



How do you connect best with God?

Is it through worship, the Bible, prayer, nature?

How do you think your child connects with God?

What can you do to help them?

Understanding that your child may naturally connect to God in a different way enables you to help them find ways that best suit them. Maybe you could play Christian music in the house, explore God in creation, buy them a Bible or include them in caring for others.



What can you do together as a family to serve God?

You could cook and deliver a meal to a family who are facing a challenging time, write a letter to someone or visit an older person from church.



How can you bring God into celebrations or milestones?

Maybe you could give your child a Bible or devotional book to mark specific occasions like their Baptism or First Holy Communion. Or celebrate their birthday by asking friends to thank God for their particular characteristics while you light each candle on their birthday cake.



Traditions are an amazing way to help children feel secure and loved. What do you do to have fun together as a family?

Could you make this a tradition?

Think of something small you could do regularly like a family games night or going for a walk on Sunday afternoons.





Read Deuteronomy 6:4–9.

How can you bring God into the walk or car journeys that you take?

Ask each other what you have prayed about and how God has helped you during the day. Or you could look for God in the nature around you and remind yourselves that creator God is with us all the time.



How can you bring God into your family mealtimes?

If you don't eat together often because of busy schedules, is this something that you could start to do sometimes?

Maybe you could take it in turns to thank God for your food. Each person could share their high and low of the day and use these as points to pray for.



Read Psalm 78:4.

What stories can you tell your children about what God has done in your life?

You could share part of your testimony or a time when God answered prayer. Writing this down is a great way to share stories of God's goodness with your children and your grandchildren for years to come.



How can you help your children to see what the Bible means to you?

Let them see you reading the Bible at home. Maybe include them by sharing a scripture you have read and what you feel God is saying to you. Don't necessarily expect a response. They will start to see that it is something that impacts your everyday life and isn't something only for Sundays.





How can you show your children that you pray?

Modelling prayer at mealtimes and bedtimes is a good opportunity for our children to see prayer in action. But also letting our children hear us praying short prayers throughout the day helps them to know that they can talk to God about anything at any time.



What activities do you do in church that you could explain to your children?

Taking time to explain why we worship, take communion or even go to church, helps our children to understand why we do what we do. It allows them to have a glimpse into why our faith is important to us.



How can you help your children make connections between what you do and your faith?

Explain why you give your money, time and skills to building the church or why you have cooked a meal for a family in need. Our children don't always understand how our faith motivates us to act in the way we do. Finding ways to talk to them and include them in what we do helps them to see a living faith in us.



How can you remind yourself to pray regularly for your children?

Maybe you can start to make a habit of praying for them when they are sleeping – either in their room or at their bedroom door – or meet with other parents to pray for your children together.





How can you make your prayers for your children more specific?

Think about what characteristics you would like to see in your children as they grow up and pray for those things, for example, that they would be loving, kind, or patient. Pray for their friends, that they will have good influences around them and that they will grow to love God themselves.



How can you show your children that you are not perfect?

Our children can sometimes assume we always do the right thing. Giving them insight into occasions when we make bad choices helps them to know that they are not expected to be perfect either. Maybe think about a time when you have made a poor choice and explain how you made it right.



Do you show your children that you are sorry when you make mistakes?

Don't be afraid to be vulnerable. When you get things wrong let your children know and model how to say sorry and ask for forgiveness.



How do you feel when your child asks you tricky questions about faith and you don't have the answers?

You haven't got to be an expert. We haven't always got the answers and neither has Google! Letting our children know this is a good thing. They will experience their own doubts and fears, and knowing that we also feel this way will help them to see that it is a normal part of experiencing faith.





What can you do to explore difficult questions together?

When your children ask you questions, ask them what they think and suggest ways of exploring the answer together. Sometimes let them realise that we won't always find the answers to all of our questions – but we trust in God anyway.



How could you build relationships with other parents to support one another to inspire your child's faith?

You could organise an *Inspire* session for other parents you know, or continue this one by meeting regularly to pray for your children and encourage each other. You could set up a group on social media or WhatsApp to share ideas and support each other.



How do you invest in your child's friendships with other children from church?

Maybe you could arrange some family activities with other families with similar aged children. You could also encourage friendships they have with children in church by inviting them to spend time together away from church.



Is there a simple way that you could connect with another family with similar aged children in your church?

Start a regular family activity together, like a trip to the park, bike ride or other hobby once a month.





How can you include your children in church life?

Look for ways in which your church can include children in the everyday life of the church. Take time to model and include your children in serving at church as this really helps children feel they belong. You could ask an older person to teach and include your child in an area where they serve, or let them help you in what you do.



Can you think of an older person, single person or teenager who would be a good influence and mentor to your child?

How could you involve them more in your family life?

Pray for the right person to ask to be a mentor figure to your child. Explain to them why you have chosen to include them in this way. You could invite them for meals regularly and ask them to pray for your child. Maybe you could ask them to babysit.



How can you encourage links between what your children are learning in Sunday school and your home life?

Be intentional about asking your children what they learnt in Sunday school and talk to them about what you learnt in the service. Talk about it throughout the week.



Read Galatians 5:22–23.

How could you live out the different aspects of the 'Fruit of the Spirit' for your children to see?

How can you help your children to see that these characteristics are an important part of your faith?

Choose one or two aspects of the 'Fruit of the Spirit' each week and as a family think about how you can work on displaying them as a family. Make a poster or write them on a mirror, so that you and your children can think about them.





How can you include God in your children's play?

Act out Bible stories, or use toys to make them come to life. Talk about creation when playing outdoors or with animals.



How can you include God in your bedtime routine?

Maybe you could spend some time praying together or reading a Bible story or devotional together.



How can you bring God into difficult times?

Sharing your own personal stories of how God has helped you to overcome sad or difficult times can be very reassuring. You could use Bible stories to help illustrate this.



How can you bring the Bible alive for your children?

Maybe you could act out a Bible story using dressing up clothes or props and imagine how the characters felt. Or you could use toys to create scenes from the story and think about how God felt.

