

# Tools to try today

Parenting for Faith has five key tools to help your child or teen meet and know God in the everyday. You can try them whether you've been a Christian five minutes or fifty years.

In the madness of trying to do everything else in this season, it can be hard to get started or remember to use them, so we've put together some ideas to get you going.

Use them as they are or as a springboard to spark more of your own ideas. Do one a day, pick one at random when you fancy or cross them off and use it to play bingo!



## Creating Windows

One of the most powerful things you can do to help your children meet and know God in this season is to create windows into your life with God, so they can see what a real, authentic and imperfect life with God looks like. Creating windows is simply letting your child see the things you do in your walk with God and how that looks for you.

For more see [parentingforfaith.org/creating-windows](https://parentingforfaith.org/creating-windows).



## Chat and Catch

The greatest gift we can give to our kids is the confidence and ability to share their thoughts and emotions with God and catch what he is communicating back to them in everyday life. Sometimes prompts can help us to do that so why not try one of these ideas to help your child find their conversational prayer style with God?

For more see [parentingforfaith.org/chat-and-catch](https://parentingforfaith.org/chat-and-catch)



## Framing

A huge part of parenting is explaining the world to our children – from what toes are to what a pandemic is. You have been helping your kids understand the world for years. They also need to know how to see the spiritual side of the world, to learn how to see God and faith in it.

For more see [parentingforfaith.org/framing](https://parentingforfaith.org/framing).



## Surfing the Waves

As we continue to disciple our children, we will find that their interest in spiritual things comes and goes in waves. One minute they love reading their Bible, the next they are full of outrage about modern slavery. Childhood and adolescence are periods of discovery, when children try different things before discovering what suits them best. We need to learn to 'surf the waves' of their interests, supporting and enabling them along the way.

For more see [parentingforfaith.org/surfing-waves](https://parentingforfaith.org/surfing-waves)



## Unwinding

Part of our role in our kids' lives is to help them develop a full and deep view of God, so that they want to connect with him. We are all on a journey of seeing and knowing God better, and we can journey with our children as they get to know him too. As we discover how they see God, we can get an idea of where they're at, and then gently unwind any unbalanced views.

For more see [parentingforfaith.org/unwinding](https://parentingforfaith.org/unwinding).

For more examples and ideas, go to  
[parentingforfaith.org/tools](https://parentingforfaith.org/tools)



Tell your kids the story of one massive disappointment in your life. Share how that impacted your relationship with God, and what He did .

Tell your kids about the first time that you knew God was real.

Tell your kids how you tend to connect best with God and then let them catch you doing it.

Share with your children one thing that is surprising you about how you feel about God in this season and what you are doing about it.

Play your favourite worship song while you are working on something when your kid is around. Say “I love this song so much because...”

While you are scrolling on your phone and see some faith-based thing that encourages you, share with your kid what poked your heart about it.



Share with your child what you like about meeting with church online.

Ask your child 'Why do you think God made family?' Listen to their answer then share your thoughts, 'I'm really grateful He did because...'

Finish this sentence 'When I look at all the people who are still helping even though they are at risk, it makes me think about Jesus because...'

Read a Bible story together of a time when God's people faced a crisis e.g. Ruth Chapter 1. Wonder together what God was doing?

On your daily exercise, point out something God has made that you like and share why. Ask your child if there's anything that stands out to them today?

Debrief with your kids how you felt when you first heard about lockdown and how God's helped you since.



Ask your kid 'Which Star Wars character is most like God ? Why?' (Feel free to sub in any programme or movie that you like.)

What do you think Jesus would do with his day if he was social distancing like we are?

How do you think God feels about Covid-19? Why?

What do you think God is doing in the world right now?

Which part of the Bible do our lives remind you of? When in the Bible did something similar happen? How is it similar or different?

What part of God's heart do you think we need most right now in this at home season?



Suggest that everybody tell God in their heads (or whisper into their hands so no one else can hear), the most frustrating part of their day.

Suggest that everybody tell God in their heads (or whisper into their hands), what was the one thing they did today that makes them proud of themselves.

Pause the media while watching a movie or tv and say “Just for a second, tell God in your head (or whisper into your hand) what you hope will happen next”

Share with your child how you know God is communicating with you, when you aren't sure, and how his communications make a difference to you.

As you're winding down from an activity, say “Let's just take three deep breaths and ask God to fill us with his peace.”

Check out what the Bible says about Chat and Catch: for example, Jeremiah 33:3, John 14:26, 1 Samuel 3:9, Amos 3:14.



Ask your kid 'what do you miss most about church' and think together if there's a way of doing a version of that at home.

Listen to your kid's play or stories. Are there any recurring themes, such as being the rescuer, protector or nurturer? Ask them why they like that role.

Ask 'If you had a million pounds to help people, what would you do with it and why?' This might give you some clues about what God is doing in their heart.

Ask 'Would you rather...' questions like 'Would you rather never be able to sing to God again or not have access to the Bible?'

Give them a next step for something they're showing an interest in. For example, if they'd like to play the guitar, find some YouTube tutorials.

Read or watch a story of someone who made a difference in the world. See if anything about it sparks their interest.