with Boxing Out Hunger.

# How to Lead a Family Discussion

First, have someone read Proverbs 22:9 and Matthew 25:34-40 out loud. Ask the following questions:

1. Why do you think God wants us to feed the hungry?
2. How does it make you feel that some other families right here in Norfolk will go to bed hungry tonight?
3. How can each of us help with filling this box?  
Encourage your kids to come up with ideas - but here are some ideas if you need them. (Use one or more.)
  - a. Have kids use some of their "piggy bank" money to pick out one can of food to buy at the store.
  - b. Pray over the box of food together.
  - c. Have children draw cards that say, "We've prayed for God to bless your family" and place them in the box.
4. Pick a time to go shopping, as an entire family, and put it on the calendar.

5. On your selected time to go shopping, GO SHOPPING! Anytime you try to be intentional about developing faith, there's an enemy that will try and mess with what you've planned. Expect the roadblocks and be ready to make this happen!

## How to Shop

1. Have your kids, whether two or twelve, help gather the items that will go in the cart. Children and teens often learn best with hands-on experiences (and many of us, as adults, do as well).
2. For your older kids, put the list in their hands and have them find everything for the box. This may be one small step towards developing leadership and responsibility in your child's life.
3. At the checkout line, have your kids use some of their own money to buy items. It will make checkout longer, but will make the experience richer and memorable. Plus, you'll impress the people at the checkout line with how you are teaching your kids generosity and how to use money. Remember, it's okay to tell people why we are doing Boxing Out Hunger!

4. At home, have your elementary age kids write a small note (maybe with a picture) letting the family that will receive the box know that you've prayed for God to bless their family.
5. As a family, actually do that - pray for the family that will receive this box of food and that God would bless them.
6. Tape up the box and bring it back to Tab beginning November 6 and no later than November 20.

That's it! Remember faith is built by taking small but intentional steps. Don't miss the opportunity here to engage in a meaningful activity that will help your family grasp the biblical concepts of generosity and mercy in an activity that everyone can do. together!