



KEYS OF FAITH

A Guide for Equipping, Empowering, and Encouraging Faith at Home

For introducing Faith at Home, we have found it helpful to use David Anderson's four Keys of Faith, developed and articulated in his work with Vibrant Faith and Milestone Ministries. Families (of all ages and stages) are holy in the way they forgive each other; pray for each other; heal each other; sacrifice for each other; and love each other. These keys of faith help families identify specific actions, most of which they already do, to lean into growth as disciples of Jesus Christ more intentionally.



CARING CONVERSATIONS

One of the first steps to effective faith formation in the home is a simple willingness to talk about it! Be willing and available to answer questions and share your own faith journey (struggles included!). This isn't formal teaching time, and sometimes it involves more listening than speaking. Don't be afraid to say "I don't know"--adults don't need to be experts here. Look stuff up, or ask someone at church for perspective. Use car time, meal time, or any time you have to make this connection!

Get started: *Where do you see Jesus today?*



RITUALS & TRADITIONS

Family rituals and traditions speak to what the family values and believes.

Some rituals are daily, and some are infrequent. Some are part of the church calendar, and some are in our home lives. All of the events we celebrate are from God! Make a point of celebrating these rituals and developing your own family traditions, whether it's a special birthday dinner or putting up the Christmas tree--God celebrates with us!

Get started: *Celebrate your family's baptismal anniversaries by lighting a candle (perhaps the baptismal candle!) and having a special treat.*



The Diocese of New Jersey



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PRAYERS & DEVOTIONS

Praying as a family is important. If you don't have a mealtime prayer, find one! Ask your children to create one--or, check the Book of Common Prayer for an amazing and beautiful list of prayers for all occasions. Include stories from the Bible on your reading list, and read them to your children. Weave learning and prayer into part of everyday life--God is with us all the time, not just on Sundays!

Get started: Introduce a practice of sharing daily "highs and lows" with family members and with God--give thanks for the "highs" and ask for help with the "lows."



SERVING OTHERS

Children and adults are more likely to have a strong faith when they can see it in action through service to others. We are called by Christ to serve others. Find a service project in your local community, something that you [and your family] can do in coordination or in community with others. Also, cultivate gratitude for all the gifts we have been given so that we can share them with others!

Get started: Talk about a need in your community, and ask family members for ideas of how they can help.



RESOURCES

- Learn more about the **Keys of Faith and Milestone Ministries** at <https://milestonesministry.org>.
- **Taking Faith Home**, also from Milestone Ministries, is a printable resource for parishes based on the Keys of Faith. <https://milestonesministry.org/taking-faith-home/>
- **Faith @ Home** is a resource with readings and activities from Forward Movement and Forma, based on the weekly lectionary. <https://www.dofaithathome.org>



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