

# Faith Talk

## I am Involved in Equipping Environments

*“And let us be concerned about one another  
in order to promote love and good works.” Hebrews 10:24*

### Things you'll need:

- ½ cup milk, cream, or half and half
- 1 tablespoon sugar
- ¼ teaspoon vanilla extract
- 6 tablespoons salt (Rock salt is preferred)
- Ice
- 1-gallon freezer bag and 2-pint or quart size freezer bags

### Faith Talk:

When we become a follower of Jesus Christ, He begins a good work in us.

*“...the God who started this great work in you would keep at it and bring it to a flourishing finish on the very day Christ Jesus appears.”  
Philippians 1:6*

As He transforms us more and more into His likeness, our life should be less and less caught up in this world system.

*“Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.” Romans 12:2a*



**HomePoint**  
*Building Faith at Home*

God uses many tools to help make us more like Christ. However, He often uses a combination of these two:

1. The Bible—*“Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way. Through the Word we are put together and shaped up for the tasks God has for us.”* 2 Timothy 3:16-17
2. Other believers—*“You use steel to sharpen steel, and one friend sharpens another.”* Proverbs 27:17

God’s Word and other Christians are effective sharpening tools. Just as rubbing off the dull spots sharpens knives, we are sharpened and grow in Christ-likeness as we spend time in God’s Word and with other believers.

This activity shows how the use of salt (God’s word) and ice (other believers) can transform milk into ice cream.

1. Put the milk, sugar, and vanilla in the smaller bag and squeeze out most of the air. Double bag and squeeze out remaining air. Set aside.
2. Half-fill the gallon sized bag with ice. Sprinkle salt over the ice.
3. With the smaller sealed bags buried in the ice, seal the gallon bag.
4. Massage and shake the gallon bag vigorously for at least 5 minutes. Use a towel to protect your hands from the cold and condensation.
5. Enjoy your ice cream!

Allow your family to be a part of equipping environments regularly. As we spend time in God’s Word and with His followers, we become stronger and can invite others to join us on the journey.

Send us your family’s stories to [familyministry@bellevue.org](mailto:familyministry@bellevue.org).