

FAITH PATH

Make the most of your moments

Dear Parent,

One of the core values of Grace Point Fellowship is family. We honor God's design of the family being the primary place for discipleship. The Faith Path exists to partner with you as you guide your child's spiritual journey one step at a time. Age-appropriate kits help you leverage the best faith formation strategy for your child's stage of development. In this Family Time kit, we have practical ideas and suggested resources to help you foster communication, laughter and faith formation in your parenting routine. We encourage you to start today by taking the following simple steps.

STEP ONE: LEARN

We have provided a video and information for this particular Faith Path step at gpf-tx.org/faithpath/family-time. You will hear from both experts and ordinary families as they describe the importance of family time and share practical suggestions from their experiences. You will also find two audio podcasts and a guide that offers practical tips and what we consider to be some of the best resources on the topic. If you would like additional coaching or information on upcoming Faith Path classes or events, please visit gpf-tx.org/faithpath.

STEP TWO: START

To help you begin a family time routine, this kit includes *Creating Impression Points* and an activity called *Just Like Air* ideal for a younger child. We've also provided a *Family Time Song* to get everyone in the mood for the best time of the week. We encourage you to make a plan for what day and time works best to start making your good intentions become reality in your daily life. Build anticipation by allowing your child to mark Family Time on the calendar. We hope you find this kit helpful in the process of forming the faith of your child at home. Know that we are grateful to play a role in your family's growing relationship with Jesus and are honored to help you make the most of your moments.

Joyfully Partnering With You,

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Your Intentional Plan

How will you be intentional this next year?

- ☐ Pray daily for and with my child.
- ☐ Consistently spend time in God's Word.
- ☐ Bless my child daily.
- ☐ Attend church regularly.
- ☐ Other: _____

At age five, we'll send you a kit to help prepare you to lead your child to Christ. The age in which a child trusts Christ as Lord and Savior varies, but we want to give you resources and training in advance to help prepare you for that time. To request a physical or digital download kit for your kids' ages, visit gpf-tx.org/faithpath or stop by the Home Point Center.

Recommended Resources

- ▶ *Just Add Family* by Kurt and Olivia Bruner (book)
- ▶ *52 Creative Family Time Experiences* by Tim Smith (book)
- ▶ *Sticky Faith* by Kara Powell and Chap Clark (book)
- ▶ *Fun Filled Parenting* by Silvana Clark (book)
- ▶ *Our 24 Family Ways* by Clay Clarkson (book)

HomePoint™
Building Strong Families



Create Intentional Moments

"START CHILDREN OFF ON THE WAY THEY SHOULD GO, AND EVEN WHEN THEY ARE OLD THEY WILL NOT TURN FROM IT."

—PROVERBS 22:6



FAITH PATH

Make the most of your moments



WHAT: When your child reaches about 4 years-old, it is a great time to establish a pattern of including fun family times in your schedule to foster communication, laughter and faith formation.

WHY: It is important to have a consistent routine of creating intentional moments that will help your family deepen relationships and have faith discussions. Regularly scheduled family time activities are a great way to make that happen.

WHEN: For some families this might be a particular night of the week after dinner. For another family it might be after Saturday morning breakfast. Decide what works for your unique schedule and then protect that time. You might need to say “no” to some good things to make family times a priority. We suggest scheduling a family time experience weekly, but no less than twice per month. Setting and keeping a regular schedule will show commitment and value to all involved

THE PLAN: Plan for success by finding resources to help make your family times a great experience. We have listed several recommended resources on the back of this guide to help you get started. As your children get older, ask them if there are specific topics they would like to make a part of your time together and let them help plan your activities. Don’t forget that the Bible is the most important resource God has given us to instill truth in the hearts and minds of our children.

THE FUN: Children are more likely to embrace your beliefs and values if they enjoy time with you. That’s why family fun times are a great context for effective faith formation. Be creative by acting out scripture together, doing crafts or object lessons that reinforce spiritual themes. Avoid becoming overly serious, rigid or stressed while leading family times. It’s okay for kids to be silly and it’s important to fill your home with laughter.

GETTING STARTED

Protect a day and time and let your child place the Family Time sticker included with this kit on the family calendar to help build anticipation.

Play the Family Time song included with this kit or choose a family theme song to gather everyone together. Spend a little time singing, silly dancing, swinging the kids, etc. to get everyone in the mood for the best part of the week!

Use the Just Like Air card included with this kit to test-drive a fun activity together. Then choose a tool that will provide object lesson activities to help you reinforce biblical values and lessons on an ongoing basis.

OTHER IDEAS

Pick a family verse that you want to memorize and say together. Make up or use some fun games to learn the verse.

Discuss a movie that is age-appropriate for your child. Make some popcorn and watch the film together. Afterwards have a “faith talk” about the choices of characters and other aspects of the story that catch your attention. Check out movienightchat.com.

Share with your child something that God has been or is teaching you.

Cook a meal together and use the time for sharing and talking. Take time to ask each member of the family to share his or her “high” and “low” of the day.

Go on a family walk and spend the time praying for each other, the neighbors, or others.

Capture family prayer requests using a prayer chart or on a refrigerator white board.

Create impromptu “God-moments” by taking advantage of unplanned and unscheduled opportunities to discuss your faith in the daily routine of life.

CREATING IMPRESSION POINTS

FAMILY TIME

HOW TO USE:

A guide to use as a dessert date with your younger child(ren) in which you will select ways to share faith discussions together.

VALUE:

Helps you launch frequent faith discussions in order to fulfill the commandment to “impress them on your children” found in Deuteronomy 6:6-9.

PREPARATION:

- Invite each child out for a special parent/child dessert date. You might want to send them a nice invitation in the mail just for fun!
- Bring this recipe card with you to guide a discussion in which your child will select the times and questions he or she wants to try as you launch parent/child faith discussions.

CREATING IMPRESSION POINTS 2

STEPS FOR A GREAT ACTIVITY:

Mealttime - Capture moments while eating together.

- **What To Do:** After giving thanks for your meal, someone shout “High - Low?” That means everyone around the table must share the high point and low point of their day.
- **What To Discuss:** While eating, discuss any of the following...
 - ▶ What Bible story did you learn at church this past weekend?
 - ▶ Name a favorite Bible character and tell his/her story.
 - ▶ If God wrote a letter directly to you this week, what topic would he address and what would he say?

Bed Time – Give each other a brief blessing at bedtime.

- **What To Do:** While tucking in for bed, parent or child says “What do I love?” The other person must then guess what the person is thinking in one of the following categories...
 - A fun moment they shared that day
 - Something nice about the other person
 - Something they appreciate that person did today
- **What To Discuss:** Before falling asleep, ask and answer...
 - How did we experience God’s goodness today?
 - Did we need to ask God’s forgiveness today?
 - What do we want to give thanks for before falling asleep?

Drive Time – Explore God’s creativity while in the car.

- **What To Do:** Each time you plan to take a short drive, play a game of “I spy” together - naming several things God created (a flower, a cloud, a blue bird, a cow, etc.) that you must spot before arriving to your destination.
- **What To Discuss:** On a longer drive discuss any of the following...
 - We know that God knows our future. What do you hope he sees in your future at age (insert future ages)?
 - What do you think God wants you to do this week in order to prepare for such an exciting future?
 - How will you use that future experience as a way of worshiping God with your life?

Finally, be sure to put a date on the calendar to get started!

JUST LIKE AIR

FAMILY TIME

JUST LIKE AIR 2

HOW TO USE:

As a family night activity

VALUE:

Teaches how a God we can't see can be real

PREPARATION:

You will need the following supplies...

- Several balloons
- A Bible
- A fan

STEPS FOR A GREAT ACTIVITY:

1. Start by asking the children the following questions and discussing their answers:
 - Why can't we see God?
 - How can we believe God is real when we can't see Him?
 - Can we think of anything else we know is real that we can't see?

(STEPS continued)

2. Hopefully, one of the children will include "air" in the list of things we can't see but know exist. (If not, suggest it yourself.) At this point, pull out the balloons.
3. Explain that air is not only real, but it has power. Ask each child to use the air in their lungs to blow up his or her balloon. Remind them to hold the end so that it doesn't fly away.
4. Once everyone has an inflated balloon ready, compete to see who can make their balloon fly farthest.
5. Once you've had fun repeating the balloon-flying contest, read several scriptures that describe God as a spirit (John 4:24 and Luke 24:39) and use the illustration of wind to illustrate the work of God in our lives (John 3:8).
6. Now tie off a few blown-up balloons and use the fan to have fun blowing the balloons wherever you want them to go.
7. End by memorizing the jingle "Just like air, God is there!"