

Eagle Forum of Alabama

AMERICA

250th Family Challenge



★ JUNE ★

**The Cost of Freedom;
Sacrifice & Courage**

Rediscovering Our Founding- One Month at a Time.

June

The Cost of Freedom Sacrifice & Courage

INTRODUCTION

This month, we remember that freedom is not free. From the earliest days of America's founding, brave men and women sacrificed their comfort, safety, fortunes, and even their lives to secure the blessings of liberty for future generations. "The Cost of Freedom" invites families to reflect on the courage, faith, perseverance, and personal responsibility that helped build our nation. As we celebrate America 250, may we also remember that preserving freedom requires each generation to learn the principles of liberty, cherish them, and be willing to stand for them with wisdom and character.

Many of America's Founders paid a tremendous personal price for supporting independence. Some lost their homes, businesses, and financial security when British forces confiscated property or cut off trade. Others endured long separations from their families while serving in government or the military. Many soldiers and patriots suffered hunger, harsh winters, wounds, imprisonment, or even death in the fight for liberty. Yet despite these sacrifices, they believed that securing freedom for future generations was worth the cost.



June

The Cost of Freedom Sacrifice & Courage

FAMILY CHALLENGE

ACTIVITY

“Pack Like a Patriot” Challenge

Give each family member a small bag or basket and tell them to imagine they must leave home quickly during the Revolutionary War. They may only take 5–10 items.



WHAT WAS DAILY LIFE LIKE DURING THE REVOLUTIONARY ERA?

- What things do we use every day that people in 1776 did not have?
- How did families cook, travel, and communicate without electricity, cars, or phones?
- What jobs did children often help with at home?

WHAT HARDSHIPS DID SOLDIERS AND FAMILIES ENDURE?

- How would you feel if you had to leave your family for months or years?
- What would it be like to sleep outside in the winter with little food or warm clothing?
- Why do you think soldiers and their families kept going even when life was difficult?
- What sacrifices did mothers, fathers, and children make during the war?

HOW DO MODERN CONVENIENCES CHANGE OUR PERSPECTIVE ON SACRIFICE?

- Which item in your backpack would be hardest to live without?
- What modern conveniences make our lives easier today?
- If you lived in 1776, which things would you miss the most?
- Do we sometimes take our comforts for granted? Why or why not?
- How can remembering the sacrifices of others help us become more grateful?

June

The Cost of Freedom Sacrifice & Courage

FAMILY CHALLENGE

June Prayer



This authentic prayer from the 1662 Book of Common Prayer was widely used in colonial America.

O God, the creator and preserver of all mankind, we humbly beseech thee for all sorts and conditions of men; and especially for those who are afflicted or distressed in mind, body, or estate; that it may please thee to comfort and relieve them according to their several necessities, giving them patience under their sufferings, and a happy issue out of all their afflictions; through Jesus Christ our Lord. Amen.

KID-FRIENDLY VERSION: *Dear Lord, thank You for the men and women who sacrificed so much so that future generations could live in freedom. Help us to be brave when life is hard, patient when we face difficulties, and grateful for the blessings we enjoy. Teach us to love liberty, stand for what is right, and serve others with courage and good character. May we honor those who came before us by living wisely and faithfully. In Jesus' name, Amen.*

Family GAME

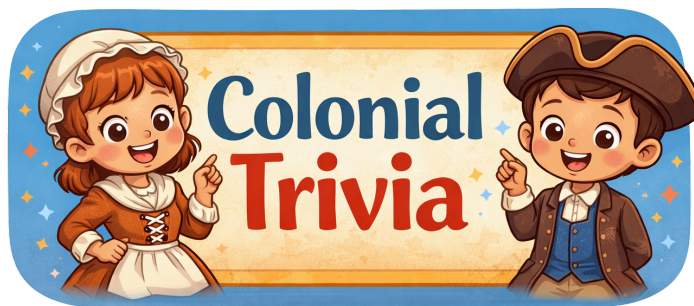
JACKSTRAWS

A Game Families Have Enjoyed for Generations



Jackstraws was a favorite game of children in colonial America. To play, gather a bundle of small sticks, twigs, straws, or uncooked spaghetti. Drop them in a pile, then take turns carefully removing one stick at a time without moving any of the others. If another stick moves, your turn is over and the next player takes a turn. Keep playing until all the sticks have been collected, and the player with the most sticks wins!

Family Challenge: Try making your own set of Jackstraws using colorful craft sticks or twigs from your backyard. Patience and a steady hand are the keys to success!



1. What famous Founding Father lost his son to illness during the Revolutionary War while serving in the Continental Congress?
2. What winter camp became a symbol of the suffering and sacrifice endured by American soldiers during the Revolution?
3. Which signer of the Declaration of Independence famously said, "We must all hang together, or most assuredly we shall all hang separately"?
4. Which Founding Father spent years away from his wife Abigail while serving the American cause in Europe and Congress?

Find the answers on the bottom of the word search page.

WORD Search

Kids' Puzzle

Freedom

Courage

Liberty

Patriot

Soldier

Family

Honor

Brave

Faith

Duty

V G M F F A M I L Y
D D V L H P C C S A
R U C I U S F C P P
F T C B I O R O A P
A Y H E W L E U T U
I J O R G D E R R H
T B N T B I D A I B
H S O Y X E O G O H
U R R Y Y R M E T G
K U M O Q B R A V E

Teen Puzzle

Sacrifice

Courage

Liberty

Independence

Patriot

Perseverance

Responsibility

Commitment

Valor

Conviction

Endurance

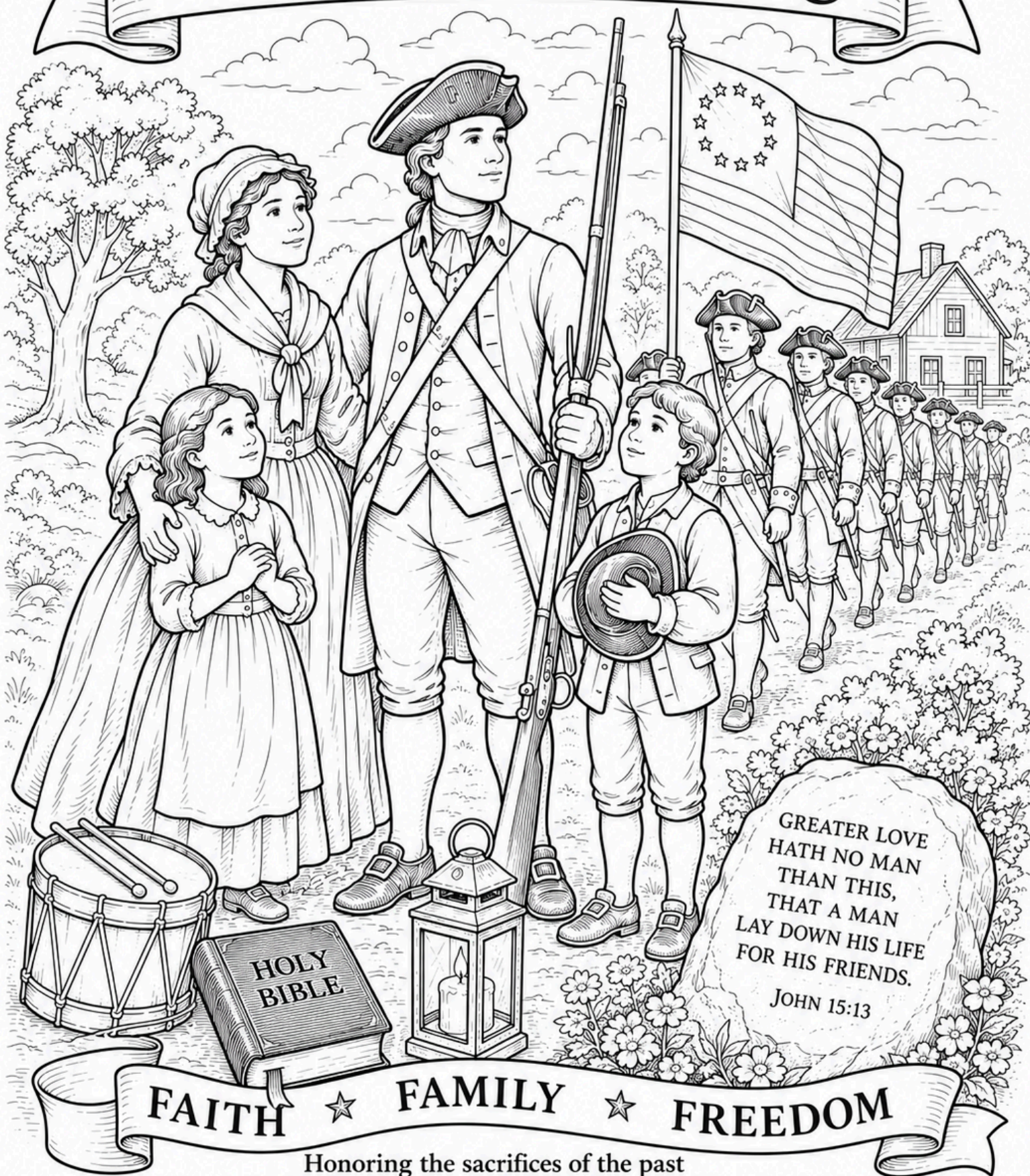
Freedom

Legacy

Fortitude

R A P I I E J V A M K T C M L
R E Z E N X N Q F C D D V G S
D U S I R D P D C I O S A L A
P D T P Q S E L U P S U L E C
A E H J O C E P I R E Z O G R
T F C X G N O V E B A P R A I
R W O O M P S N E N E N R C F
I C C R M C E I V R D R C Y I
O F O W T M G A B I A E T E C
T R B U M I I P Y I C N N Y E
M E R R R I T T R K L T C C V
I E I S E A W U M F Z I I E E
E D X N K H G C D E V W T O U
M O N R I V L E I E N C A Y N
O M E O X L B O Z L R T I A Q

The Cost of Freedom: Sacrifice & Courage



GREATER LOVE
HATH NO MAN
THAN THIS,
THAT A MAN
LAY DOWN HIS LIFE
FOR HIS FRIENDS.
JOHN 15:13

FAITH ★ FAMILY ★ FREEDOM

Honoring the sacrifices of the past
by living with courage and purpose today.

Eagle Forum of Alabama

ABOUT US

Eagle Forum of Alabama is dedicated to promoting strong families, informed citizens, and the timeless principles that made America great. Through education, advocacy, and programs fostered by our Action Groups and Student Eagles, we are investing in the next generation of leaders.

If your family enjoyed this month's challenge, you're already part of something bigger. Together, we are raising the next generation to love truth, cherish freedom, and live with purpose.

WWW.ALABAMAEAGLE.ORG



Check out www.AlabamaEagle.org for:

- Weekly Alabama legislative updates
- Blog posts & news updates on issues impacting Alabama families
- Access educational resources like the America 250 Family Challenge
- Learn about Student Eagles and how they can get involved
- Find upcoming EFA events and conferences
- Take action with alerts to make your voice heard
- Support our work to strengthen families & communities across Alabama
- Find links to our social media and Youtube channel



DONATE!

We're YOUR voice at the State House—and your partner in raising informed, confident citizens. We are deeply grateful for your financial support, which makes it possible for us to continue educating, equipping, and advocating for strong families across Alabama.