

GRACE FAMILY CHALLENGE: Creating Faith that Sticks

Week 3: March 17 to return to church Sunday, March 24

NAME: _____

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



Ate a meal together 1 2 3 4 5 6 7



Spent time in prayer 1 2 3 4 5 6 7



Practiced memory verse 1 2 3 4 5 6 7

Parent Signature: _____



Try the following exercise:

Give your kids a challenging ethical situation

(suggestions on the back)

asking them how they

would handle it. If appropriate

continue to ask, 'If you

did that, what do you think

would happen next?'

Record what you discussed

here: _____

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Why have we chosen these activities ?

1. **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).
2. **We spent time praying together:** According to Lifeway’s research findings, recorded in Jana Magruder’s book, *Nothing Less: Engaging Kids in a Lifetime of Faith*, kids who pray regularly are seeking God’s guidance which leads to life change and experiencing God. Along with reading the Bible regularly, praying regularly is one of the most important habits we can help our kids develop to put them on a trajectory for lifelong faith.
3. **We practiced the memory verse:** The memory verse for this week is 1 Corinthians 13: 4-5. For young kids consider just memorizing the first sentence. This is another way to “read” the Bible. Plus, it is important for kids to learn what scripture teaches. Psalm 119: 11: I have stored up your word in my heart , that I might not sin against you.
4. **Bonus activity:** To help kids navigate through difficult situations, Sticky Faith suggests the following exercise titled, “What would happen next?”(p. 141). Basically, give your child a challenging scenario (i.e. “You found a \$20 bill on the ground or your friend is being really mean to another friend). Once the scenario is described, you ask what you would do? This exercise gets kids thinking about the consequences of their choices ahead of time so they can make the best choice when a difficult situation arises.

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