



# Kitchen Table Project Resource Map

Helping churches develop  
their family ministry



kitchen  
table  
project

Inspire a faith that lasts

# Introduction

We want to see children grow up to have a lasting faith, but churches only have one or two hours a week to input into their lives.

Parents are the biggest influence on their children growing in faith, so we need to work together to see the next generation develop a personal, living faith of their own.

Deuteronomy 6:6-7 says:

*'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.'*

Faith is built in the everyday. So how can we help parents identify those everyday opportunities to inspire faith?

We want to help you equip parents to invest in their children's spirituality at home, with the support of the church gathering round them.



# What builds faith?

Research suggests there are key elements which can help to inspire children's faith. Our resources have been created to help churches and parents to invest in these different elements.



## Home

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



## 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.



## Prayer



## Belong

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



## Be intentional

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

**Discover the resources we have available to help you on this journey.**



## Equip parents

**Peer support is really beneficial for parents. Get parents and carers together to spark friendships and talk through challenges, opportunities, and why it's important to share faith at home.**

### **Top tips**

- **Get parents together**  
Once a month, once a term – whatever timing works, but get them talking about how to help their children grow in faith.
- **Give reminders to parents**  
Everyday ideas or resources to prompt them to keep making the most of the everyday opportunities.
- **Pray for parents in your main church services regularly**  
Reassure them you're supporting them and cheering them on.



# Connect the church

**The church plays a vital role in supporting parents and children. When children feel they belong in God's wider family it can really encourage their faith.**

## Top tips

- **Encourage intergenerational relationships**  
Whether it's a church picnic, a mentor scheme, all-age services – intergenerational interaction helps children see God at work in every stage of life.
- **Offer opportunities for children and families to serve in church**  
Giving children a role helps them feel valued and increases their sense of belonging to the church family.
- **Ask people to pray for specific families or children**  
Encourage the whole church to support the families in your church.

# Resource map

## Equip parents

### For groups



#### Inspire session

Free one-off session exploring how parents can build faith in the everyday



#### Raising Faith sessions

Free six session resource digging deeper into how parents can build faith in their children



#### YouTube channel YouTube.com/KitchenTableProject

Short videos, interviews and discussion questions to keep the conversation going

Discover more at [kitchentable.org.uk/resources](https://kitchentable.org.uk/resources)

### For individuals



#### Things we can easily do to nurture faith at home

Free leaflet with simple ideas



#### What builds faith?

Free postcard showing the building blocks of faith



#### Where it all begins

Free booklet for parents showcasing available resources



#### KTP social media

Daily ideas and encouragement to build faith in the everyday



#### Raising Faith

A book of bite-sized articles to help parents feel confident about nurturing faith in their children (£4.99 or bulk discount available)



#### 52 Faith Adventures for Dads and their Kids

Fun, low-cost activities to help dads (and anyone!) explore the Bible with their children (£7.99)



#### Family faith calendar

A perpetual calendar full of daily ideas to help parents build faith in their children (£9.99)



#### Ages and stages

Free PDF download of child development stages and ideas to help build faith at every age



#### Parent email

Regular email with resources and ideas to encourage and equip parents



#### Blogs and devotionals

Honest stories and inspirational thoughts from parents and church leaders

## Connect the church



#### Becoming a parent-discipling church

Free booklet helping your church leadership look at why family ministry is so important



#### Scavenger hunts

Free PDF download of Bible-themed scavenger hunts to get families together



#### The Big Scrumptious Faith-Filled Feast

Free to order activity mats to get the church together for food and to share stories of God's goodness



#### All-age services

Service outlines to encourage interaction from all ages, ideal to use alongside a 'Feast'



#### Sermon series

Sermon outlines to help the whole church to catch the vision of supporting parents



#### Church leader email

Regular email with new resources and ideas to continue equipping parents

## Further resources from Care for the Family

### Parent support

For all parents and carers including those parenting alone, or who have children with additional needs  
[cff.org.uk/parenting](https://cff.org.uk/parenting)

### Couple support

Strengthening couple relationships  
[cff.org.uk/couples](https://cff.org.uk/couples)

### Bereavement support

For bereaved parents and those who have been widowed young  
[cff.org.uk/bereavement](https://cff.org.uk/bereavement)

### Events

Look out for great teaching events in your area and online  
[cff.org.uk/events](https://cff.org.uk/events)

### 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. We focus primarily on the following areas of family life: marriage/couple relationships, parenting and bereavement.

[cff.org.uk](https://cff.org.uk)



# Where will you start on your journey?

## 1 What resource could take this ministry forward?

Use our resource map to discover ways to equip parents and connect the whole church community to inspire children's faith.

## 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](http://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

✉ [mail@cff.org.uk](mailto:mail@cff.org.uk)



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

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kitchentable.org.uk



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