Faith Formation at Home

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Is faith formation at home important?
Is your child's faith now, and future faith in adulthood important to you?
Children who shared a sense for faith with their moms were 80% protected against suffering a major depression between the ages of 16 – 26.

90% protected if a grandparent was involved in addition to their mothers.

Children who have positive relationships to spirituality are 40% less likely to use and abuse substances.

60% less propensity for depression than other teenagers.

Adults with a sense of faith have more regulated levels of cortisol (the stress hormone) in their brain.

Is your child's faith now, and future faith in adulthood important to you?
Where do I even start?
What it is NOT:

- Reading the Bible cover to cover
- Memorizing verses
- Completing worksheets
- Following a Family Reading Plan
- Reading the Bible at dinner every night
- Only consuming Christian Media

- Putting Faith and Science in conflict
- Registering your kids for another program
- Putting a Jesus fish on your car bumper
- Guilting your child into reading scripture
- Bible quizzing
Deuteronomy 6:5-9
Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.
“The principle of rhythm is transferable to every culture throughout all time. Generally speaking, all people groups get up with the sun, move around in the day, share a meal, and sleep through the night. It’s just the way things naturally flow. It’s the transcendent pattern of life, this rhythm that establishes a consistent process to challenge the mind and inspire the heart.”

Reggie Joiner
Think Orange
What it CAN BE:

- Daily Rhythms
- Casual Conversations
- An inside joke
- Family dinners
- Daily rituals
- Annual celebrations
- Morning car rides
- Bed time stories
- Late night conversations

- Family Game Night
- Making faith real
- Every day silverware
- Open communication
- Sharing from both sides
- Realizing that you will never be perfect and neither will your child
Daily Rhythms

• Eat Meals Together
• Walk or Travel Together
• Bed Time
• Morning Time
Eating Meals Together

Opportunity: *Formal Discussion*

Grace

Breakfast/Dinner

Visiting Family

Going Out for Dinner
Walking or Travel Time
Opportunity: *Informal Dialogue*

Drive Time
Neighbourhood Walks
Road Trips
Hikes
Sing
Bed Time
Opportunity: *Intimate Conversation*
Create Peace
Story time/ Scripture
Prayer Time
Examen
Morning Time

Opportunity: *Encouraging Words*

Packing Lunches

Words of Affirmation

Goals / Values

Unconditional Love
What *rhythms* and patters have you developed within your own family? How did they originate? *What makes them worthwhile or a priority?*
What kinds of exchanges tend to happen between you and your children during the predictable moments of your day? What can you do to be more intentional at these times with your kids?
“If families decided to take advantage of times already built into their routine, the effort required to initiate interaction during some of these times would be minimal. The return could be potentially enormous.”
How important is YOUR faith to you?
You & God Time

Opportunity: Discover your own faith and go deeper

Read: Bible/Poems/Novels
Mediate or Pray
Journal
Use media: YouTube or Podcasts
Join a Small Group online or in person
Create a prayer spot at home
Attend a Bible Study
You do **NOT** need to be perfect! In fact, your kids SHOULD see your authenticity and hear your transparency.

What they need to see is that spiritual, moral and relational growth is a priority in your life.
Overwhelmed / Struggling

Opportunity: *Seek God’s peace and presence*

- 2 minute morning devo
- 2 minute evening devo
- Create a peaceful commute
Running on Autopilot

Opportunity: *See adventure and new challenges*

New Spiritual discipline
Join a book club
Join a mission project
Plan a new goal
Give a higher percentage of your income away
START a ministry or small group
Just starting out
Opportunity: Find your place, try something new

Make a bucket list
Join a church group
Make a reading goal
Meet new people
Some New Ideas:
Watch YouTube
Subscribe to a Podcast
Journal your Prayers
Create a Prayer Spot at Home
Join a Small Group
Colouring + Silent Prayer
Go on a Mission Trip
Coffee + a Good Book
Work Out + Praise
You & Your Partner Time
Opportunity: Strengthen your relationship = strengthen your family

Date Night (In or Out)
Words of Love / Affirmation
Fight Fair
Pray for them
Serve them
Support them publically
Apologize and seek forgiveness
Where to Start:

Opportunity: Use the Summer Time to Plan and Dream

Stop Saying “I don’t have time…”
Make a Game Plan: Think “when have I felt closest to God?”

Pray
Test it
Brainstorm
Game Plan
Deuteronomy 6:5-9

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.
How would the way you spend your time look different if you took these verses to heart?

Why is the health and growth of your personal relationship with God important to your children?
A few unique Summer time activities to kick start faith conversations and/or growth.
Day Camp

- Teach them about kids who are different
- Encourage them to make a new friend – someone who is overlooked
- Pray for your new friends and leaders
Over Night Camp

- Organize friends, family, and mentors to send postcards throughout the week
- Words of encouragement
- How is God working in your child’s life
Beach Day

• Sand object lesson
• God knows all about you
Going For a Hike

• Travel Time
• Look for opportunities to talk like a friend
• Ask questions, don’t over do it on the advice
• Let them lead the conversation
Road Trip

- Book share
- Sing along
- Silly Games
  - Would You Rather?
  - Alphabet Game
- Designate media free times
- Random Acts of Kindness
Camping

- Story of Abraham
- Family Stories
- Camp Fire Songs
Visiting Family

- Family Bingo
- Prizes
- Follow Up
- Connect through out the year
At Home

- Let them rest
- Google Mission Projects
- Plan a project locally
- Support their ideas
Service People

- Communicate like a real person
- Use manners
- Treat them with love
- Pray for them
Waiting In Line

• Remind your child about the fruits of the spirit
  – Patience
  – Kindness
  – Self Control

• Silly Games (road trip)
Resources:

Parenting Books:
- Are My Kids On Track – Goff, Thomas, & Trevathan
- Caught In Between – Dan Scott
- Parenting Beyond Your Capacity – Joiner & Nieuwhof
- Faith at Home – Barrie
- The Grown Ups Guide to Teenage Humans – Shipp
- Boundaries With Kids – Dr. Cloud & Dr. Townsend

Online:
- Parent Cue (App)

Children’s Bibles:
- Spark Story Book Bible
- Deep Blue (CEB)
- The Action Bible

Devotionals:
- My First Message – Eugene Peterson
- Here’s a Question (starting family conversations) – Bowen