

Who and what influences children to develop their own personal Christian faith?



kitchen
table
project

Inspire a faith that lasts

Did you know?

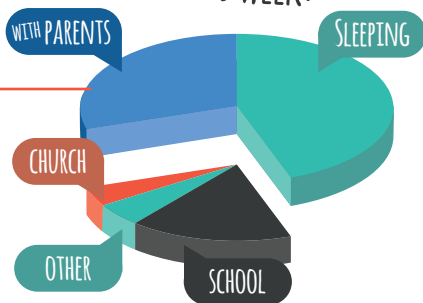
19 is the age by which most Christians come to faith.

50% of children growing up in Christian homes will keep their faith as adults.

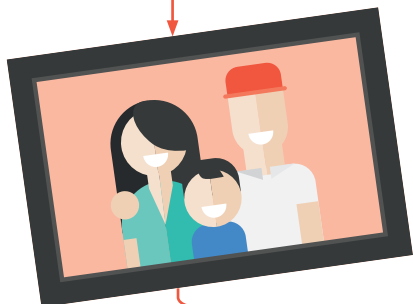
A child spends **considerably more** time **at home** than anywhere else.

A child attending a church group one hour a week would need to attend for **421 years** to equal the same amount of time they would spend with a parent before the age of 10.

A CHILD'S WEEK:



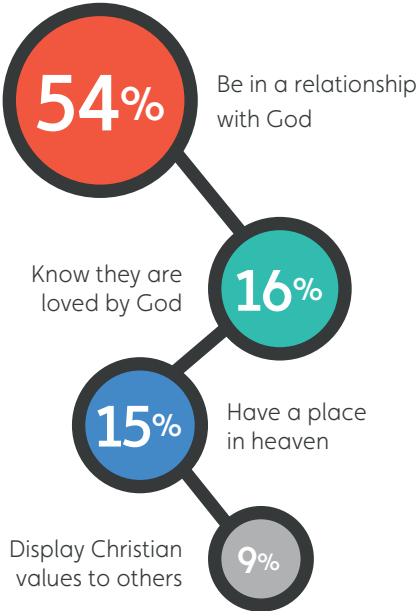
Mums and Dads have the greatest influence on their children developing a faith that lasts.



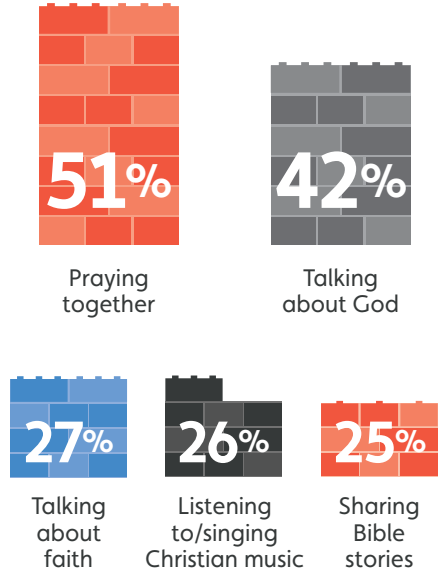
What parents said ...

We talked to 983 parents to discover what they currently do and what ideas they would like to try in the future.

What is your most important reason for wanting your child to become a Christian?



What are the most helpful ways you inspire your children's faith?



"I want my children to desire God for themselves and pursue him with their own energy and strength. I want them to understand how good God is and really grasp his heart for them."

"This project has really helped me to think about how to do this as part of everyday life. The focus on our role in nurturing our kids' faith has helped me to see opportunities I hadn't realised were there before, and it has reminded me of the necessity of grasping every one."



Which of these would you consider doing
to help nurture your child's faith?

Listen for God **35%**

33% Bible-based app/online game

Find God in everyday life **30%**

21% Do good deeds

Be creative **18%**

16% Explore nature

Talk about faith **14%**

What hinders you sharing your faith
with your children?



32%

Family time is devoted to other activities

30%

Not having enough time to spend with child

24%

Needing help with knowing what to do

23%

Worrying I'll do it wrong or put child off

18%

Thinking I'm not a good enough example

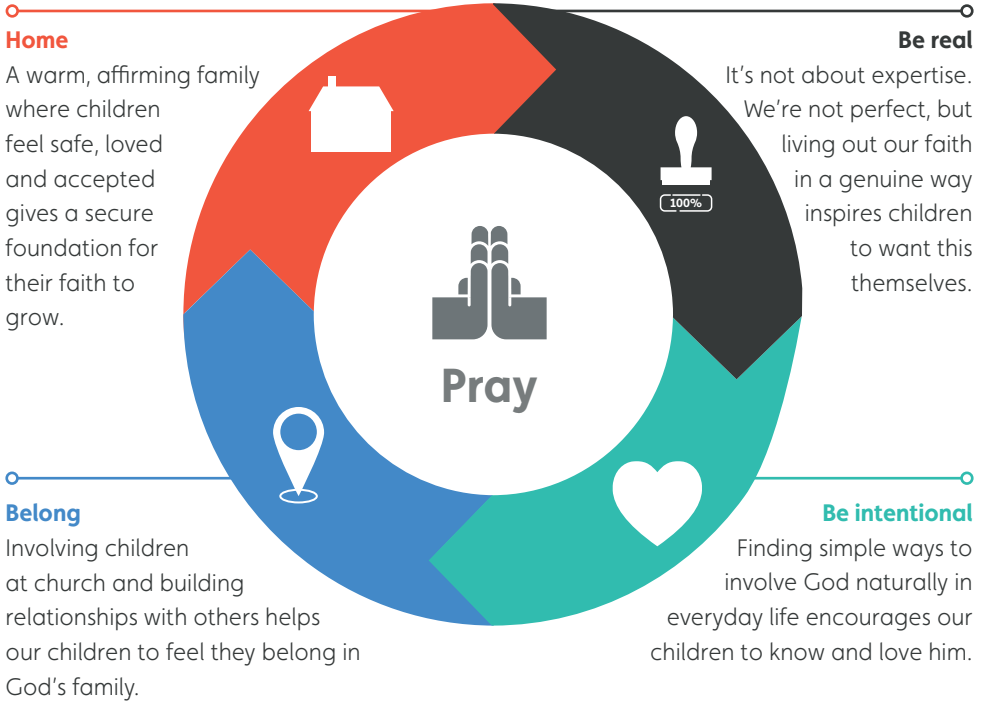
"I would like God to be a bigger part of our everyday life. We don't talk a lot about God during the day, but I probably just need a bit more courage to seize opportunities and not be afraid of not having the answers."

The good news

The good news is that as parents we do not need to be experts. There are simple things we can all do that will nurture a living faith at home.

What can we do?

We have found that there are five key elements which can help to inspire children's faith.



Why not connect with other parents by hosting an Inspire session in your home or church?

An easy-to-run 90 minute session with video, activities and discussion cards.

Download your free pack from the website now.

Join the Kitchen Table Project, a movement of mums and dads learning from each other and sharing ideas, so we can all succeed in inspiring faith in our homes.



www.kitchentable.org.uk



Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales: 1066905; Scotland: SC038497)
See the Faith in our Families booklet from Care for the Family for more statistics, insights and information about the research methodology. Available at www.careforthefamily.org.uk/faith-in-the-family/parenting-and-faith

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