



FAITH PATH

Family Time

Create Intentional Moments

WHAT: When your child reaches about four years old, it is a great time to establish a pattern of including fun family times in your schedule to foster communication, laughter and faith formation.

WHY: It is important to have a consistent routine of creating intentional moments that will help your family deepen relationships and have faith discussions. Regularly scheduled family time activities are a great way to make that happen. They also set up wonderful opportunities to discuss spiritual topics.

WHEN: For some families this might be a particular night of the week after dinner. For another family it might be after Saturday morning breakfast. Decide what works for your unique schedule and then protect that time. You might need to say “no” to some good things to make family times a priority. We suggest scheduling a family time experience weekly, but no less than twice per month. Setting and keeping a regular schedule will show commitment and value to all involved.

THE PLAN: Plan for success by finding resources to help make your family times a great experience. As your child gets older, ask them if there are specific topics they would like to make a part of your time together and let them help plan your activities. Don't forget that the Bible is the most important resource God has given us to instill truth in the hearts and minds of our children.

THE FUN: Children are more likely to embrace your beliefs and values if they enjoy time with you. That's why family fun times are a great context for effective faith formation. Be creative by acting out scripture together, doing crafts or object lessons that reinforce spiritual themes. Avoid becoming overly serious, rigid or stressed while leading family times. It's okay for kids to be silly and it's important to fill your home with laughter.

GETTING STARTED

- Protect a day and time and let your child mark the family calendar to help build anticipation.
- Spend a little time singing, silly dancing, swinging the kids, etc. to get everyone in the mood for the best part of the week!
- Use one of the Family Time recipe cards to test-drive a fun activity together. Then choose a tool that will provide object lesson activities to help you reinforce biblical values and lessons on an ongoing basis. You can purchase a recommended resource or check one out at the church library.

OTHER IDEAS

- Pick a family verse that you want to memorize and say together. Make up or use some fun games to learn the verse.
- Discuss a movie that is age appropriate for your child. Make some popcorn and watch the film together. Afterwards have a “faith talk” about the choices of characters and other aspects of the story that catch your attention.
- Share with your child something that God has been or is teaching you.
- Cook a meal together and use the time for sharing and talking.
- Take time to ask each member of the family to share his or her “high” and “low” of the day.
- Go on a family walk and spend the time praying for each other, the neighbors or others.
- Capture family prayer requests using a prayer chart or on a refrigerator white board.
- Create impromptu “God-moments” by taking advantage of unplanned and unscheduled opportunities to discuss your faith in the daily routine of life.

Intentional Faith Path Plan

Child’s Name: _____

How will you be intentional this next year?

- Pray daily for my child.
- Consistently spend time in God’s Word.
- Bless my child daily.
- Schedule and have regular family times.
- _____

When your child is at age five, you as a parent need to be prepared to lead your child to Christ. The age in which a child trusts Christ as Lord and Savior varies, but we want to give you resources and training in advance to help prepare you for that time. Pick up the *Prepare to Lead Your Child to Christ* Faith Path Pointer at the Faith at Home resource center.

Recommended Resources

- *Family Night Tool Chest* series from heritagebuilders.com
- *101 Conversation Starters for Families* by Gary Chapman
- *Big Truths for Young Hearts* by Bruce Ware

For further age-appropriate resource recommendations, please visit the Faith at Home Resource Center.

Calvary Bible Church Ministries

Children’s Ministry • calvarybible.org

Faith at Home Faith Path “Family Time” class