

Enjoying faith  
as a family



## Share Family Spirituality

We can think of family spirituality as the essence of family life itself. It encompasses everything good which makes up family living, even where not overtly religious– as it reflects the goodness of God. These are a few ideas for you to try or adapt with your family. They may also inspire further ideas of your own!

1. Make space for special family time. Take turns in choosing what you do. Valued time together builds family “belonging” and helps us be more aware of the closeness we can share with God.
2. Find a favourite activity that the whole family enjoys together e.g. supporting a sports team.
3. Regularly share a family meal with your favourite food.
4. Build up and refer back to good family memories. Use photos and mementos as reminders.
5. Choose an act of service to do together as a family e.g. raising money for a favourite charity; befriending a neighbour.
6. Foster the habit of thanking each other for special things e.g. cooking my dinner; making me laugh; playing a game. You could also thank God for those things.
7. Think together of “good” words, sights, events.....then take it one step further and connect them with God. Use the words to try and describe God; tell God how the sights and events make you feel.
8. Tell the story of parents bringing their children to Jesus (Mark 10:15-17) or read it in a good children’s Bible. Compare this story to family outings you’ve had; have fun imagining how your family might behave if they were part of this Bible story.

### Pray:

Thank you God for all we share together as a family.  
Thank you for..... (You could take turns to say your thanks)  
Thank you that you are with us in our family.  
Amen

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