



# Life 2.0 at St. Peter's

## Faith at Home

### Activity Guidelines

All LIFE 2.0 activities are designed for families and individuals to move independently through each station. General guidelines are listed below, but you are encouraged to make the activity meaningful to you and your experience. Feel free to interact with others at the table, as fellowship is one of our goals, but we ask adults at the table to help keep the younger participants focused as much as possible.

### Key #1: 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. Use car time, meal time, bed time, or any time you have to make this connection!

Today we've got some ice-breaker conversation starters. Pick one out of the jar and engage someone at the table in some caring conversation! Make sure you're listening at least as much as you're speaking.

Email photos to [formation@stpetersfreehold.org](mailto:formation@stpetersfreehold.org) and check out our website at [www.stpetersfreehold.org/faith-at-church](http://www.stpetersfreehold.org/faith-at-church)

### Questions to Consider:

- How can talking about faith help share faith?
- How can you tell when someone is really listening to you?
- How do you feel when someone isn't really listening to you?
- How can you be a better listener?
- How can you share faith through conversation?
- Does all conversation have to be about God for it to be faithful?
- What are some things you'd like to talk about with someone else?