

Month Eleven: Spirituality

"Feeling a sacred connection to a higher power"

- questioning faith is how you know your children are thinking about it – treat this as something positive
- spirituality is the acknowledgement that we are all connected to one another and that there is something more powerful than each of us individually

Questions for Thought:

1. Do we give our children more evidence of the existence of Santa Claus and the Tooth Fairy than of Jesus?
2. Are you living your faith and being a good example for your children?
3. What are some ways we can feel more connected to God?

Daily Exercise: My Own Prayer

Supplies: Prayer Template

How it works: Talk to your children about the beauty of prayer and encourage everyone in the family to write and share their own prayer, using the template as a guide if needed.

Variations: Pray a single word that is important to your child (like "peace" or "together"); try meditation.

Weekly Exercise: Where is God Now?

Supplies: None

How it works: Share stories where you felt as though God was not with you. Try to find where God actually was in the situation (i.e. gift of patience).

Variations: Talk about where God is in a particular moment or in your family.

One-Time Exercise: The Maze

Supplies: None

How it works: Have your child think of a goal they are trying to reach. Send them to the backyard or a room, starting at one point, and trying to get to the opposite side, which represents them reaching their goal. Have family members stand in their way as "obstacles", and have your child move around them as they reach them. When your child gets frustrated with the obstacles, remind him that sometimes God puts obstacles in our way to help us down a different path. Sometimes reaching our goals is challenging. Remind your child that God can see the maze in its entirety, and He is guiding us along the way.

Variations: Use a paper maze.