



## PROJECT BACKPACK

*A Families on Mission resource for youth · Generous Generations*

Project Backpack invites teens to notice real needs and quietly show up with practical encouragement.

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### Step-by-step instructions for parents

- 1 Pray about who. Ask Jesus to show you a person or group who needs encouragement right now.
- 2 Choose the focus. Think about what would truly help them — study support, daily essentials, self-care, or just-for-fun items.
- 3 Pack with purpose. Fill a backpack or bag with a mix of useful and uplifting things, based on their real needs.
- 4 Write a real note. Add a short, honest message and a Bible verse about God's hope or care.
- 5 Deliver with dignity. Give it through a leader, quietly, or anonymously — and then thank God for the chance to be generous.

### Conversation prompts for families

- Who in our school, neighbourhood, or church is carrying a heavy load right now?
- How can our gift protect this person's dignity?
- What did you notice about how Jesus encouraged the people He met?
- What is one real need you'd never thought about before today?

### Practical generosity activities for children

- Make a "useful and uplifting" checklist together before you shop.
- Let younger siblings help decorate the bag or write a kind note.
- Pray over the backpack as a family before delivery.
- Plan one follow-up — a message, prayer, or visit — a week later.

***"Carry each other's burdens, and in this way you will fulfil the law of Christ." — Galatians 6:2***