kitchen table project

Inspire a faith that lasts

As you go ...

The Bible gives some great advice on helping our children grow in their faith - it's as you go!

"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

Deuteronomy 6:6-7

Faith grows in the everyday, so we've put together a bunch of ideas to inspire you ... as you go!

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As you go ... to eat

- Think about where your food comes from and pray for that place.

- Share high and low points from the day as you eat, thank God for the highs and pray for the lows together.

- Ask a different member of the family to pray for your food at each meal time.

- As a family think of ways to help those who don't have enough food.

- At breakfast ask your children to think of family or friends they could encourage today.

- Talk about a Bible story that involves food and what it might have been like for them.

- Toast marshmallows over a fire and talk about when Jesus cooked for his disciples or Moses and the burning bush.

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As you go ... out

- In the woods, look around you and talk about how unique and creative God is, and how he made us unique too!

- At the beach read Psalm 36:5-7 while looking at the sky and the vast ocean. Remember how amazing God's love is for us.

- At the park think of a gratitude challenge, like saying one thing you're thankful for every time you go down the slide.

- When you go swimming talk about a Bible story that involves water - like Jonah and the whale or Peter walking on water.

- At sunrise or sunset talk about how God is an artist and praise him for all the colours.

- When you are in the car think of something to pray for for each letter of the alphabet. Names, places, circumstances - it can be anything!

- When you go to meet friends you can encourage your children to pray for them on the way.

- See how many cross shapes you can see, this can be done in the car or out for a walk!

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As you go ... around the house

- Build a den and talk about how God is our safe place and fortress.
- When your family are doing chores talk about how Jesus served his disciples by washing their feet.
- Have a praise party and let your children choose their favourite praise and worship songs.
- After watching a movie, talk about any themes that came up and how Jesus might help in that situation.
- While baking talk about how all the different ingredients come together to make something wonderful, just like lots of different people come together to make families and churches!
- Talk about the fruit of the Spirit when having fruit snacks.
- Put worship music on and ask your kids to build or make something – Lego, paints or playdoh - whatever your child wants to use.
- Ask your children to act out a Bible story – they could put on a play for you, make a movie or act it out with their toys!

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As you go ... to bed

- Lots of children love to read a story before bed, why not read them a Bible story?

- Create a time before bed for your children to chat to God on their own.

- Set aside some time to talk about the questions children often have at bedtime instead of waiting until the morning.

- Chat about where you saw God at work during the day.

- Read a psalm or blessing like Numbers 6:24 over your children.

- Help your children have a quiet time to listen to God and see what he wants to say to them as they sleep.

- Share the Bible story about Jesus sleeping through the storm with your children.

- Ask your child to create a special night time prayer with you. They can memorise it to pray every night before bed.

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As you go ... to church

- Write an encouragement card to give to someone in your church.
- Talk about what you learn in the sermon so your kids know you've been learning too!
- Explain why you do the things you do, like taking communion, baptism, singing worship songs or gathering together.
- If you serve in church, could your children help you or is there something they would like to do themselves?
- Is there a way you can serve another family at church as a family? Maybe it's cooking them a meal, or taking them out for a picnic?
- Help your child form intergenerational relationships by helping them find a prayer partner.
- Find a family prayer buddy and pick a time each week to pray for each other.
- Is there someone in church who your child looks up to? Spending time with other Christians can help your child feel part of God's family.