

SANDY SWARTZENTRUBER

Everyday Family Faith

Simple Practices and Activities
for Building Faith at Home



Welcome to

Everyday Family Faith!

This pocket guide will help you and the kids you love build strong faith practices and make space for God in your everyday life.

Using *Everyday Family Faith*, you can develop unique faith formation patterns that fit your family. The questions and activities are designed to be open-ended so that you can use them again and again.

The more you use this guide, the more confident you will become in your ability to help kids become more like Jesus as you all grow in faith together.



Using This Guide Is as Easy as 1-2-3

1. Use the tabs to flip to the day of the week.

2. Explore the options you find there.

In each day's section you'll find a page containing

- Scripture to read and talk about.
- faith talk questions.
- a prayer.
- activity ideas.

3. Take your pick!

If you have time, choose a Scripture passage, discuss a faith talk question, pray the day's prayer, and do one of the suggested activities as a family.

Short on time? Pick and choose fewer options to do what works for you.

And There's More

The tab called "BASICS" includes some foundational family faith formation resources such as a gospel summary for kids, the Lord's Prayer, prayer ideas for mealtime and bedtime, and more. Check it out!

God's Word for Sunday

Read and talk about one of these passages on FINDING REST today.

- **Genesis 2:3**—God blessed the seventh day and made it holy . . . because on that day he rested from all the work he had done. *(Got more time? Read the whole creation story together.)*
- **Psalm 4:8**—In peace I will lie down and sleep. Lord, you alone keep me safe. *(Talk together about how God cares for our anxieties. Then pray about any concerns together.)*
- **Psalm 46:10**—“Be still, and know that I am God.” *(How might your family practice “being still” this week? Talk about it together.)*
- **Psalm 62:1**—It is surely true that I find my rest in God. He is the God who saves me. *(How could you build rest time into this week? Talk about that.)*
- **Matthew 11:28**—“Come to me, all you who are tired and are carrying heavy loads. I will give you rest.” *(Share this week’s burdens with each other, and then pray about them together.)*

Sunday Faith Talk Questions

Talk about one of these questions on FINDING REST today:

- Resting means taking a break from work and busyness. How could you help someone in your family rest today?
- Resting doesn't only mean sitting still. We can also rest by enjoying God's creation. How could your family do that today?
- If you went to church today, were there parts of the worship service that helped you rest from a busy week? Talk about them.
- Doing something creative—like listening to music, building with blocks, or doing crafts—is a great way to rest. What's your favorite creative thing to do together? Spend some time doing that today.
- Did you find any moments to rest and talk with God in the past week? If you didn't, how could you find those moments next week?



Sunday Prayer

Thanking God for Rest

(Invite everyone to quiet their body and mind by taking a few deep breaths and praying silently for a short time. Close with the following prayer.)

God, sometimes we're so busy that we forget to make time for rest. In the past week we did so many things . . .

(invite everyone to list the things that they were busy with this week.)

Thank you that you care about how our bodies and our minds are feeling. Thank you for inviting us to rest and to spend time with you. Amen.

Sunday Activity

Rest

Try one of these resting activities today, or come up with your own list of ways to experience sabbath rest.

- Make a blanket fort and use that as a place to rest or read a book.
- Put away phones and computers for an hour or more and do something fun together as a family.
- Make something creative with your hands today.
- Go for a “hush hike” and count how many different sounds you hear as you walk quietly.
- Go on a picnic outdoors or inside your house.



How Can Your Church Use Everyday Family Faith?

There are lots of great ways to use this
family faith practices guide!

Here are just a few:

- a baptism gift for new parents
- a welcome gift for families who join your congregation
- a tool to help new believers start family faith habits
- a kick-off gift for a church-wide family faith formation initiative



To order additional copies of *Everyday Family Faith*, visit FaithAliveResources.org.

Special bulk pricing is available for larger orders.

Everyday Family Faith

will help you and the kids you love build strong faith habits together and make time for God in your everyday life.

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2. Explore the options you find there:

- Scripture to read and talk about
- Faith talk questions
- Prayers
- Activity ideas

3. Take your pick!

Choose the faith practices and activity options that work for you and the amount of time you have.

You'll also find a helpful section of Faith Basics at the end of this guide.



Christian Reformed Church
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