

GRACE FAMILY CHALLENGE: Creating Faith that Sticks

Week 1: March 3rd to return to church Sunday, March 10

NAME: _____

 **Bonus:** Do something nice for someone without being asked.

My family (at least one parent/guardian) and I:



Ate a meal together 1 2 3 4 5 6 7

Record what you did here:



Read a Bible story/verse 1 2 3 4 5 6 7



Played a board game 1 2 3 4 5 6 7

Matthew 7:12 *“Do to others whatever you would like them to do to you.”*

Parent Signature: _____

Why have we chosen these activities ?

- We ate a meal together:** According to the *Sticky Faith Guide for Your Family* research, “Kids who have dinner with their families seem to make better choices and avoid disorders and high-risk behaviors including depression, delinquency, and drug and alcohol use.” (p. 164) However, having dinner together will not help if the T.V. is on or people are on their phones. Parents whose kids develop sticky faith use dinner time for conversation, catching up, etc. It is more about the conversation opportunity between parents and kids than the actual dinner. Consider this sticky faith idea “Wow, Pow, Holy Cow, How,” from page 136. Kids share the best part of their day (Wow), the worst part of their day (Pow), and sharing a God sighting (Holy Cow).
- We read a Bible Story/verse together:** According to Lifeway’s research findings, recorded in Jana Magruder’s book, *Nothing Less: Engaging Kids in a Lifetime of Faith*, kids who read the Bible regularly are much more likely to develop a relationship with Jesus that continues into adulthood. This is one of the most important things we can help our kids learn to do is to read the Bible regularly.
- We played a board game together:** Really the concept of this sticky faith idea (p. 83) is to help parents and kids spend time together. This is especially helpful when the kids become teenagers. If you have kids that span different age ranges and interests, try to find a game that everyone can enjoy.
- Bonus activity:** Serving others also helps kids build lasting faith (pg. 183). Consider doing this activity as a family. Making a card for someone who is sick or shoveling out a neighbor’s driveway.