

FAMILY FAITH-BUILDING IDEAS

Are you looking for some simple ideas to spark faith formation with your family? Here are a few things that require just a little bit of time but may yield great benefits for you and your family!

- Break out the Bible! Read the Bible together as a family, with everyone taking a turn reading. Whether it is from a Children's Story Bible or from an adult Bible, reading scripture together is a great way to stimulate conversation and exploration. (If you need a place to start, try the Gospel of Luke.)
- Try one of the on-line Daily Office services the parish is offering. Not only will it introduce the various services to your family, it will give your family a chance to see, hear, and worship with people from your church family. Try starting with a Compline service to end your day in prayer...it is like the Church saying bedtime prayers together!
- Learn some memory verses together. The idea behind memory verses is to have some nuggets of scripture "written on your heart" so they are always there when you need them for yourself or others. You can find great verses to learn in our worship service liturgies, and on the internet. Here is one [verse list](#) with short verses geared for young children.
- Act out your favorite Bible stories as a family. It will let your children use their creativity and imagination to bring the stories to life, and hopefully make them more memorable for the whole family.
- Go on a prayer walk. There are lots of ways to make a simple family walk into some faith-building time. You can have each person thank God for the beautiful (or interesting) things they see in creation. You can have each person say a prayer aloud for someone or for the community. You can do "alphabet prayers" where you give thanks for a blessing that starts with each letter of the alphabet. It does not matter what you do during your prayer walk, as long as it engages your family in prayer, worship, and conversation.
- Make a prayer board. Whether it is as simple as some paper on the refrigerator, or a repurposed memo board, create a place for your family to write down the people or the things for which your family members are praying. Put it somewhere where it will remind everyone to pray, and to pray as a family.
- Have a "real life" bedtime story. Instead of reading a story book or making up a story for your children every night, take one night each week to tell a "real" Jesus story to your children. Talk to them about the times that you have seen God at work in your life or talk to them about the people that helped (or are still helping) you to grow in your faith. This will help them to understand that Jesus is more than just a character in a book or someone special who lived a long time ago. Instead, they will start to learn about the very present Jesus who is at work today.