

Faith Formation at Home

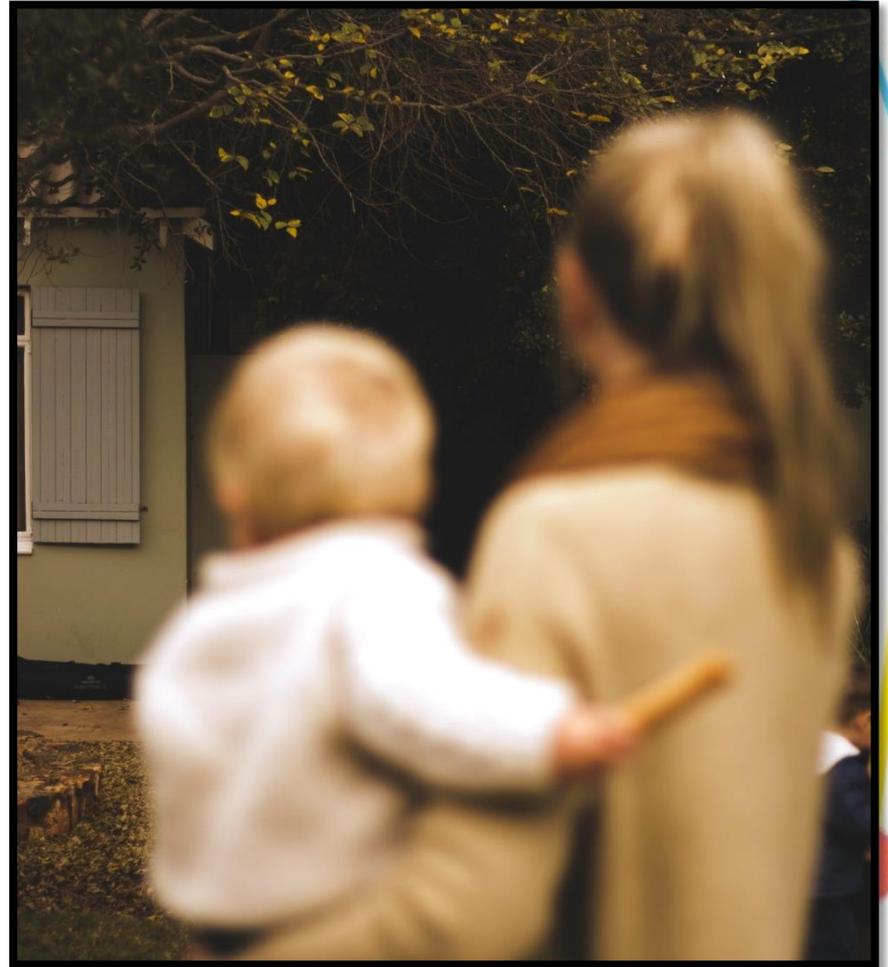
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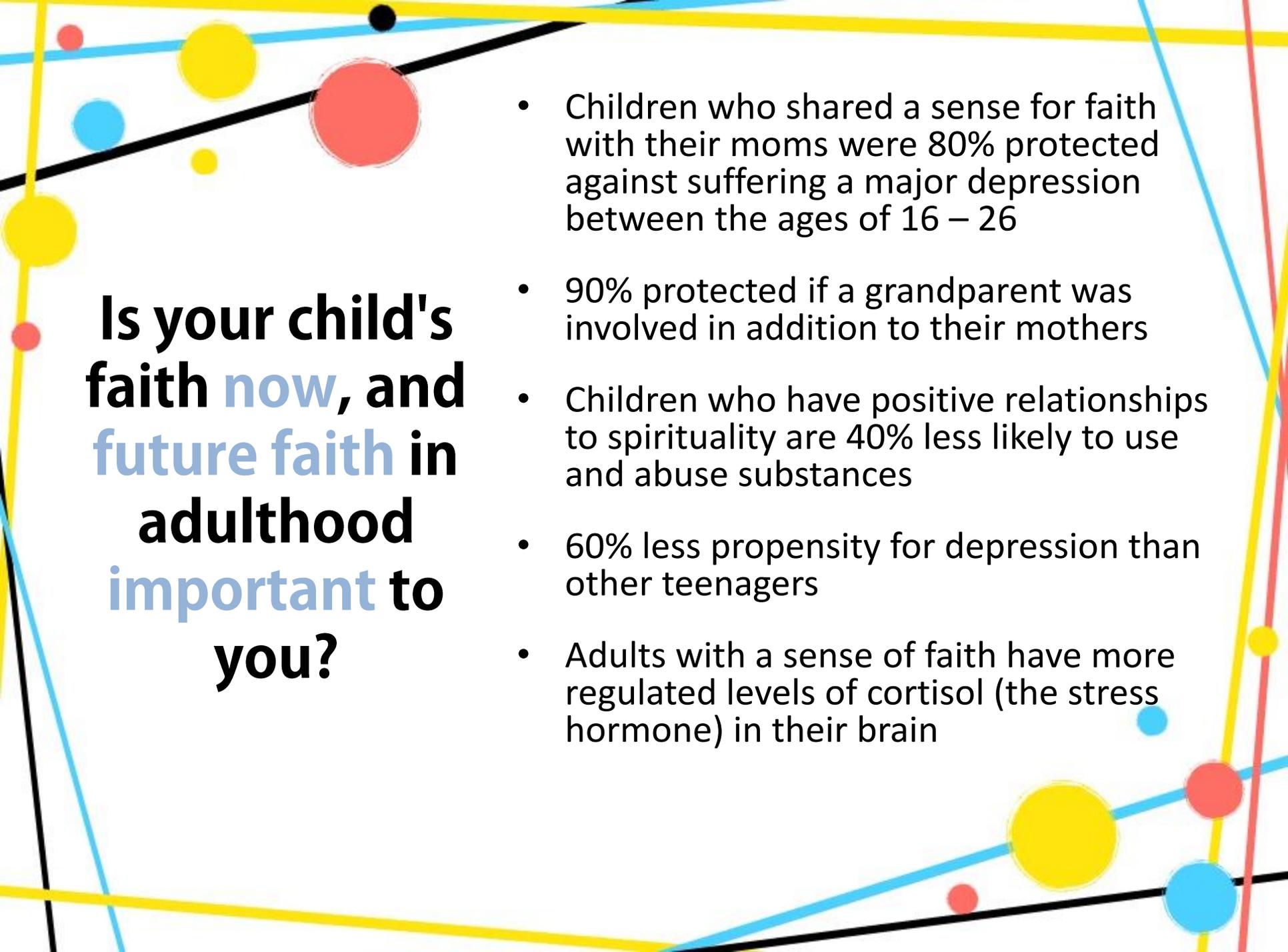


**Is faith
formation at
home
important?**



**Is your child's
faith *now*, and
future faith in
adulthood
important to
you?**





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

**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.





Reggie Joiner
Think Orange

“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.”

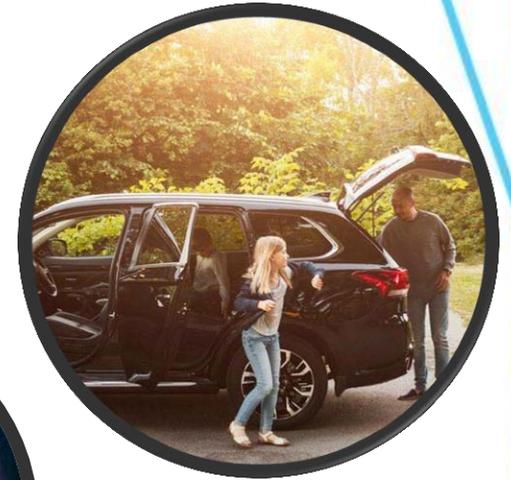


What it CAN BE:

- 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*

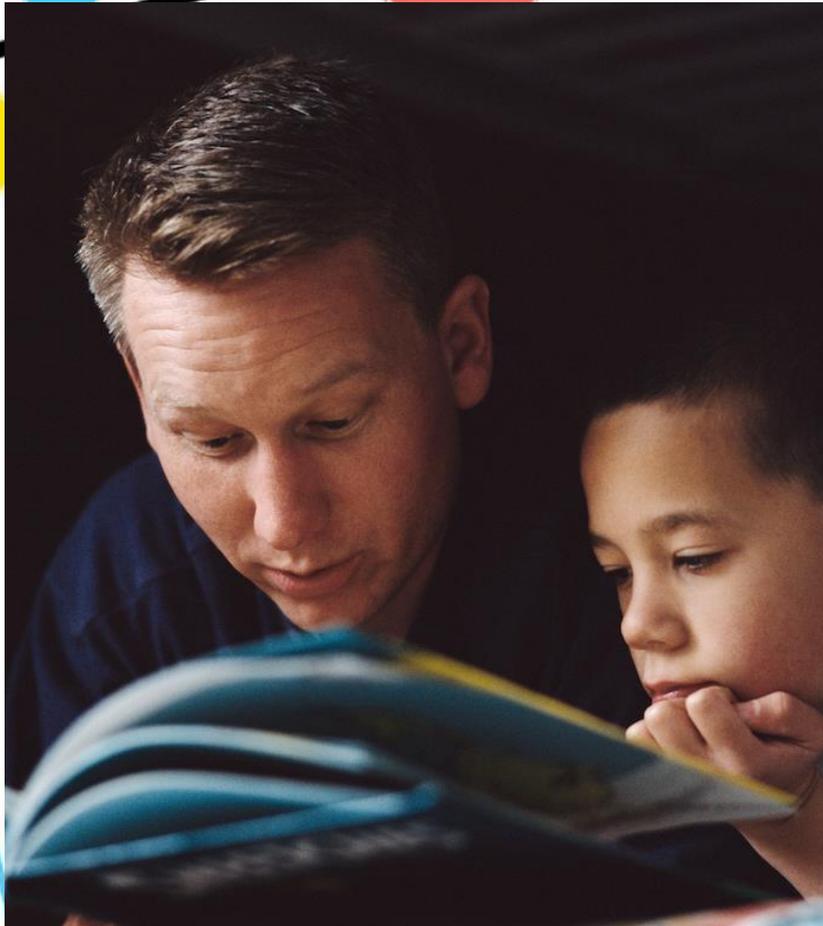
Drive Time

Neighbourhood Walks

Road Trips

Hikes

Sing



Bed Time

Opportunity: *Intimate Conversation*

Create Peace

Story time/ Scripture

Prayer Time

Examen



Morning Time

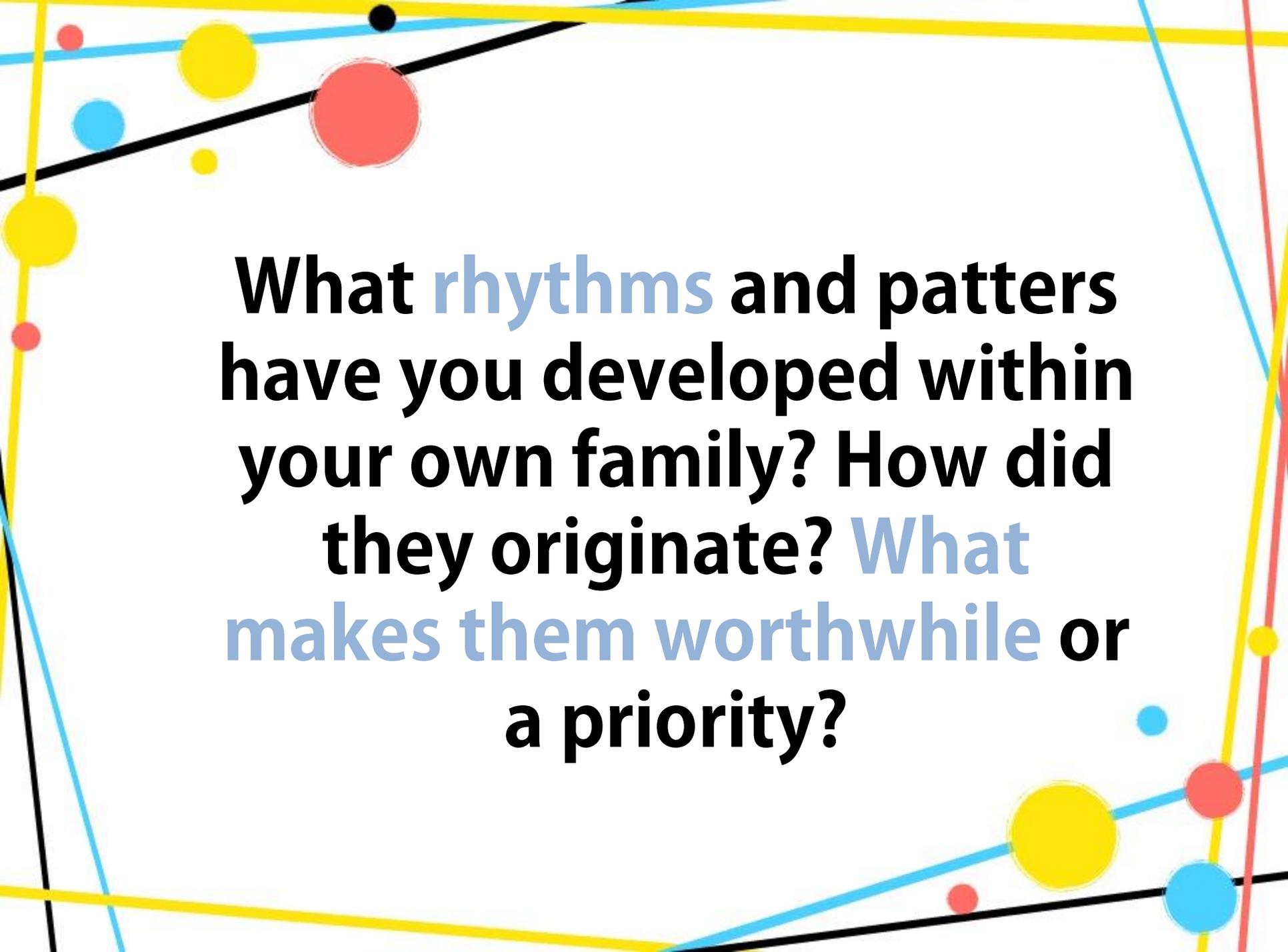
Opportunity: *Encouraging Words*

Packing Lunches

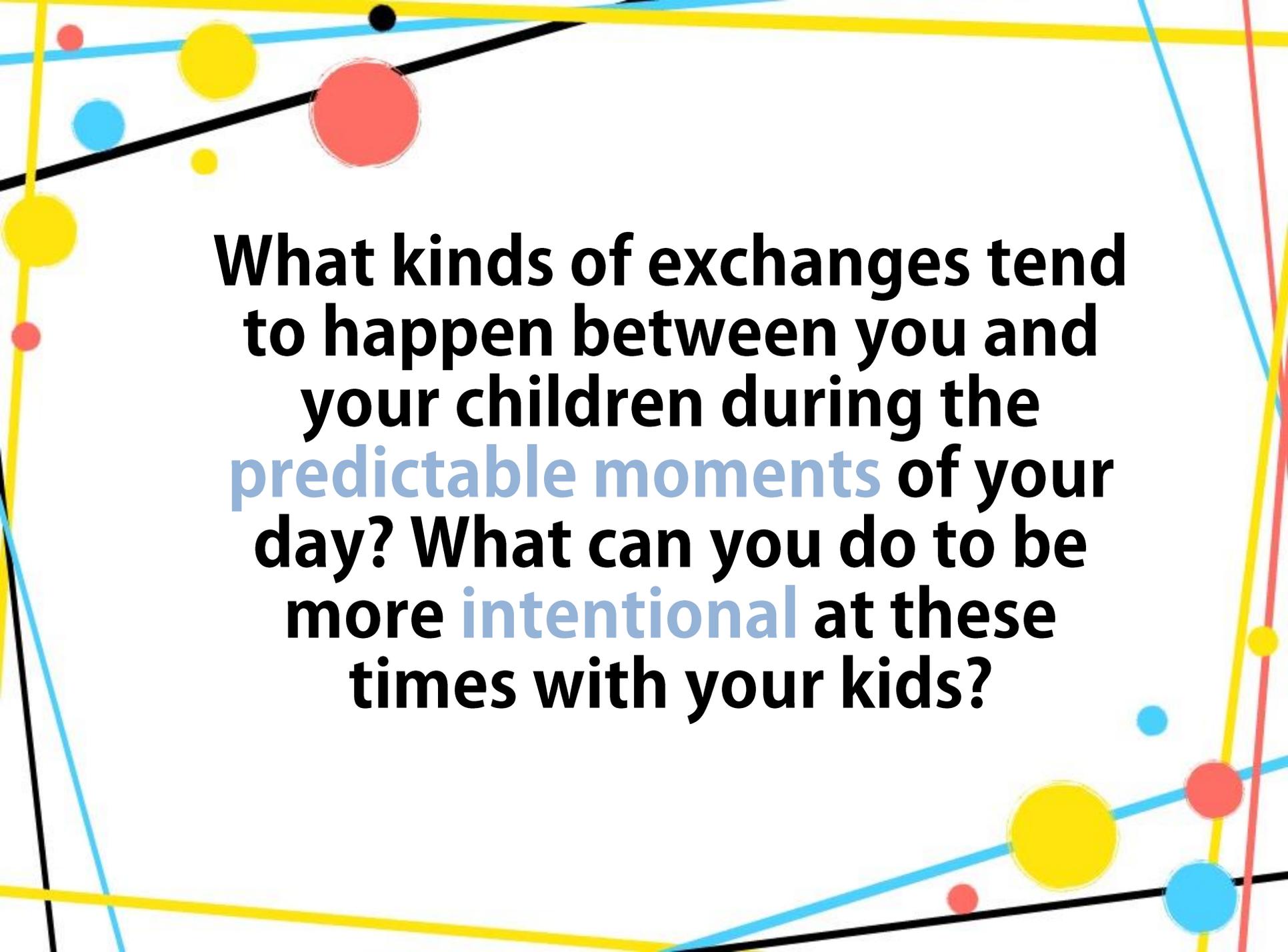
Words of Affirmation

Goals / Values

Unconditional Love

The background features a white canvas with several overlapping lines in yellow, light blue, and black. Scattered throughout are circles of various sizes and colors, including yellow, light blue, red, and black. The text is centered and reads:

What **rhythms and **patters** have you developed within your own family? How did they originate? **What** makes them worthwhile or a priority?**

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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?**



Reggie Joiner
Think Orange

“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

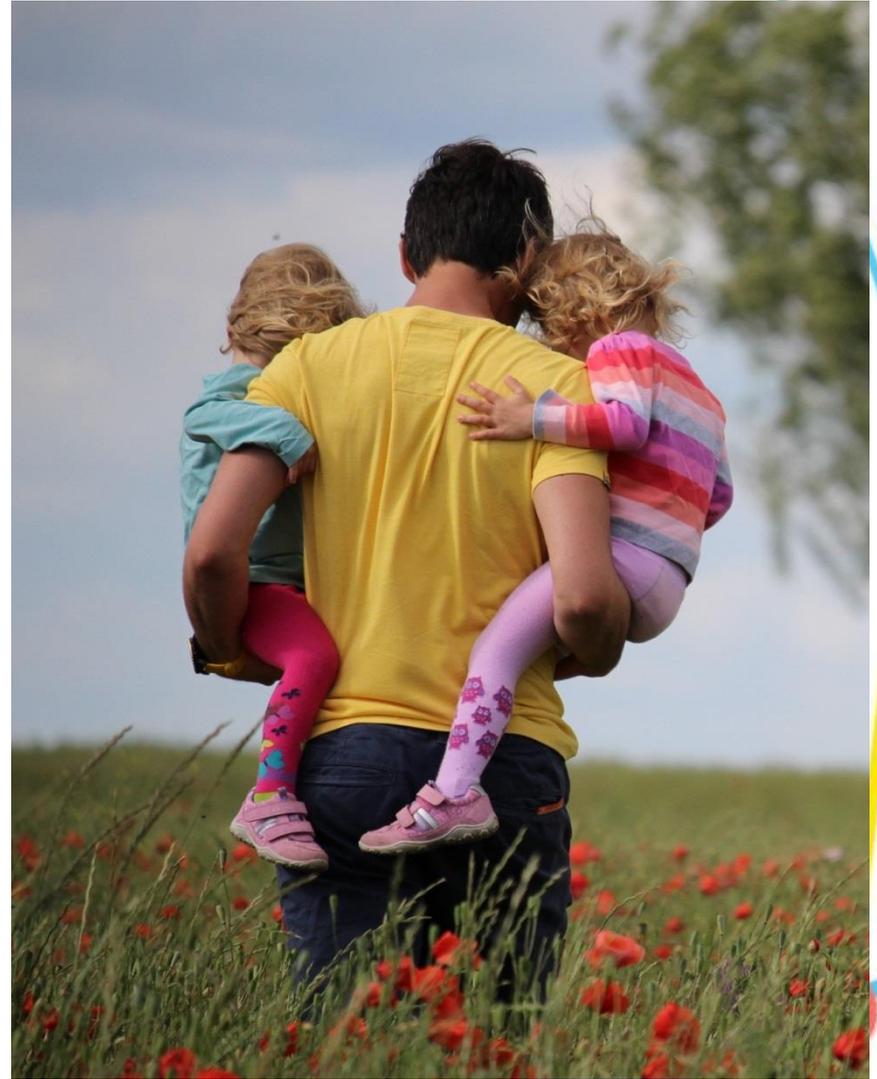
Join a Small Group online or in person

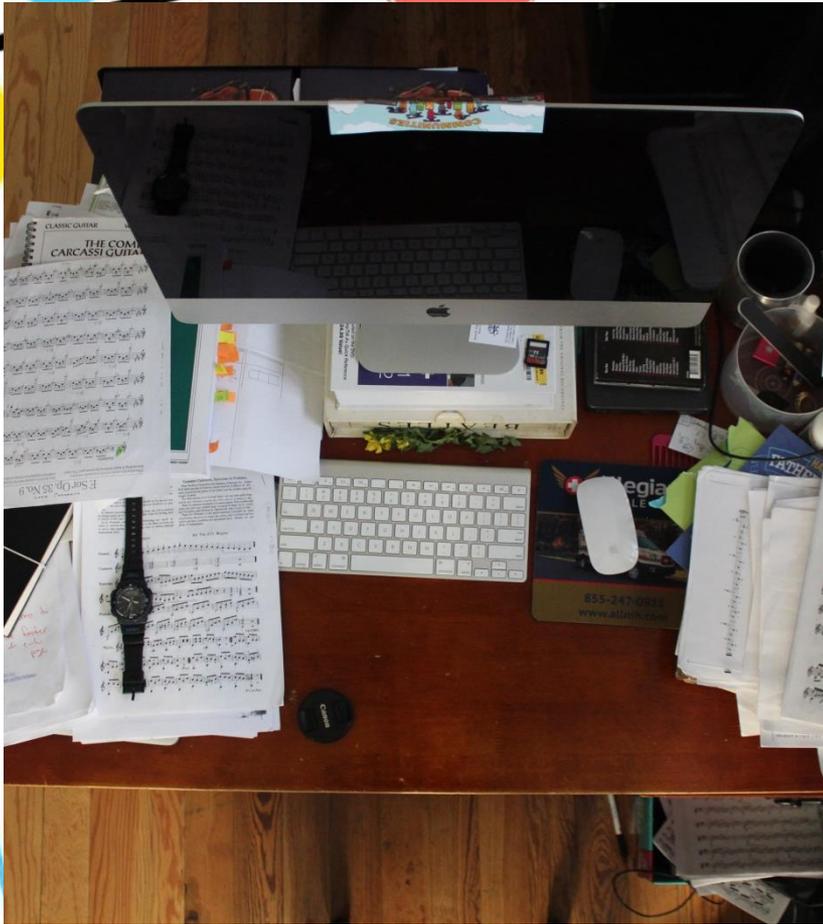
Create a prayer spot at home

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 you 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

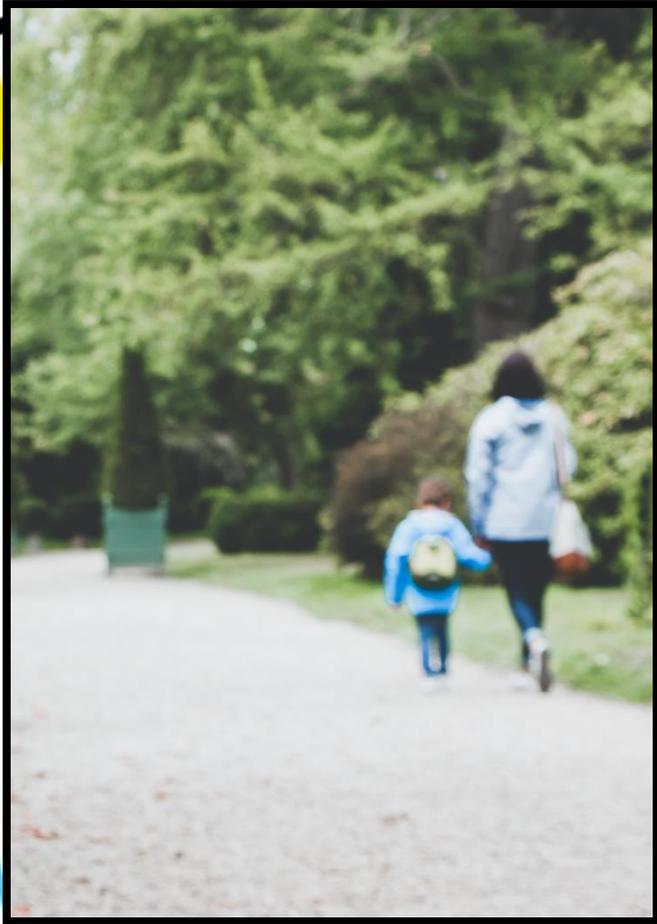
Test it

Brainstorm

Game Plan

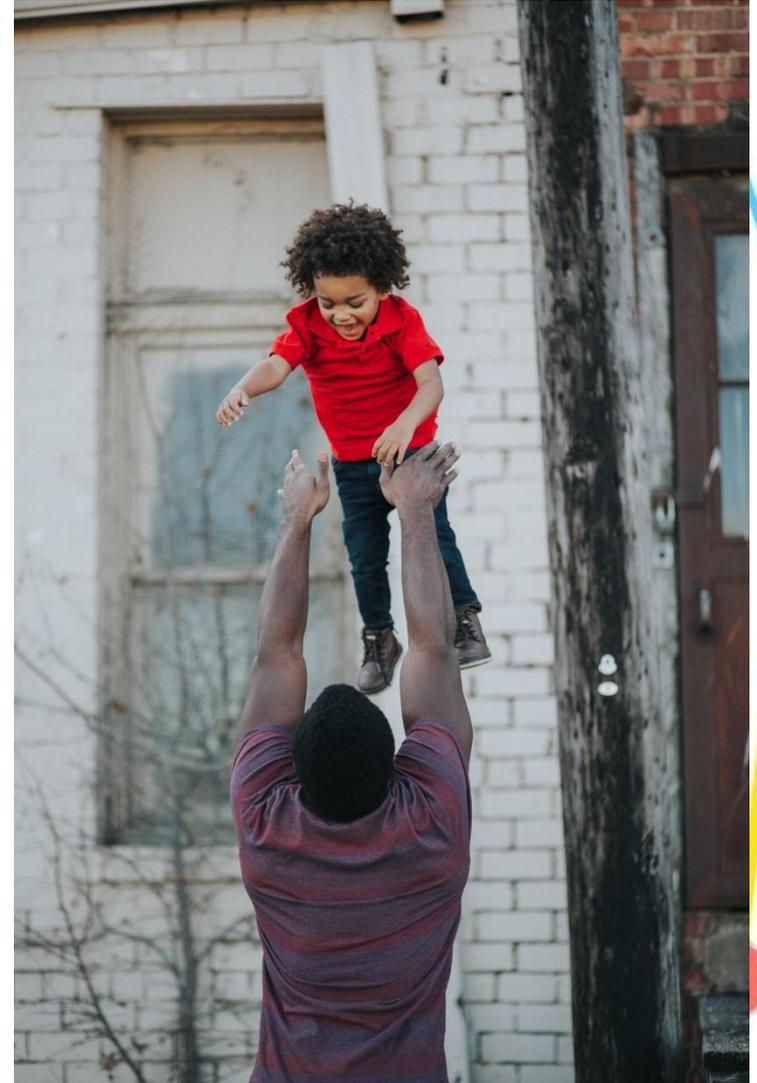
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How would the way you spend your time look different if you took these **verses to heart**?

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 through out 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