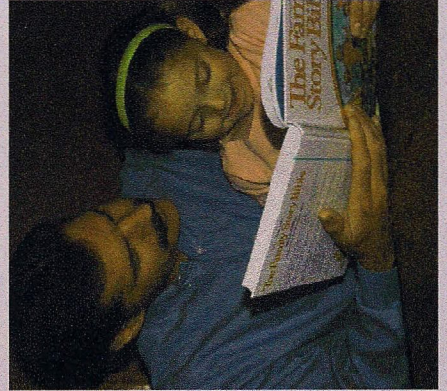


An Old Fashioned Recipe for New Life in Christ

Soccer practice, piano lessons, dance, baseball, karate, tutoring—we haul our kids all over town to practice, practice, practice. But wait—is something missing? Faith practice! If we want Jesus to make a difference in our family and we want our kids to follow Christ as adults, then we need to nurture and encourage our children's faith. It's not enough to take them to the Big Church. We also need to make faith practice a daily part of our family's routine in the Little Church called home. If you haven't been using the Top Ten Home Grown Faith Practices, then simply accept God's grace and begin practicing them now.

(Deuteronomy 6:4-7; Acts 2:46-47; Ephesians 2:4, 4:32)



Top Ten Home Grown Faith Practices For Parents

"BASED ON RESEARCH, SCRIPTURES AND LUTHERAN HERITAGE"

1. Personal Devotions

My child sees me praying and reading the Bible on a regular basis.

Let your child "catch" you in the act of praying and reading the Bible in the kitchen, on the back porch, or in your room.

2. Family Devotions

I read the Bible or have devotions with my child at least once a week.

Reading and talking about a Bible story, using an age-appropriate Bible, is a way to become more like Jesus.

3. Caring Conversations

My child and I often talk about how our faith relates to everyday life.

Share "highs & lows" at meals time. Ask questions like "Where did you experience God today?" Tell stories of God working in your life. Talk all the time...in the car, at bedtime, bath time, sick time, and mealtime.

4. Family Traditions and Rituals

We have rituals and traditions that express our faith.

A mealtime prayer, bedtime blessing, or lighting an Advent wreath are actions that identify you as Christians. What new rituals and traditions can your family create and celebrate?

5. Family Worship

My child and I are connected to a faith community and regularly worship together.

Don't scatter in all directions when you arrive at church. Worship together as a family! Research says that generations worshipping together is critical for passing on the faith.

6. Family Prayer

My child and I pray together daily.

Pray before you leave your driveway. Pray before you eat a meal. Pray at bedtime. Pray a written prayer. Sing a prayer. Pray for others. Just pray!

7. Acts of Service

My child and I engage in acts of service within our home and in the community.

You don't have to go very far to find a service project for your family's involvement: recycle, work at a soup kitchen, collect your loose change to donate to a mission project.

8. Blessing

I bless my child again and again and again.

Blessing your child is critical for nurturing your child's faith. Encourage your child. Affirm his or her unique abilities. Give your child a sense of purpose. Make the sign of the cross on your child's forehead at bedtime. Practice forgiveness. Say, "I love you!"

9. Relationship with Caring Adults

I create opportunities for my child to form trusted relationships with people of faith of all ages.

Your child needs the friendship and mentoring of caring adults from across the generations. Find opportunities for your family to get involved in activities where many ages are represented.

10. Shared Mealtimes

Our family eats a meal together, with the TV off, at least five times each week.

Research clearly indicates that eating meals together decreases the likelihood your child will use alcohol, tobacco, or illegal drugs and increases the likelihood that your child will perform well academically. Best of all, shared mealtimes incorporate eight of the Top Ten Faith Practices!

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