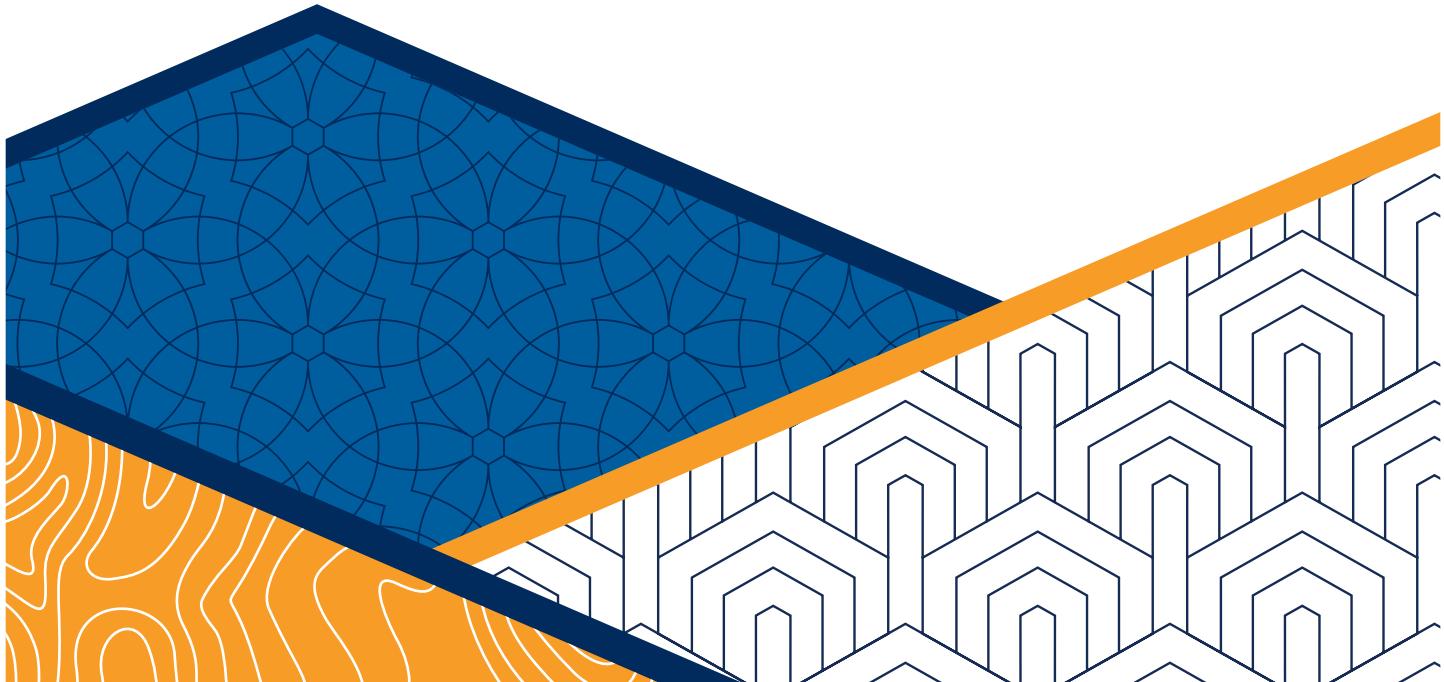




# **CREATING FAITH PRACTICES IN YOUR HOME: A PARENT RESOURCE**

*Invest in your child's faith journey—one  
meal, one conversation, and one camp  
experience at a time.*





## WHEN WE CREATE SACRED RHYTHMS IN OUR LIVES...

- It's easier to see the sacred in others, ourselves, and the world around us.
- We are more formed into the parents God created us to be.
- Our children receive the support, encouragement, and purpose needed to flourish.

## WHAT ARE SOME WAYS YOU COULD INCORPORATE SACRED RHYTHMS IN YOUR HOME?

### Share a Mealtime Prayer

- Choose a mealtime, such as dinner, when your family is usually able to all be present.
- Gather phones in a basket to remove distractions.
- Explain to your children that prayer is simply a conversation with God.
- Share a simple, short prayer that you can all learn and speak together before eating, such as: *God is great, God is good, and we thank Him for our food. By His hand, we all are fed, give us, Lord, our daily bread. Amen.*
- Or, lead a prayer inviting each person to share something for which they are thankful: *Dear God, tonight we thank you for (allow time for each to speak a word aloud). Amen.*

### Foster Sacred Conversations

- Create a relaxed environment by lighting a candle or putting on some quiet music.
- During a set time, (ie. mealtime or bedtime), establish the habit of sharing highs and lows.
- Giving permission to pass, invite each person to take turns sharing something from their day that was a high point and something that was a low point.
- Without being too rigid, stay focused on listening to each person without interrupting.



- Resist the temptation to immediately "fix" any problems that may come up—instead, actively listen and show love and gratitude for sharing.
- Habits of listening and sharing promote deeper emotional connection with your children.

### Give Them a Week at Bible Camp

*Children grow at camp! Bible camp creates a temporary community, outside of regular life rhythms and relationships, in which children are:*

- Cared for 24/7 and mentored by trained, mature young adults, accountable to state child protection standards.
- Guided in daily faith-forming practices like cabin-group devotions, singing songs that tell God's story, opportunities to be silent and reflect in God's creation, Bible reading and discussion, mealtime prayers, and more.
- Given opportunities to engage in adventurous activities, community-building games, and outdoor sports that promote resilience, self-confidence, and fun.
- Fed nutritious, tasty, and homemade meals, shared around the table with new friends.
- Challenged to grow in self-understanding and in discovering God's purpose for their life.
- Read more and register @ [cpbc.com](http://cpbc.com) (Financial aid is available and easily accessible—just ask!)



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