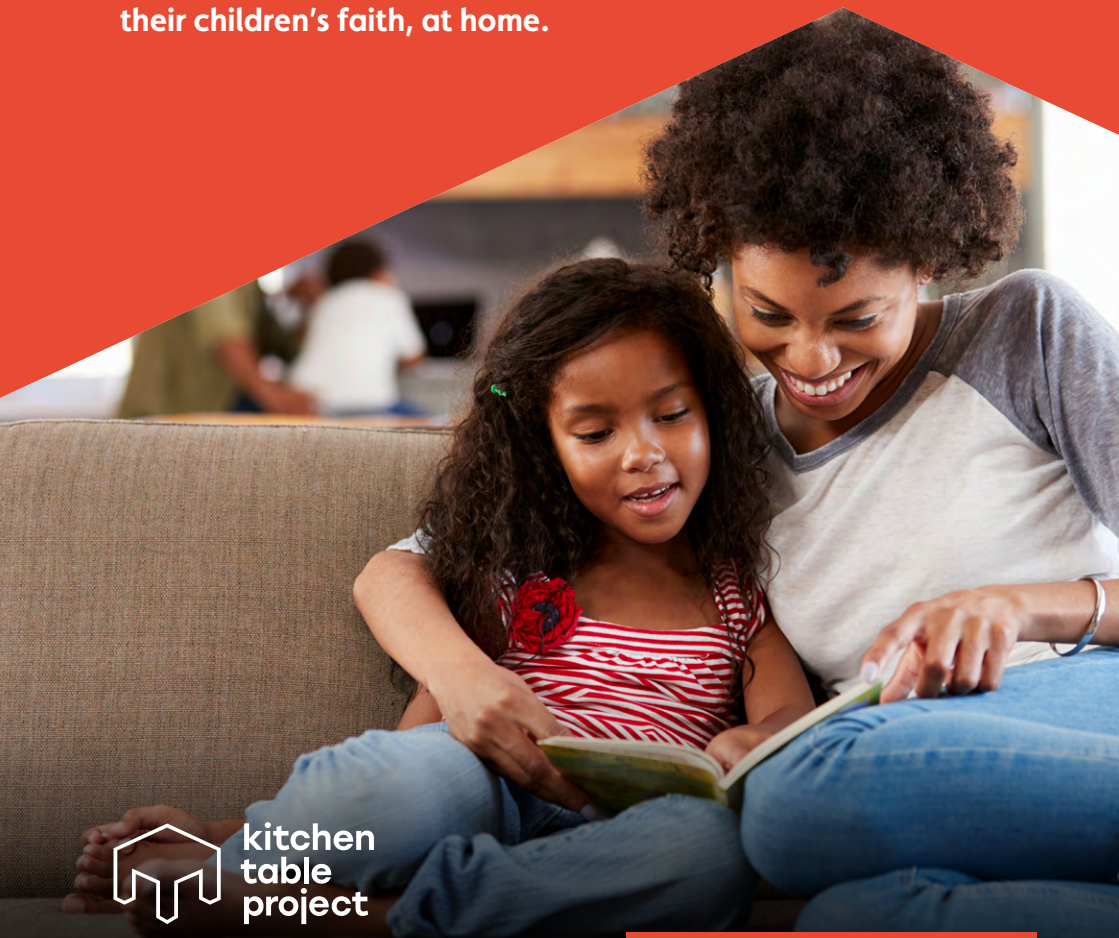


Becoming a parent-discipling church

Empowering parents to nurture
their children's faith, at home.



Inspire a faith that lasts

A church leader's guide

Welcome

As a church leader myself, I know how challenging it can be to serve and support the whole church community.

These challenges have increased in recent years and we find ourselves confronted with a new landscape, as we reimagine how we will disciple our communities.

But God has not changed, the events of the last few years did not surprise him, and the mandate Jesus left remains the same. We are still called to “go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit” (Matthew 28:19).

The pandemic had a huge impact on the way we carried out our church activities and connected with others, especially young families. Doing everything so differently for so long, has made us start to reimagine how we can engage with them effectively now and in the future.

But what if the answer doesn't lie

in trying to recover everything that went before? What if it's not only about concentrating on producing engaging children's programmes once a week, or running our children provision as we did? What if we're not just aiming to 'get back to normal'?

In Mark's account of the great commission, we read how Jesus instructed us to “go into the world”.

As we have come to realise even more after the events of the past few years, parents' 'worlds' are right there in their homes. They have the amazing opportunity to disciple their children where they are. But the reality is many parents feel less than confident and even overwhelmed

in this area. The good news is, we have the incredible privilege of being able to partner with them to help build a faith that lasts in their children.

So, what if the key to connecting with families is in how we support and disciple parents? How we invest in our relationships with parents and journey alongside them? And how we help parents feel empowered and equipped to disciple their children and encourage their faith in everyday life?

Many of us at the Kitchen Table Project are involved in church leadership and recognise how valuable your time is. Our heart is to create resources that are flexible and easy for you as ministry leaders

to use within your church context – without it taking up all of your time and energy. This booklet is designed to help you on your journey of becoming a church that disciples parents and empowers them to nurture faith at home. We've included our 'journey map' tool to help you work out where you are on this journey as a church and the next steps you can take.

If there's anything we can do to support you, please get in touch!



Gareth Hillier
The Kitchen Table Project



About the Kitchen Table Project

The Kitchen Table Project is a growing movement of mums, dads, carers and churches joining together to support each other, learn from each other and share ideas to help children's faith develop at home in everyday life.

Family life is busy! It's messy and is certainly not perfect. There will be good times and bad. Tears and laughter. Mistakes and successes. Here at the Kitchen Table Project, we want to champion parents and help them see that it's in the mess and chaos of everyday family life that God is at work.

As parents, we don't have to be perfect. We're certainly not experts – we're learning on the job! As we show children our real faith, lived out in everyday life, we demonstrate that faith is a journey and we won't always get it right or have all the answers. Rather, it's about exploring and discovering faith together as a family. And as we sometimes make mistakes, show our vulnerabilities and model how to apologise to each other, we display the very essence of our faith – the heartbeat of the gospel and all that Jesus came to give us – a life of forgiveness, grace and hope. Will you join us on this journey of championing families?

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table
project**



Inspire a faith that lasts



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Understanding *why* this is valuable for your church



In our *Inspire* session small group resource, we start by asking parents why their faith in Jesus is important to them, and why they want their children to have a faith that will last. Understanding *why* something is important to us can help us identify our motivation and stay focused, even when things are challenging.

At the beginning of this journey, a good starting point is asking yourself (and your team if you have one) *why* is it valuable that your church is a parent-discipling church? Your answers will hopefully help to inform the direction you need to travel in.

This is how one church leader answered the questions, which may help you as you answer them too.

Why is it important that the children in your church develop their faith into adulthood?

Our faith in God is a lifelong journey into

eternity. We don't just want our children to know about God, or to come to church while their parents 'make them'. We want them to build a relationship with God themselves that continues to grow into adulthood. We want them to feel they belong in their church community – to find a place where they can build relationships and contribute to developing the work of the Kingdom.

How have the last few years helped you to recognise the valuable role parents play in nurturing their children's faith at home?

The pandemic brought about so many changes in how we operated as churches. It helped us to remember that the Church has always been 'the people' and 'not the building'. It gave us the opportunity to be creative in how we connected with and disciplined others and how we built community.

And while we may not have been able to put on amazing children's provisions

and connected with children each week, parents and carers were doing it right there in their homes. It really highlighted how Christian parents are the primary influence in encouraging their children's faith to grow, right there in their homes. We often hear how faith begins in our individual lives and homes and flows out into the spaces and places where we live and work. This is so true in family life. As parents connect with children throughout the ups and downs of everyday family life, they help their children to see what authentic faith looks like.

Now that you've seen how influential parents can be in nurturing their children's faith – why is it important that you become a parent-discipling church?

If we invest in encouraging parents in their own faith journey and help them to stay connected to the life of the church, it's more likely their children will be positively affected. When we disciple parents, we help them to live out their faith naturally in everyday life. And as they become more confident to share their faith journey with their children, this can help their children's faith to grow and develop too.

Ultimately, we want to see the whole church thrive for future generations. By becoming a parent-discipling church, we validate this incredibly important season of life for the parents themselves, but also give them the tools to encourage and strengthen their children's faith both at home and within the church family.



Over to you ... take a moment to answer these questions for yourself below:

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Where do you think you are on the journey of becoming a parent-discipling church?

(Mark where you are on the journey – with 1 representing you're not doing anything to disciple parents and 5 representing you're doing a lot. You may want to revisit this every few months to see how you're progressing on the journey).



Now for the *what*
and the *who*

Before you start thinking about how you can journey forward, it may be good to think about *what* you've already done to encourage and equip parents.

- **What** have you done in the past to disciple parents?
- **What** is your church doing now to connect with and disciple parents?
- **What** has worked? **What** hasn't?
- **What** areas do you want to develop?
- **What** do you want to stop? Giving ourselves permission to stop doing what isn't working is really helpful as we move forward.
- **What** would you like to see now and in the future? (Don't be afraid to dream!)



Who are you looking to support?

Who are the parents you want to work with?

Every church is different, and there isn't a 'one size fits all' model to develop a culture of discipling parents. The contact we have with parents and carers will vary. We may have contact with parents who are actively engaged in our church services or those who only attend our toddler groups, schools work or other community programmes for families. It will be about meeting parents where they are, whether they've been a Christian for years or haven't even thought about what faith means to them.

If you would normally connect with groups of parents from a variety of settings, it might be less daunting to focus on one group to start with. As those parents are discipled, they may feel confident to connect with other groups of parents and you could look at ways of bringing them together to support one another.

Who could make this happen?

As you think about how you want to engage with families, you may need time to think

about the roles of your staff and volunteers. You might even be able to enlist the help of volunteers who wouldn't have necessarily wanted to work with children but would love to support families – creating that intergenerational approach.

- **Who** do you know that is interested in and passionate about encouraging and equipping parents?
- **Who** could start something and drive it forward? Who has skills/ideas/empathy?
- **Who** could you send on the Kitchen Table Project training events?

We may need to give our children's ministers and other volunteers permission to reimagine what their role looks like. Taking time to find out how we can equip and encourage individual families will be a significant part of that – even if that's just going for a walk with them regularly, or joining a group of parents together in person or online. Finding out what will help different families will not only build relationships, but also help us to design relevant children's church content.



What might the role of those serving children and families look like?

How are you feeling right now?

In this season, there may be particular challenges, which will make it difficult to build bridges with our community. A lot has changed in the last couple of years, and we're adjusting to new ways of reaching out to others.

But what if God is doing something incredible in this season? What if he is helping us to see beyond the many **programmes** that we have traditionally had in place, and instead to focus on **building relationships** now and in the years to come?

Restrictions versus opportunities

It's easy to focus on what's hard, but there are lots of opportunities to connect and grow our church communities.

People often don't commit to events and activities which you suggest or put on.

Children's faith is strengthened by parents being intentional in the everyday moments. So, even if families struggle to attend big gatherings, you know that they are getting their children up each day, eating and playing together and putting their children to bed every night. You can help parents to discover the many daily opportunities they have to encourage their children's faith to grow.

You don't have a staff team or committed volunteer pool, and feel limited in what you can offer on your own.

You do have a wider church family, and everyone can serve in their own way. This is an opportunity to identify other people who might like to help in this area, even if it is simply befriending and supporting one family. This is a great way for intergenerational relationships to grow.

You can't seem to manage to get parents together to learn and connect – there never seems to be a good time for them to come.

You can use the opportunity to meet with parents online. This makes everything you do so much more accessible – both adults in a two-parent household can attend, and single parents don't need a babysitter. This can actually be so much more inclusive than it's ever been.

Some parents don't attend church on a regular basis, and if they do it can be really hard to chat in depth after the service.

You can make those connections by phoning parents or meeting them on an individual basis. Perhaps you could drop off a small gift or a card from the church, and use this as an opportunity to check in with the family and offer to pray for them.

You feel you're not getting feedback, and can't tell if families are engaging with what you're doing.

Sometimes asking parents to complete a short survey will encourage feedback. If this doesn't work, taking the opportunity to speak to families directly can often provide more valuable insight.

It allows you the opportunity to find out how families are doing, develop deeper relationships and discover how you can best serve them.

You feel like a lot has changed, and you're unsure about what your role looks like.

You can embrace this change. God is moving in the church. Going for a walk with a parent or writing a letter to a family might be a crucial part of your work. You are uniquely positioned to know, care for and journey with your particular families in *your* particular place, and you can use *your* gifts to build relationships and see your church grow in and through people's homes.



Understanding how **parents feel**

How can we best encourage parents in this ministry at home? It's not as straightforward as just telling parents, "You should do this!"

Research shows that 85% of parents believe they are primarily responsible for their child's spiritual development, but they also believe that the Church is best placed to do it^[1]. So how can we help them to feel equipped?

Hurdles

When we understand how parents are feeling, we can be better equipped to help them. Yet, it can be challenging to find out exactly how they feel. Parents often don't respond to blanket emails, texts or announcements. But telephoning an individual parent or arranging to walk with them is a great way to make connections and explore how they are actually feeling.

Our research shows that there are four main hurdles parents struggle with:

- I don't have enough time
- I don't know where to start
- I don't think I'm a good enough example
- I don't feel qualified

Over the past few years, parents have also identified further hurdles, especially when it's been difficult to connect with their church communities.

- Increased guilt and pressure – it's all on me
- Feeling disconnected – I've lost my community

By understanding how parents are feeling, you are in a great position to help them overcome some of these hurdles and grow in confidence to nurture faith at home.

Hurdles parents face

I don't have enough time

Family life is busy! It's filled with work, school, homework, church and many other daily pressures. In lots of families both parents are working and a significant proportion work unsociable hours, so time together as a family is squeezed. The number of mums or dads parenting alone also continues to rise. Some parents experience the added pressures of working from home, and face blurred boundaries between work and rest time. No wonder many parents are feeling overwhelmed.

We can help by reassuring parents that sharing their faith with their children isn't about adding another thing to their already busy to-do lists. It's about looking for little opportunities to show their faith during normal, everyday life.



I don't know where to start

Sometimes, the biggest barrier is simply not knowing where to start. Nurturing faith can seem like such an overwhelming task. If parents haven't been doing much to nurture their children's faith they might not know how they can get their children interested.

We can encourage parents to focus on making small changes that over time will have a lasting impact. It's our great privilege to be able to journey alongside and champion parents in this faith adventure with their kids. The Kitchen Table Project has created lots of resources to equip parents to build faith in the busyness of everyday family life. Take a look at the resource pages [22-23] to explore what could work for you and the parents in your community.

I don't think I'm a good enough example

Most parents are all too aware of their failings and how they don't always get it right all the time. Family life can be challenging at the best of times, and it's easy for parents to feel that they're not the best example. They may have a past they're not proud of, feel that their lifestyle disqualifies them or worry that they're not handling their emotions well as they face the pressures of family life.

We can encourage parents that God has entrusted their children to them and they are good enough. We can help them to realise that they can use their mistakes as well as their victories to demonstrate God's grace and forgiveness. Modelling messing up and saying sorry allows parents to talk about God's grace and forgiveness and shows children what real faith looks like in the good times and the challenges.



I don't feel qualified

For some parents the idea of talking about God with their child feels daunting because they worry they won't know the answers to the questions their children might ask. We can all be tempted to think that nurturing faith should be left to those who have a deep understanding of the Bible – maybe even a degree in theology! Parents can also feel that our church children's work is so engaging and professional that they can't match it, or do anything as good.

The truth is most of us will find ourselves out of our depth at some point when we are trying to answer some of our children's questions. Our role as church leaders is to disciple and equip parents to feel confident in their own faith. We can also help them to see that they don't always have to have the answers, but that they can explore faith together with their children and learn from each other.

"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."

It's all on me

As parents begin to understand their role in sharing faith with their children, some can feel daunted. They may feel that they need to recreate incredible children's work at home, in order to engage their children in exploring faith. They may worry that their children won't want to engage in any conversations about faith. Or they may be concerned that after a long period away from meeting in person in church, their children will never want to reengage with church activities.

We can remind parents that it's about the everyday moments. Sharing small, simple prayers and intentional conversations with their children is pointing them to God. Living out an authentic, everyday faith feels more achievable than recreating church at home, or having to spend an hour on a devotional.



I've lost my community

Many people have struggled to connect with others regularly or meaningfully over the last few years, and are finding it hard to rebuild community. Time with other adults can be rare when you're a parent, and time to talk about faith and spirituality within the church community can be lost to other pressures, with many parents feeling isolated and disconnected.

We can help by committing to relationships. Regularly phoning or writing letters to parents, or meeting for a walk can make a huge difference. We can also help parents to connect with one another, and here at the Kitchen Table Project we have great resources such as our *Inspire* session to help parents start the conversation around faith at home.



What hurdles do you think the parents in your church community are facing?

You could design a simple questionnaire, set up a WhatsApp group or call parents to find out.

What is the church's role?



Life is busy for us as church leaders, and becoming a parent-discipling church doesn't necessarily mean putting on more events. It does, however, mean creating a culture in our church communities where we champion parents and help them to grow in their confidence as they, in turn, disciple their children.

Recognise parenting as a ministry

One of the ways we can empower parents is by recognising parenting as a ministry. This may mean changing the language we use as a church leadership and actually recognising parenting as a ministry of discipling the next generation. As we convey this to our congregations, and invest in this area of ministry, we place value on the important role parents are playing. It empowers them because it validates what they do and gives them permission to focus on this – especially if they feel they are serving in other areas to the detriment of their family or if they feel guilty because they are unable to serve elsewhere at this time.

As Rachel Turner from *Parenting for Faith* (BRF) explains,

It's a big leap for parents to understand that, though they may be less skilled, less sure, less theologically trained; they actually are more effective and more impactful than 'experts' in the church. It takes a lot of courage for parents to believe they are the foundation of God's plan for the spiritual lives of their children. It takes a lot of confidence for parents to believe that, in their imperfection and busyness they are still crucial in God's plan for their children's spiritual journey – it turns the culture of expertise on its head. ^[2]

How can you show parents you recognise that nurturing their children's faith is their ministry and you are championing them?



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How can you let the wider church community know you recognise this as a ministry?



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How can you encourage a whole-church approach, where people realise they can play a part in championing and supporting parents?



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How can you start to invest in discipling parents, so they feel encouraged and equipped to disciple their children?



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Key elements that build **faith**

We've discovered there are significant elements that help create an environment where faith can grow.

Home

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

How can you support parents as they create and uphold a warm, affirming family in which their children feel secure and loved? Practical help might not seem like our primary concern, but a mum recently told her church that without the practical help she had received in a difficult season, she wouldn't have had the time or energy to spend time with God or pray with her children. Cooking a meal, babysitting, supporting financially



or helping with shopping, DIY or gardening can have a very real impact on a family's spiritual journey. The whole church community can be involved in supporting family homes.

Be real

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

How can you encourage parents that they don't need to have the answers? Going for a walk or having a chat on the phone about the honest ups and downs of spiritual life could be really helpful. Members of your church community are

perfectly positioned to be role models and a rich and diverse source of encouragement and wisdom. Is there space for parents to explore things that are tricky, as well as the wins? Connecting parents with one another and encouraging intentional conversations about parenting and sharing faith with children can be a great way to help parents feel confident about being real.

Be intentional

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

Taking those everyday opportunities to point their children to God is one of the most important ways that parents can share faith. How could you encourage them to do this with their children? How could you teach, model, equip and resource parents to find simple ways to involve God in their natural daily routine? Is faith

in the everyday moments something that's understood within the church community or do you need to regularly share simple examples and ideas? Could you ask families to share what they have been doing at home during your Sunday gatherings? This might be a great way of connecting what families are doing at home with what's happening in your services, as well as encouraging other families and individuals as they hear from others.

Belong

Involving children at church and building relationships with others helps our children to feel they belong in God's family. Being creative in developing relationships will be a blessing to all involved.

The church community is one of the biggest assets that you have to disciple parents and encourage faith in the home. How could you encourage connections across the whole church family?

Maybe some families could link up with older members of your church community and regularly connect with each other. Building relationships with other church members can have



a lasting impact on children's lives. Are there creative ways that you can involve children in church activities, mission, and parts of your Sunday services?

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.

Who is praying for the children and families in your church? Are parents supported in prayer, as ministers who are on the front line of discipling

24/7? Can you find ways to pray with parents for their children?

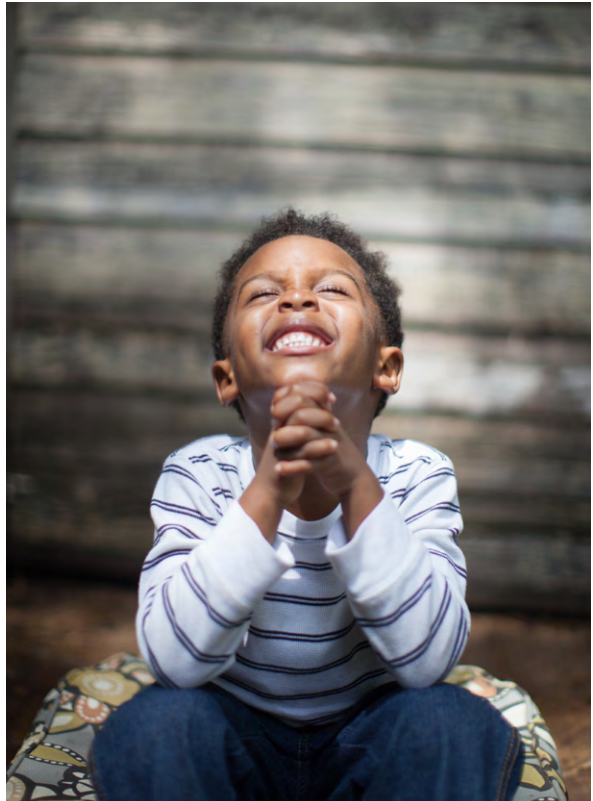
"I (Paul) planted the seed, Apollos watered it, but God has been making it grow" (1 Corinthians 3:6).

We can do as much planting and watering as we like – and there are so many things we can do – but at the end of the day the thing that will make the most difference in the lives of our children is the power of prayer.

Our social media channels and *Family Faith Calendar* offer parents daily inspiration to help them explore faith around these different elements.



@ktpcampaign



How have churches been creative in encouraging and equipping parents?

Hearing about what others are doing is helpful and encouraging for us all. Here at the Kitchen Table Project we're working with different churches all across the country, and we love to share stories!

We also provide online events for leaders, which enable people to share what's working and what's not, and our networkers are connecting regionally and journeying with leaders as they empower parents to share faith at home. Here are some of the brilliant ideas we've come across so far, and we'd love to hear your stories too. Contact us via email at: mail@cff.org.uk

- **Gift packages for parents:** treat your frontline ministers! You could pop in some simple things – a bar of chocolate, a card from the church leader, and maybe a book or resource to encourage them. Many churches are giving our *Raising Faith* books and the Kitchen Table Project calendars in parent gift packs. A lovely way for parents to know we're investing in them through the week.
- **Family activity/movie night hampers:** anything which encourages an activity for the whole family to do together, helps strengthen the home. Could you give an idea or gift which would enable families to play, learn or spend time together?

- **Meeting with parents:** this is becoming such an important aspect of ministry to families. It really helps parents to feel connected and heard.
- **Involving the wider church:** this is not all on you! One of the wonderful things about church is that sense of belonging to a big family. And the connection works both ways. Do you have people who could write to or phone a parent in the church, or strike up a pen-friend arrangement with a child or family? Are there people in the church who could cook a meal or help with homework? The possibilities are endless, and it's a wonderful opportunity to connect the church intergenerationally and allow everyone to use their gifts for one another.
- **Connecting parents:** online meetings are handy ways for parents to connect, and mean that people don't need to get childcare. Could you invite parents to come together for an *Inspire* Session or a *Raising Faith* course, and allow some time before and after the session for social time?
- **Ready-made resources:** there are some fantastic resources for families, but parents often feel overwhelmed with where to start. Could you choose one or two things to recommend to families? Andy Frost has created some brilliant videos called *Encounter with Jesus*, which might be a helpful place to start. You can find them here: www.sharejesusinternational.com/encounters-with-jesus/. Perhaps discussion or feedback around something like this could be incorporated into your Sunday service, so that families feel included.
- **Corporate worship:** are there simple ways to include families that don't require hours of preparation, but do make them feel involved and valued? Are there ways that families can share about their week? Or can you find ways for families to lead aspects of your corporate worship services, based on their interests and skills?

Joining you on the journey

Our heart is to join you in this journey of becoming a parent-discipling church. We want to resource you as you think about how parents are feeling right now and what you can do to build their confidence.

We hope that the ideas, stories from other churches and questions we've asked have inspired you as you start this journey. And we want to help you as you take the next steps. Why not check out our many resources on the next two pages or discover what might work best for your church using the journey map tool.

Our network team

If you would like to discuss how you and your church can strengthen the work you're doing with parents – our networkers would love to journey with you. They can provide individual support, offer topical teaching sessions and share ideas that have been working in other church communities.

We would love you to be part of a network of leaders who gather to discuss this regularly throughout the year. Please do get in touch by using the details on the back page.

We pray God's blessing on you and your church.



Gareth Hillier
Networker – The Kitchen Table Project

Resources

If you are looking to connect parents together then check out our small group resources below. You may want to run a single *Inspire* session or use the six-part *Raising Faith* resource. Or you could simply invite parents to chat together and then use a couple of the *Inspire* discussion cards to start a conversation about sharing faith with our children.



***Inspire* – a small group resource (free download)**

A stand-alone small group resource that starts the conversation between parents and gets them thinking about why inspiring their children's faith is important to them. It tackles some of the hurdles they face, allows them to share ideas with other parents and helps them to see they already are doing lots of things to develop their children's faith.

Find out more: kitchentable.org.uk/inspire



***Raising Faith* – A six-session small group resource (free download)**

The content for each session is shared through a variety of short, engaging videos and thought-provoking discussion questions. Each session is two hours but the content is flexible and can be adapted to a shorter length if required. Parents can engage with this alone, as a couple or with a group of other parents.

Find out more: cff.org.uk/raisingfaith

[1] *Faith in our Families*, Care for the Family, 2017 [2] *It Takes a Church to Raise a Parent*, Rachel Turner, BRF, 2018

Resources in our church toolkit



The Big Scrumptious Faith-Filled Feast

A fun, easy way to tell the next generation about Jesus. Check out our activity placemats full of questions, ideas and games to help you share your stories, and an all-age service to engage the whole congregation.

Free to download: kitchentable.org.uk/feast

Sermon outlines, videos and media content

Monthly emails

Sign up to receive ideas and resources, including a short teaching video and discussion questions to use with parents.

Sign up:
kitchentable.org.uk/join

Resources to share with parents in your church



***Raising Faith* book**

Written in short, easy-to-read magazine-style articles, this is a great resource for parents. Just £2.50 each when you buy 20 copies.



366-day family faith calendar

Full of daily inspiration, encouragement and ideas to help families find new ways to weave faith into the everyday moments of family life.



52 Faith Adventures for Dads and Their Kids

Creative, low-cost ideas to help parents have fun with their kids and inspire faith, too. Step-by-step guides, Bible stories to share, questions to spark discussion and top tips along the way.



Encourage parents to check us out!
[@ktpcampaign](https://www.instagram.com/ktpcampaign)

Journey map

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project



Inspire a faith that lasts

We want to provide you with a tool to help you to visualise where you are on your journey of becoming a parent-discipling church. This may be something you find helpful to complete on your own or with your team if you have one.

Take some time to think about each section below to determine your next steps. You may like to work through the 'map' in order, or you might find it easier to think about what you do and how you do it, which will help you work through your why? It's here to use in whatever way is most helpful for you!



Understanding your why

Understanding the why behind what you do is foundational. It helps you to stay focused on what you want to achieve and informs how you will journey forwards.



Why?

Why is it important that the children in your church develop their faith into adulthood?

How do parents play a valuable role in nurturing their children's faith at home?



How?



Now?

Now that you've seen how influential parents can be in nurturing their children's faith – **why** is it important that you become a parent-discipling church?



Start a conversation



What?

What have you done in the past to disciple parents?

What is your church doing now to connect with and disciple parents?

What has worked? **What** hasn't?

What areas do you want to develop?

What do you want to stop? Giving ourselves permission to stop doing what isn't working is really helpful as we move forward.

What would you like to see now and in the future? (Don't be afraid to dream!)

What hurdles are the parents facing? (You may want to design a questionnaire to find this information out or talk to the parents you connect with about their hurdles.)



Who?

Who are the parents you'd like to connect with?

Think about where the parents are on their own faith journey.

Who can be involved in this to get it started?

- **Who** do you know who is interested in and passionate

about encouraging and equipping parents?

- **Who** could start something and drive it forward? Who has skills/ideas/empathy?
- **Who** could you send on the Kitchen Table Project training events?



How?

How might the role of your children's worker need to change?

How can you show parents you recognise that nurturing their children's faith is their ministry and you are championing them?

How can you let the wider church community know you recognise this as a ministry?

How can you encourage a whole-church approach, where people realise they can play a part in championing and supporting parents?

How can you start to invest in discipling parents, so they feel encouraged and equipped to disciple their children?

How can you model, support and equip parents in the different elements that build faith?

- Home
- Be real
- Be intentional
- Belong
- Prayer



Next steps

Next steps

What could your next steps be?

1 Think about who could take this forward

Your children's worker, a keen parent, a small group leader? It will help if you identify this as a specific area of the church's ministry, which someone is overseeing.

2 Connect to the Kitchen Table Project

We'll send you a short monthly email with some encouragement and ideas to help you support parents in your church. kitchentable.org.uk/join

3 Chat to us

We'd love to help you think through what the next steps could be for your church. Contact our networker team.

📞 029 2081 0800

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The Kitchen Table Project is a faith-based initiative for Christian parents, carers, church leaders and children's workers from Care for the Family.

About Care for the Family

Care for the Family is a national charity which aims to promote strong family life and help those who face family difficulties. Our work has been focused on the UK and the Isle of Man, but we are increasingly reaching a wider audience through digital technology.

We focus primarily on the following areas of family life: marriage/couple relationships, parenting and bereavement. Our aim is to be accessible to every family, whatever their circumstances, to provide support in difficult family situations, and to create resources that are preventative, evidence-based and easy to apply.

For more information

 029 2081 0800



Care for the Family is a Christian initiative to strengthen family life.
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