

kitchen  
table  
project



Inspire a faith that lasts

## Parent group discussion questions

Use these questions with the 'Traditions as foundations for faith' video available on the Kitchen Table Project YouTube channel: [www.youtube.com/KitchenTableProject](http://www.youtube.com/KitchenTableProject)

1. What's the biggest obstacle for you at the moment to sharing faith with your children?
2. What helps you to get past those things and move beyond feeling guilty?
3. What are the three things that you have found most helpful to include in your daily life that help build faith?
4. Share some of the family traditions you remember from growing up, or have developed in your own family life today. What makes these so special?
5. Are there any traditions that would help your family sense of togetherness, and could also help build faith in all your lives?