

Inspire Online – Discussion questions

These discussion questions have been designed to start a conversation around the five key elements. We've given you a selection of questions to choose from, but it's likely you will only have enough time to discuss a few together in this session. Maybe you could encourage the parents in your group to continue to meet regularly online to discuss the other questions.

We've included some ideas for each of the questions to help get you started.

After this discussion you may wish to join the Kitchen Table Project community on social media for daily inspiration and ideas from other parents on the journey. Look for 'The Kitchen Table Project or ktpcampaign' on [Facebook](#) and [Instagram](#). You can also find lots more video-based teaching and encouragement by subscribing to our [YouTube channel](#).

Home

'A warm, affirming family where children feel safe, loved and accepted gives a secure foundation for their faith to grow.'

Q: What traditions do you and your family enjoy doing together? Are there any new ones you could start?

Idea: In this season more than ever, it's important to help our children feel secure and loved. With more time at home together, the restrictions may make it easier to create new traditions. Perhaps you could make Friday night a time where the children get to choose and cook dinner, maybe have pancake breakfast on a Saturday or a sleepover in the living room on the first weekend of the month.

Q: How can we find ways to help our children know that they are loved and accepted at home?

Idea: Our children will feel loved in a variety of ways, whether that is through hugs, gifts, affirming words, acts of service or the quality time we spend together. Explore [The 5 Love Languages of children by Dr Gary Chapman](#) and learn how to interact with one another in the different ways that each of you give and receive love.

Q: Read Galatians 5:22-23. How could you model and encourage your children to live out the different aspects of the 'Fruit of the Spirit?'

Idea: Choose one or two aspects of the 'Fruit of the Spirit' each week and as a family think about how you can show them to each other. Make a poster or write them on a mirror, so that you can all think about them. Talk about how being kind, loving, gentle etc. helps to make your home a happy, fun place to live.

Q: What can we do to add moments of kindness and warmth in our homes whilst we navigate the various stages of lockdown together? Sharing what has worked for you may really benefit another member of the group.

Idea: Having fun playing together is a great way to help our children feel happy and secure. You might want to start a weekly games evening or create a new weekend tradition to help break up the week-day/weekend routines.



Be real

'It's not about expertise. We're not perfect, but living out our faith in a genuine way inspires children to want this for themselves.'

Q: How can we make our faith more visible to our children?

Idea: So much of our faith journey is invisible to those around us. We could intentionally read our Bible in front of our children, worship in the kitchen, or let our children hear us pray out loud. Perhaps we could share a 'high and low' from our day when we're having a meal together and spend time thanking God and asking him to help us with the things we're finding challenging.

Q: Read Psalm 78:4. What stories can you tell your children, about the amazing things God has done in your life?

Idea: 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.

Q: What can you do to explore difficult questions together?

Idea: In this season, it's to be expected that children will ask many difficult questions. We won't always have all of the answers and letting our children know that is a good thing. When our children ask us difficult questions, we can ask them what they think and suggest ways of exploring the answers together, including asking God to help us. We can also help them to realise that we won't always find the answers – but we trust in God anyway. The important thing is to be honest, reassuring and respond in age-appropriate ways.

Q: How can we help our children to deal with the different emotions they may be feeling as a result of the pandemic?

Idea: Many of our children will be facing a whole range of emotions, from worry and fear, to disappointment and sadness. Being intentional in spending time talking about and exploring our emotions is so helpful. Engage Worship have produced a helpful resource which can help the whole family to explore our emotions with Jesus. You can find it here: [Jesus and Emotions: A creative journal for families](#)

Our friend Lily-Jo from The Lily-Jo Project also shares some incredible insights into our children's mental wellbeing as we continue to navigate parenting during a pandemic. You can find her interview here: [Talking Faith with Lily-Jo](#)

Be intentional

'Finding simple ways to involve God naturally in everyday life encourages our children to know and love him.'

Q: What can we do, as parents, to create space to explore faith together as a family?



Idea: We could create a 'question jar' using lollipop sticks and take time to discuss things together at meal times. We could also use a Bible app, a book with great faith conversation starters or a family devotional where we explore what faith looks like together.

Q: How can we intentionally help our children to connect with God themselves?

Idea: Recognise that the way you connect best with God may be different to how your child connects. Talk to them about the different ways we can connect with God and watch how they might naturally do this. It might be through creation, praise and worship, quiet contemplation, creativity, loving others, social justice, learning or through established traditions. Then find ways to include more of these moments in their day-to-day life. Maybe you could play Christian music in the house, explore God in creation, buy them a Bible or include them in caring for others.

Q: How can we bring God into our family mealtimes?

Idea: The Bible is full of stories and verses of people eating together, maybe your family could find the verses, write them out and keep them in a special Bible verse box. Each time you eat together, you could take turns to pick out a verse then read and chat about it together. You could also take it in turns to thank God for your food or each person could share their high and low of the day and use these as things to pray for.

Q: How can we find simple ways to help our family practice gratitude in these challenging times?

Idea: Maybe you could start a family gratitude journal and find a time in the day or week where you all share, write or draw the things you are thankful for. When you're able to go out for a walk, take it in turns to look for things to be thankful for. It might be hearing the birds singing, signs of new flowers growing, or that your wellies give you the freedom to splash in the puddles!

Practicing gratitude together reminds us that God cares for us and he's involved in all of these moments, no matter how small.

Belong

'Involving children at church, and building relationships with others, helps our children to feel they belong in God's family.'

Note: We know that church has looked different for many of us during the pandemic. However, there are still things we can do to nurture our children's connection to church life.

Q: What could we do to nurture our children's relationship with other members of the church community?

Idea: Look for opportunities to ask people you know and trust to influence your children in an intentional way. This could be through friendship and mentoring over the phone, writing encouraging cards to one another or by becoming prayer buddies.

Q: Our church gatherings have really been affected during this pandemic. How can we help our children still feel connected to their church friends?



Idea: For younger children you could host a scavenger hunt online where you send them off to find items around their houses. This works well because the children see their church friends but they don't have to sit still and be quiet!

If you have older children who are used to spending time with their youth group, you could host a 'make your own pizza' night online or a 'virtual bake off', where they make something together and socialise while they're doing something fun.

Q: How could you help your family reach out to someone who is alone from your neighbourhood or church community?

Idea: Maybe you could prepare some simple home baked goods together and take them to your neighbours, ensuring you follow the current guidelines on social distancing and lockdown regulations. You could encourage your children to use their craft skills to make cards and send greetings to someone who is feeling isolated. This can help them to understand that we are the church beyond the building.

Q: How can we help our children become more involved in church activities – even if we can't gather together in person?

Idea: Even though we're in a challenging season, we can still look for ways to involve our children. We can add a children's church element into our online services, or give children the opportunity to share something with the wider church family during the 'welcome' section.

We can also help them to understand that we are the church, even when we are not meeting together in a physical building and that serving others is showing our 'faith in action'. Maybe we could serve together by helping a neighbour or sending someone at church an encouraging card.

Prayer

'Praying for our children and asking God to guide us as we parent is so important. We can look for opportunities to help them connect with God, but ultimately they are his children and he wants that relationship with them even more than we want it for them.'

Q: When do you find it easiest to pray for your children? Sharing ideas can be a great way of finding new ways to pray.

Idea: You could find a scripture to memorise and pray over them at bedtime, or be creative and use an object or a regular moment in your day to prompt you to pray. You could put a picture of them on your phone or computer background and pray for things that are going on in their lives right now, as well as asking God to guide their futures.

Q: How could you gather together and pray as a family?

Idea: It's helpful to connect these moments to our regular family activities. It could be over meal times, or before everyone goes to bed. Or maybe it's having 'team time prayers' before school starts. You could rotate who prays a quick 1-minute prayer before the day begins. All



of these things model to our children how valuable prayer is, but they also have the potential to help the dynamics of everyday family life.

Q: How can you show your children that you pray?

Idea: 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.

Q: How can we help our children to pray in the midst of a pandemic?

Idea: This season has given us a great opportunity to demonstrate to our children the value and importance of prayer. You may wish to gather together on a Thursday evening before bedtime and pray for the NHS staff, or become prayer buddies with another family and put their photo up on the fridge or in the living room to remind you to pray for them.

You could even get creative and make a prayer jar full of lollipop sticks. Write people's names or prayer requests on the lollipop sticks and have fun pulling them out and praying for that person. This can be visual for younger children and help them see prayer as a fun activity.

Let us know what you think!

We would be so grateful if you could complete this short survey online, to let us know how you found the *Inspire* session. This really helps us to create resources that support and equip parents and churches to inspire faith at home. [Share your feedback here.](#)

