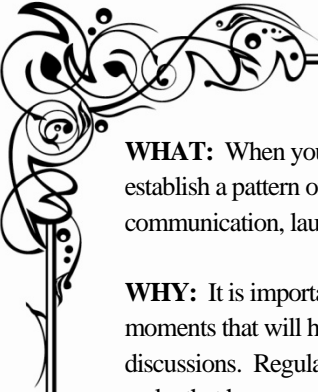




**FAITH  
PATH**

**Family Time**

**Create Intentional Moments**



---

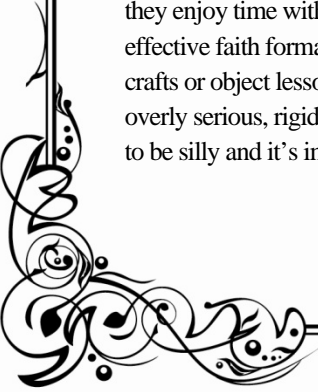
**WHAT:** When your child reaches about four years old, it is a great time to establish a pattern of including fun family times in your schedule to foster communication, laughter and faith formation.

**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. Free ideas are also available online at [homepointe.org](http://homepointe.org). As your child gets 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.



---

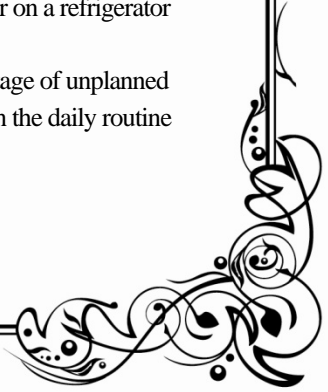


---

## 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. You can purchase a recommended resource or check one out at the church library.

## 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](http://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.
- 



## Intentional Faith Path Plan

Child's Name: \_\_\_\_\_

*How will you be intentional this next year?*

- Pray daily for my child.
- Consistently spend time in God's Word.
- Bless my child daily.
- Schedule and have regular family times.
- \_\_\_\_\_

At age five, we will 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. Request the *Prepare to Lead Your Child to Christ* kit at [lezah.maitland@fbcallen.org](mailto:lezah.maitland@fbcallen.org)

### Recommended Resources

*Just Add Family* by Kurt and Olivia Bruner

*Family Night Tool Chest* series from [heritagebuilders.com](http://heritagebuilders.com)

*Big Book of Questions and Answers* series by Sinclair B. Ferguson

*Fun Filled Parenting* by Silvana Clark

*Our 24 Family Ways* by Clay Clarkson

### First Baptist Church Allen

972-727-8241

[fbcallen.org](http://fbcallen.org)

[preschool.fbcallen.org](http://preschool.fbcallen.org)

[children.fbcallen.org](http://children.fbcallen.org)

# *Young Children*

## *Creating Impression Points*

### **Best Use**

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

### **Nutritional 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.

### **Advance 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.

### **Serve it Up**

Select which of the times and discussion questions on the reverse you and your child(ren) would most enjoy.

**Mealtime** - 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 bed time.

- **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 the following...
  - 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!



## *Faith Walk*

### **Best Use**

As a family time activity

### **Nutritional Value**

An intentional time to introduce the Faith Path by discussing trust between family members and God.

### **Advance Preparation**

You will need the following supplies...

- A blindfold
- A Bible
- Some items to create obstacles such as pillows, boxes, steps, chairs, cones, etc.
- Faith Path guide

## **Serve it up**

**SAY:** “We are going to go on a special adventure together. The challenge will be that you will be blindfolded and will need to listen to my direction to help guide you along the way.”

**DO:** Blindfold your child. Once the child is blindfolded, set up a path of numerous obstacles for them to have to navigate through with your help. You can set other family members as obstacles and have them give “wrong” directions.

**READ:** Read Proverbs 23:19 to your child before you begin the activity.

**ACTIVITY:** Take your child’s hand and guide them through the challenging path. Direct them both vocally and physically as they come close to obstacles. Think of fun and creative ways for them to avoid the obstacles such as “take three jumps to the left” or “crabwalk forward till I say freeze.” Give encouragement and redirection when going the wrong way. When done, remove the blindfold and give high fives. If you have other children, reset the obstacles and take turns blindfolding and leading them through.

**DISCUSS:** Ask your child...

- “What was it like not knowing next steps or obstacles before you?”
  - “Was it hard when another family member gave instructions?”
  - “Did some of the instructions seem strange or uncomfortable to you?”
- Explain that God has given parents the opportunity and responsibility to guide their child’s spiritual journey. Share that there may come a time when the instructions you give will seem strange and may require trusting you. Also explain how other voices may try to mislead them as they get older.

**READ:** Look up Hebrews 13:5 and read it together.

**DISCUSS:** Not only do they have you as a parent, but God’s Word says that the Lord will never leave or forsake us. Let them know that you will be seeking the Lord together along this exciting journey. Look at the Faith Path guide together to determine which step your child/children are currently at based on age.

**PRAY:** Thank God for each member of your family and the exciting faith path that God has for each individual.





## *The Faith Handoff*

### **Best Use**

As a family time activity

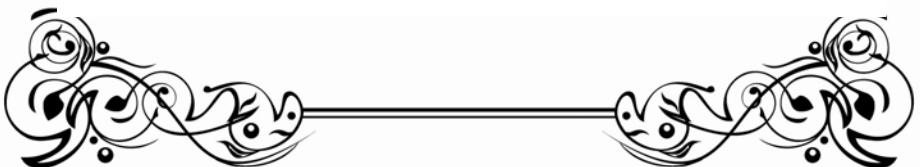
### **Nutritional Value**

An intentional time to emphasize why God wants families to build one another's faith.

### **Advance Preparation**

You will need the following supplies...

- Something you can use as a baton to pass like a cardboard tube from an empty roll of paper towels or wrapping paper
- A sharpie or marker
- A Bible
- A small rock



## Serve It Up

- **READ:** Invite the youngest reader in the family to read I Corinthians 9:24 aloud and ask: What does it take to run a race well?
- **ACTIVITY:** Find a place the family can run a relay race such as on the sidewalk or from one part of the house to another. Run the race several times by changing up the order of runners. Time each race. On the final attempt someone should “accidentally” mess-up the handoff causing that particular run to be slower or even disqualified.
- **DISCUSS:** Explain that handing off the baton is the most important and risky part of every relay race. Invite input on why doing so is hard/risky. Be sure to mention that both the person giving and receiving must be alert and care about running the race well.
- **READ:** Read aloud Psalm 78:5-7 and explain that God has given parents the most important baton pass in the world – passing a strong faith to their children and grandchildren. Explain that, just like in the relay race, helping children learn to know and love God requires an intentional effort.
- **ACTIVITY:** Use a marker to write “FAITH PATH” on a small stone. Have the family sit in a close circle and pass the rock from person to person. Then widen the circle and do it again. Keep widening the circle until it becomes too difficult to pass the rock without tossing it.
- **DISCUSS:** Explain that it is much easier to build one another’s faith if you work hard to keep close family relationships. Invite input on how you might do that such as spending time together, forgiving each other, affirming one another, etc.
- **READ:** Read aloud Deuteronomy 6:5-9 then invite the kids to suggest times and ways your family can include talking about God’s word in your routine.
- **PRAY:** Come close and pass the FAITH PATH rock from person to person. As each person receives the rock ask them to ask for God’s help silently or aloud such as “Help me not drop the baton of faith” or “Help me love my family as I should.”



## *Just Like Air*

### **Best Use**

As a family night activity

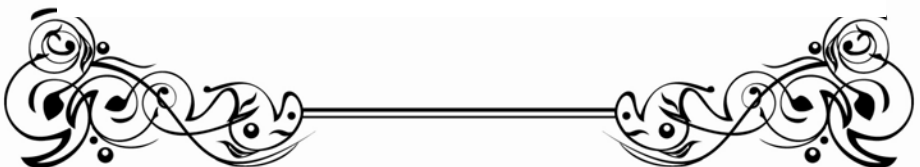
### **Nutritional Value**

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

### **Advance Preparation**

You will need the following supplies...

- Several balloons
- A Bible



## **Serve It Up**

Follow these steps for a great experience:

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?
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!"