

Enjoying faith
as a family



Find Faith Together

Finding faith in the family isn't something else to teach our children but a way of life. Children don't compartmentalise "spiritual and secular" so enjoying faith as a normal part of family life is as natural to children as any other aspect. These are a few ideas for you to try or adapt with your family. They may also inspire further ideas of your own!

1. Find special places where it's easy to focus on God together e.g. a corner of the garden; snuggled together on the sofa.
2. As part of your family traditions and routines include activities which help you to connect with God e.g. mealtime Grace; lighting a special candle.
3. Pray about the day – thank; sorry; help prayers. Ask what God thinks when making family decisions.
4. Use playground adventures together (climb, swing, slide etc.) to explore new ways of sensing God, or acting out Bible adventures.
5. Include God in bedtime routines. Have a special bedtime prayer or way of praying; use Bible reading notes or ideas that you as a family enjoy.
6. Use your senses in mixed up ways to explore faith together e.g. what "touch" words describe God? How does God's love sound?
7. Change the words to well-known rhymes to refer to Jesus or Bible stories e.g. "Ring a Roses" *Round the walls of Jericho (x2) We shout out (x2) The walls fall down!* (from Joshua 5)
8. Adapt simple games to relate to Bible stories e.g. play "hunt the thimble" with toy animals after reading the story of the lost sheep. (from Luke 15)

Pray:

Parents and children can all share this idea for a bedtime prayer.

Jesus, thank you for today.

Today has been good because.....

Today has been hard because.....

Help me tomorrow with.....

Thank you for.....

Amen

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