



LIFE 2.0: Faith at Home

Take Home Sheet

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road. When you lie down and when you get up. Tie them as symbols on your hands and bind them to your foreheads. Write them on the doorframes of your houses and on your gates.

DEUTERONOMY 6:4-9

The Four Keys of Faith

The Four Keys of Faith were identified by the Rev. Dr. David Anderson over 20 years ago. They remain a comprehensive yet accessible framework for parents and teachers, especially for faith at home. Faith formation that is rooted in the life of the home and family is much more likely to stick than anything we teach once a week (or month) at church.

One of the most important things to remember about Faith at Home is that you are qualified! As a parent who loves your child, you have the skills to bring faith home--we will give you the tools!

This workshop is designed to give you ideas in each of the Four Keys. We have more information and links on our website, and we invite you to join us for more ideas and conversation at our

FAMILY FAITH NIGHT

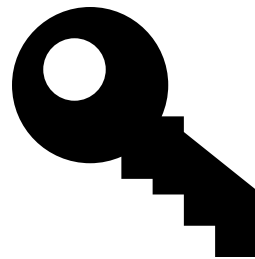
Friday, September 29

6:00 - 9:00 pm

St. Peter's Parish Hall

Faith / Food / Fellowship

stpetersfreehold.org/formation

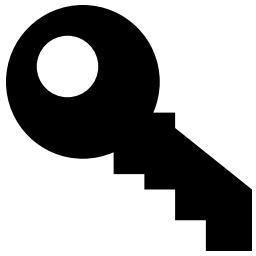


Key # 1: Caring Conversations

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, or any time you have to make this connection!

Ideas:

- Be a good listener! Listen, and respond, to those who talk to you. Look up from the screen and make eye contact!
- This is NOT formal teaching time--make use of the spontaneous opportunities during the day: car time, meal time, waiting time.
- Introduce a practice of "highs and lows" into your family dinner or drive time. What was good and bad about the day?
- Remember that God is a great listener, and cares about us. Give thanks!

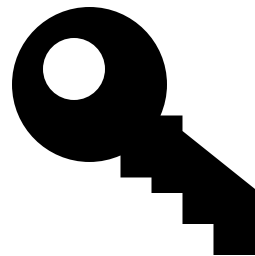


Key #2: Rituals & Traditions

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!

Ideas:

- Ask members of your family to recall their best memories & experiences from childhood--many will be traditions!
- Mealtimes, get-togethers, and nightly bedtime routines are examples of rituals and traditions that make a big impact on children. How can you add God to these?
- At church, worship services, communion, and baptism and all rituals that bind us together as a family.
- Consider marking and celebrating your children's baptismal anniversaries with a special meal or dessert--light the baptismal candle you were given!

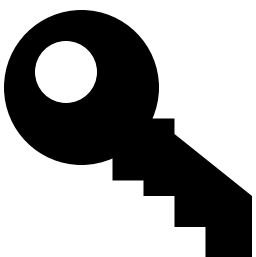


Key #3: Worship & Devotions

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!

Ideas:

- Turn up the "God language" in our caring conversations, and you have devotions!
- Include Bible stories in your children's library.
- Have a personal copy of the Bible for you! There are many translations and editions available--pick one!
- Sometimes, devotions use Scripture or other text or prayer. Other times, they grow out of conversation and wondering how God might be present in our lives.
- If you haven't already, add a meal or bedtime prayer to your family's routine. Include both thanksgivings and petitions ("thank you" and "please" prayers).



Key #4: Serving Others

Children and adults are more likely to have a strong faith when they can see it in action through service to others. Try volunteering together for a clean-up day, or at our own Community Suppers. Ask each family member to donate a few things to the Thrift Shop, and drop it off together. Also, cultivate gratitude for all the gifts we have been given so that we can share them with others!

Ideas:

- Teach children that serving others is an opportunity to give love back to God.
- Serve as a family. Brainstorm ideas as a family--some might be at home, some in the community.
- Every penny and every action counts!