

Where it all begins

A parent's journey to
inspiring a faith that lasts
in their children



**kitchen
table
project**

Inspire a faith that lasts

Join a movement of mums, dads and
carers learning from each other and
sharing ideas, so we can all succeed
in inspiring faith in our homes

Welcome



As a mum to two daughters, I'm so glad to be part of the community of parents and carers here at the Kitchen Table Project. We've learnt so much from talking with other parents and trying new things with our own families and churches.

Whatever our stage of parenting and wherever we find ourselves on our own journey of faith, our encouragement at the Kitchen Table Project is simple – as parents and carers we have the greatest influence on our children's faith, and there are so many easy ways that we can bring faith into our everyday lives.

One of the most simple but life-changing things I've learnt through our research is that there are significant elements that help build a child's faith. Just sticking a list of our 'What builds faith' elements on my fridge has been a daily reminder that there are lots of ways I can bring God into our family life. And these elements are the focus of a lot of what we do here at the Kitchen Table Project.

We want to journey with you on this adventure of exploring faith with your children and this booklet is aimed at giving you a taste of what we have to offer. We pray our resources, daily social media posts, monthly emails and opportunity to be part of this community will bless you as you do an amazing job of raising your children to have a faith that lasts.

Claire Burton

Resources Manager – The Kitchen Table Project

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Starting the journey to inspiring a faith that lasts begins with you as a parent. This booklet provides a snapshot of the variety of resources that can equip and encourage you to nurture your children's faith at home.

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Elements that build faith

Research suggests there are key elements which can help to inspire our children's faith.



It's encouraging as parents to know that we are already doing so much to strengthen and develop our children's faith. And it's even more encouraging to remember that we're not doing this on our own. God has perfectly positioned us to raise our children, is right there with us, and will equip us with everything we need. In the following pages, we'll look at the elements above in more detail.

What builds faith Home

'A warm, affirming family where children feel safe, loved and accepted gives a secure foundation for their faith to grow.'

One of the key elements in passing on faith to children is the warmth of the relationships in the home.

A positive attachment affects our children throughout their lives, giving them a secure base from which they can learn to trust others, seek new experiences, and ultimately know that they are loved and lovable.

Building strong bonds of attachment and warmth is not only good news for our children's emotional development; it also helps us as we seek to build a foundation of faith in their lives.

As parents, we have the opportunity to model the unconditional love that God has for each of his children. By creating an environment in the home where they experience trust, warmth, love and security in their lives, we will make it a small step for them to recognise these very things in the heart of God.

Top tips!

- Explore the Love Languages by Dr Gary Chapman and learn how to interact with one another in the different ways that each of you give and receive love.
- Create memories and establish new family traditions. This builds a sense of connectedness and identity as a family.
- Visit the Care for the Family website for more ideas and resources to strengthen family relationships: cff.org.uk



What builds faith

Be real

'It's not about expertise. We're not perfect, but living out our faith in a genuine way inspires children to want this for themselves.'

We are the main spiritual influence in our children's lives. Our spiritual journey can become a window through which our children first experience what a relationship with God can look like. As we make our faith visible, and offer glimpses into how we walk with God, we help our children to see different ways they could also connect with God.

Sometimes we feel that we can't help disciple our kids because we simply don't know enough. We may find ourselves out of our depth when trying to explain difficult theological concepts

to our children, especially ones that we might not understand ourselves! But we don't have to have all the answers – exploring these questions together can help us all on our journey of discovering more about God.

It's good to remind ourselves that God has entrusted his children into our care, and he knew what he was doing! We don't have to be perfect. We can use our mistakes as well as our successes to share with them how God is at work in us and what it means to be like Jesus.

Top tips!

- Let your child see or hear you praying, worshipping or reading the Bible – modelling this at home makes a big difference!
- Share your stories! Help your children to see the ups and downs of real life and show them how you have depended on God in the different seasons and situations.
- Talk about and model how we apologise when we get things wrong. Saying sorry and forgiving one another gives us the opportunity to talk about how God forgives us.



What builds faith

Be intentional

'Finding simple ways to involve God naturally in everyday life encourages our children to know and love him.'

Parenting is full of opportunities to nurture and develop our children's faith. There are so many journeys, bedtime prayers and meal times together during this phase of family life. How can we make the most of these moments to influence our children's faith for a lifetime?

The key is to not try and change everything at once, but look instead for the little wins that you can make today.

One of our key verses at the Kitchen Table Project is Deuteronomy 6:6-9. In *The Message* it talks about writing God's commandments on our hearts, getting them inside us, and then getting them inside our children:

"Talk about them wherever you are, sitting at home or walking in the street; talk about them from the time you get up in the morning to when you fall into bed at night."

So how can we be more intentional and add little doses of faith into these everyday normal family moments?

Top tips!

- Create some space to explore faith in everyday moments; pick a praise song to clean your teeth to, or write some questions on lollipop sticks and take them with you to ask when you're on a journey.
- Talk about 'highs and lows' at meal times to help children process their day and then use the opportunity to pray about some of these things.
- Follow the Kitchen Table Project on social media for tips and ideas!



What builds faith

Belong

'Involving children at church, and building relationships with others, helps our children to feel they belong in God's family.'

The Church is a bold concept ... God crafts us together from different generations, races and cultures to be a group of people who represent him. So let's take advantage of the many gifts, jobs, ages, backgrounds and experiences of those who make up the Church – it's a tremendous resource as we help our children develop faith.

Whatever the shape or size of our church family, we have the opportunity to help our children build relationships with other Christians we know and trust. Maybe you could invite a few key people to support your child's faith journey.

Perhaps you could ask a children's worker, an older teenager your child looks up to, or a grandparent figure who can share stories and become a source of wisdom as your child grows up.

As well as building relationships with others, it's important that we help our child to find their place within the church community. Enabling them to serve and use their gifts helps them to feel that they belong.

Top tips!

- Look for opportunities to ask people you know and trust to influence your children in an intentional way.
- Speak to your church leaders to see if there are ways that you can help the children in your church engage with and get involved in church services.
- Ask your children how they might want to be involved, and then help them to get started. Encourage the other adults serving in those areas to connect with and invest in your child's faith development.



It starts with me



by Katharine Hill
UK Director, Care for the Family

Helping our children on their faith journey begins with our own relationship with God. As we journey in our relationship with God – abiding in him – our faith will spill over into our home.

That kind of living doesn't just happen; we need to be intentional about putting it into practice. And it will look different in the different seasons of family life.

There are times in family life when we need to give ourselves some slack. It was a while before I was able to find a different prayer and Bible reading routine when my children came along.

Spiritual disciplines are important, but they need to be patterns not padlocks, in line with our personality as well as our season of life.

Rather than struggle to do something that is just impossible in our situation, we can try to find a practice and a rhythm that works for us: one that is life-giving.

The following pages give us the opportunity to invest in our own relationship with God through a devotional written by Andy Frost.

This devotional series is designed to explore how we plant seeds of faith, as we are refreshed and equipped in our own walk with God.

Planting

The power of seeds



Read

Luke 8:1-15



Reflect

Dwarfed in the palm of your hand, they seem so small and insignificant. Yet we all know that both the shooting sunflower and the towering oak tree start out as seeds.

Jesus was an expert storyteller. He connected with a rural population, who knew what it was to tend the fields, and masterfully communicated deep spiritual truths in simple language they understood. Not only that, but his stories have transcended time and cultures, and continue to speak directly into ours and our families' lives almost two thousand years on.

The seed

In the parable of the sower, Jesus explains that the harvest is dependent on two huge factors. The first is the seed.

Luke explains that the seed is the

The seed is the word of God.

Luke 8:11

“word of God” (v11). Now it might seem strange that Jesus refers to the word of God as a seed. The simple seed looks small and insignificant, but it is in fact powerful. It is laden with potential. The seed has the capacity for life and the power of transformation. In the same way, the word of God has the power to give us life.

The first challenge for us as parents that stems from this passage is: How are we, like the sower, sowing the truths of God into our children's lives? How are we affirming their identity in God and how much they are loved by their heavenly Father?

What's interesting is that the farmer seems to be pretty bad at sowing. The sower seems to be scattering seeds all over the place, with seeds landing on the path, among the rocks and amongst the weeds as well as in the good soil. An encouraging

thought here, is that when we are sowing the word of God into our children's lives, we don't need to be meticulous and perfect in our seed sowing. Instead we can generously sow God-truths at any and every opportunity.

The soil

The second factor that impacts the harvest is the soil. Jesus describes three different bad soils and he goes on to explain to his disciples what the soils represent. The seed that falls on the path and is eaten by the birds, represents the spiritual truths that we sow that are not understood. The seeds that fall amongst the rocky ground are unable to take root and when times become hard, they fall away. The seeds sown amongst the thorns represent the faith that is choked by life's worries and pleasures.

But then there's the good soil. In Palestine today, a good soil would produce ten times what is sown, and a bumper crop would produce a thirty or forty times increase. But in the good soil that Jesus is talking about, the crop is one hundred times what was sown. This was an abundant harvest!

The second challenge for us as parents, is what kind of a soil can we help cultivate in the home so that the seeds of faith produce an extravagant harvest? Research shows

that where children feel safe, loved and accepted, there is a greater chance that their faith will grow. Just as the soil type affects the harvest, so the environment we create at home affects how faith is nurtured in the home.

So this week, as we reflect upon this ancient parable, let's look for opportunities to scatter seeds, to sow the truths of God into the everyday. But let's also remember the importance of what we're already doing, in creating homes where our children know they are loved unconditionally.



As a family

Find some time this week to specifically tell your children that you love them, and show them too! Be specific and build them up by telling them the parts of their character that you especially love.

Maybe have a meal together and ask everyone to say one thing they love about each member of the family. Then remind them that their father in Heaven loves them even more.

Proximity

Close to Jesus

Blessed is the one ... whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season.

Psalm 1:1-3



Read

Psalm 1:1-3



Reflect

The Psalms contain some beautiful poetic imagery. Psalm 1 describes someone who is blessed like "a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither" (v3).

There are certain Biblical images that I find it easy to picture. When I close my eyes, I can picture this tree. The tree is big and strong with its roots disappearing into the luscious green grass beneath. The tree's leaves are a rich tapestry of green and its shadow covers the river bank, providing shade as the water cascades by.

The psalmist understood that trees need a continual source of water for life to flourish. Being situated by a river, the leaves would not wither, and fruit would come naturally in season with an abundant life-source on tap.

Where are you planted?

Seeds can't choose where they are planted, but we can. To a certain degree we can choose where we will live and how we will parent our children, but more importantly we can choose how we will live. Psalm 1 gives some wisdom about how we should position ourselves, by encouraging us both what not to do and in contrast what we should do.

The psalmist warns us not to walk, to stand or to sit with the ungodly. This doesn't mean we should desert our friends and family who don't share our faith, but it is a reminder not to get lost in the wisdom of the age. Some biblical scholars talk of a progression from walking to standing to sitting, drawing upon the idea that what begins with walking with ungodly wisdom can lead to standing with those on a path away from the things of God, to ultimately sitting and criticising the wisdom of God.

In contrast the author encourages us to delight in the law of God. In context, the psalmist is talking about the first five books of the Bible. But today, we get to delight in the sweeping narrative of the Bible and ultimately, in the person of Jesus. And the instruction is not just to read but to meditate, to make space to reflect upon the promises of God, night and day.

We have a choice about how we will be planted and if we long for our children to discover the promises of God for themselves, then we are invited to position ourselves, to be like the tree in this psalm. It begins with an intentional desire on our part, to punctuate our lives with the promises of God and to dwell upon who God is and what it means to be in relationship with him.

It might be about cultivating existing devotional patterns or it may be about creating a new habit of reading a Bible verse over lunch, or by reading a Bible story with our kids at night. If we want to be like this tree, we don't need to move to live by a river, but we do need to be intentional about positioning ourselves closer to Jesus, who said "the water I give them will become in them a spring of water welling up to eternal life" (John 4:14).

Being planted close to Jesus means that there will be fruit and that God

will prosper us, not always with a long night's sleep and healthy bank balances, but he will bring something good and wonderful out of even the tough life circumstances we go through. Let's choose to meditate on the things of God this week.

As a family

Try memorising a verse together and practise it each day. You could choose a verse together, or we really like these ones as good starting points:

Proverbs 3:5

*Trust in the LORD with all your heart.
Never rely on what you think you know.*
(Good News Translation)

Galatians 5:22–23

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!
(New Living Translation)

Ephesians 4:32

Be kind and loving to each other, and forgive each other just as God forgave you in Christ.
(New Century Version)

Influence

In the raw and the real

Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham."

Luke 19:9



Read

Luke 19:1-10



Reflect

I love the story of Zacchaeus. I imagine him looking a bit like Danny DeVito with a fair amount of bling around his neck. I have often re-told the story to children from various perspectives. From the viewpoint of people in the crowd, as Jesus reaches out to the despised tax collector. I have told the story from the point of view of Zacchaeus as he struggles to see over the crowd and opts to climb the tree to glimpse Jesus. And I have told the story from the viewpoint of Jesus as he stops beneath the tree and calls Zacchaeus by name. He knows his name!

But I have also told the story from the viewpoint of the tree. A seed had been sown many years earlier and the tree was now able to support a fully grown man, in his finest clobber, as he climbs up the branches to find a perch for himself.

Whichever perspective I tell the story from, the emotion in this passage is so apparent; the anger and bemusement of the crowd; the compassion of Jesus; and the embarrassment that I imagine Zacchaeus felt (fully grown men in first century Israel didn't run, let alone climb trees!).

Stories that are rich in emotion give us a sense of the raw and the real.

In these short few verses Zacchaeus' core identity is changed as he is defined in his new relationship with Jesus.

This story is real in the way Zacchaeus' greed, selfishness and his failings are not edited out of the story. This story is real in the way Zacchaeus chooses to position himself to get a glimpse of Jesus, making himself vulnerable. This story is real in the way Jesus knows

Zacchaeus' name and meets him where he's at, as a 'sinner' up a tree.

Salvation has come to this house

Perhaps one of the most staggering phrases in this passage is in the words of Jesus: "Today salvation has come to this house" (v9). Zacchaeus, who has had considerable influence in his community as a chief tax collector, also has influence in his home. His family saw the reality of the transformation in his life as he started to live generously, and they are impacted by the decision he has made to follow in the way of Jesus.

The reminder for us as parents is that we are influencers in our homes. Our history, our greed and selfishness and our failings, don't prevent us from planting seeds of faith in our children's lives. Even when we still make mistakes and mess up, God can and will use us. As we share about our encounters with Jesus and as we try to follow him, we are perfectly positioned to talk about the reality of what faith looks like. It's in the raw and the real that seeds are sown.

As a family

Read the story of Zacchaeus together. Maybe you can act it out – if you're brave try climbing trees! Or maybe your child still fits on your shoulders! Make it fun, but chat about how God has forgiven some of the things you've done wrong. Share an example that you could do the opposite of. Perhaps if you were unkind to somebody, then find someone to be extra kind to. What an opportunity to grow in faith together as a family.

To read the rest of this five-day devotional please visit:
kitchentable.org.uk/seeds-and-trees-summer-series



ANDY FROST



Innovation Photography

The following two articles are from our book *Raising Faith* by Katharine Hill and Andy Frost. Find out more on page 23.

Being intentional

Looking for the little opportunities ...

I remember the first time we hosted my daughter's class for a birthday party. Thirty three- and four-year-olds excitedly poured into the church hall dressed up in their party gear. The noise was deafening, and I had committed to entertain all these children for 90 minutes. I felt completely overwhelmed and uncertain about how to get this off the ground.

It might be that you are feeling rather overwhelmed as you read this book. There are so many ideas about nurturing faith and you might be unsure where to begin – the task is just too daunting. But if you are starting the journey of passing on faith in the home

for the first time, one thing that will really help is to be *intentional*. We need to be both purposeful and deliberate about what we're doing.

When I first began to get involved with the Kitchen Table Project (see p. 108), I had this light-bulb moment as to my role in nurturing faith in my kids. I'd done lots of youth work with older children, but I think I'd minimised how much impact could be made in children's early years. What's interesting – and encouraging – is that as I got involved in this project, I realised that I was already doing lots of things naturally. For example, I was showing something of God's character just by being a loving

parent, and I was already saying prayers with my kids when I put them to bed. The challenge for me was intentionally looking for more opportunities to nurture their faith every day.

A good way to start is by thinking through the rhythm of your day and week and then to look for the opportunities that are present. For example, if you take your toddler to nursery each morning, could you talk about God the Creator as you walk past and marvel at the trees? Or if you have a family meal together once or twice a week, could you say grace creatively, perhaps praying for the countries where your food originates or taking it in turns to say a phrase each?

START SMALL

When you are starting to be more intentional about passing on your faith, don't try to change everything at once; look instead for the little wins that you can make. Start small. It might even be that you begin with just one commitment, like praying before mealtimes. From that starting point, you'll see where things develop.

If our children are already six, seven, or older, it's natural that it might feel a bit awkward to start something new like praying at bedtime or saying grace – perhaps we might feel that we've missed the boat! But we can be encouraged because the fact is that children are used to changes: routines alter, they go to new schools and activities, they may start staying up later at night as they get older,

they start to get pocket money. If we explain to them that 'This is something we want to start doing as a family now' they will probably accept it more readily than you expect!

KEEPING ON TRACK

An important thing I've discovered is the power of accountability. I've been sharing with my wider family and other parents what I am doing to try to help my kids deepen their faith.

And I have gone further than that: I have asked

them to question me about how it's going from time to time to keep me being intentional about this.

We hope that you're feeling inspired to help your children explore faith as you read this book, but be prepared for that passion to lessen a bit; it can quickly fade, especially when life gets hectic or it appears that your efforts are not proving successful. To keep me on track, I have a fridge magnet with the verse from Deuteronomy 6 written on it. It reminds me about writing God's commandments on our hearts, getting them inside us, and then getting them inside our children:

'Talk about them wherever you are, sitting at home or walking in the street; talk about them from the time you get up in the morning to when you fall into bed at night' (Deuteronomy 6:6-9, The Message).

For me, talking about this priority with other Christian parents has meant that it hasn't fallen by the wayside.

Don't try to change everything at once; look instead for the little wins that you can make.'

Learning to pray



ANDY FROST

When Jesus taught his disciples how to pray, he began with the words 'Our Father'. I find this really helpful to remember when praying: God is ultimately the Father of our whole family. It's important that we pray *for* our kids, but it's also vital to pray *with* our kids, so that we show them what it is like to have a relationship

with God our Father – we can come to him with both the big things and the little things in our lives. It also demonstrates to them that our faith is about more than meeting together at church on a Sunday morning; it's about how we do life in the manic-ness of a Monday morning! Here are some ideas you might like to try to get your kids praying:



1

GIVING THANKS

Part of what praying is about is to thank God for who he is and what he has done. A great way of modelling thankfulness to our kids is to say grace – a simple pre-meal prayer. It might be that everyone thanks God for one thing before you all eat.

2

USING LITURGY – FORMAL PRAYERS

My daughter attends a Catholic primary school and loves some of the well-known prayers that are said. She once told me, 'Daddy, you just make your prayers up.' Try out this prayer as you make the sign of the cross: 'From my head to my heart, from shoulder to shoulder, I belong to you, Lord Jesus. Amen.'

Another little prayer I came across that I like to say as I kiss my kids good night is very short, but so rich in theology: 'Thank you, God, that you have given me your child to look after, to know and to love. Amen.'

3

CONVERSATIONAL PRAYER

I mentioned before how author Rachel Turner has inspired me, and she has written some brilliant material about praying with children and helping them talk with God naturally and conversationally. She suggests that you ask your child a question – something like, 'What was the best thing that happened today?' – and then invite them to tell God about it, either in silence or by whispering into their pillow.

We can explain to our children that they can simply 'chat' to God – they don't have to talk in special ways or use formal language when praying. Encourage them to talk to him about anything, large or small – for instance, telling him what their favourite film is or funny things such as whether they'd rather have an elephant or a bear as a pet! In doing this, we are creating space for them to build their own direct relationship with God.



Getty Images



4

LISTENING PRAYER

Prayer is not just about talking to God; it is about listening to him. Rachel Turner talks of 'chat and catch' as a way of thinking about prayer – 'catch' meaning that we are expecting God to talk back to us. We can tell our children that God might speak in all sorts of ways – maybe in our thoughts, through words, with pictures, through feelings, or as a sensation in our bodies.

When we pray about decisions that we need to make, it can be great to ask our kids, 'What do you think God might be asking us to do?' It highlights that we expect God to lead us.

5

TEAM TIME PRAYER

I have a friend who shouts, 'Team Time' before everyone leaves the house in the morning. They all gather in a huddle to say a short prayer for the day ahead. The other day, I heard about some siblings in their twenties who have left home but still automatically shout 'Team Time' before setting off on a journey or leaving to meet a difficult challenge that day.



Andres F Uran

6

LIGHTING A CANDLE

Words can often be hard to find when you or your child want to pray for a loved one who is ill or facing difficulties. A great way of helping them to participate in prayer at times like these is to invite them to light a candle with you and simply sit together to watch it burn for a moment. Encourage them that just as the candlelight flows out into the room, so God knows what is in our hearts, even if we don't know what to say to him in prayer.

7

PRAYING WITH LITTLE ONES

Victoria Beech shares some lovely ideas about how to pray with little children (see www.godventure.co.uk). One suggestion is to get a scrapbook and glue pictures of people you know on each page. This could include family members, such as grandparents or close friends. Depending on your child's age, you could ask them to flick through the pages to find people they would like to pray for and add a sticker to represent their prayer. Coloured stickers could denote different prayers – for example, red for blessing from God, blue for healing, green for help at work or school, yellow for them to know Jesus is close to them.

8

CREATIVE PRAYER

I am a strong believer in creativity and prayer. I have loved taking my kids to 24/7 prayer rooms for an hour where they have been able to use their imagination to make or paint prayers. Things the girls have done include making a plasticine model of something they wanted to ask God to do in the world and painting a picture of God in heaven.



Getty images

9

NATURE WALKS OR MINI PILGRIMAGES

Looking at the beauty of creation is a wonderful starting point for prayers with our kids. Go for a walk and let them collect bugs, look at the intricacy of a leaf or climb a tree – and then give thanks to God the Creator. And why not visit an old church and encourage the children to think about all the prayers that have been said there over the centuries. You could then join in together as a family with a prayer of your own.



Parent blog

The Kitchen Table Project gives parents the opportunity to share how they're bringing faith into their everyday family life through our parent blog.

Parents honestly share what they've learnt on their journey of building their children's faith (including amazing 'wins', as well as some not-so-great moments!).

To read more stories like this visit kitchentable.org.uk/blog



30 Minute Dad

Often I find I can go into autopilot, just basically 'doing life' and going from day to day, task to task. I quickly settle into a routine of 'whatever's easiest', and I can slide into a lazy approach to parenting. But we shouldn't feel the need to be 'great' all the time. I've discovered that sometimes I can be a great dad ... in short spurts. I was recently joking with my brother about this, when he looked at me and said – "Me too!" It made us think that many of us dads might need a challenge of a different kind.

Could you pick a short activity, just five to 30 minutes each day, and give your kids your full attention for that time. There are so many demands on our time and energy, that the danger is that we give our kids what's 'left of us'.

I often find that the hardest thing is to choose to engage with my children, but all of us can commit to a few minutes of focused attention every day. So here are a few of the easiest activities that I find my boys love the most:

- Wrestling on the bed
- Playing hide and seek

- Random cuddles ... where I lean in and say, "Do you know how much I missed you today?"
- Turn off technology and give them one-to-one time with eye contact. Just sit with them ... nothing else. Just sit.
- Ask how their day was ... and then listen!
- Build a train set.
- Play a board game.
- Read a book. Together.

My personal favourite happened when we were recently working in the garden. Normally I tell the boys to be careful not to spill the leaves and grass out of the recycling bag. This day, I decided to start a grass fight! Impromptu fun is the best. Mummy even got involved (albeit grudgingly!) and it only took five minutes of me running the mower around to clean it all up, but we all remember that ten minutes of quality time together.

These short times together where our kids really get their dad's attention are huge. And it's a great foundation for them to learn that their Father God wants to spend time with them too.

Putting it all into practice



by Claire Burton

We hope this booklet has blessed your own relationship with God and given you some ideas you can use to bring faith into the everyday routines of your busy family.

For me, the simple act of reflecting on the elements that build faith has made a huge difference.

It can be easy to forget about our kids' spiritual needs among all the other physical, emotional and educational needs we have to think about. But our daily Facebook posts and monthly emails have helped remind me to be more **intentional** in weaving faith into the everyday moments of our family life.

Thinking about these elements has also helped me to put things in place to remind me to **pray** regularly with and for my daughters.

They've encouraged me to be **intentional** in meeting with other parents to run the *Inspire* and *Raising Faith* small group resources.

And they've inspired me to think about the warmth of our **home** and how I can show my daughters they are loved and accepted in a way that suits them.

It's also been a huge relief to realise that I don't have to have it all together. Showing my daughters what my '**real**' relationship with God looks like in the good times and the challenges has helped them to grow in their faith too. And a huge part of that has been messing up and modelling how to say sorry and show forgiveness!

We'd love you to join us on this journey and we hope that the following pages will show you how you can access more of our resources and become part of the Kitchen Table Project community.

**Together, we can support each other,
learn from each other, share ideas and
get inspiration so we can all succeed in
inspiring faith in our homes. Do join us!**

Continue your journey with the Kitchen Table Project

Join a movement of mums, dads and carers supporting each other as we inspire a faith that lasts in our children. Follow us on Facebook for daily ideas, inspiration and encouragement and sign up for the monthly email to keep you motivated to share your faith at home in the everyday.

kitchentable.org.uk

   @ktpcampaign

**kitchen
table
project**



Inspire a faith that lasts



Resources

Journeying through faith with our children can be such an adventure, full of highs and lows. The Kitchen Table Project from Care for the Family has a variety of resources to help us get started.



The ***Inspire*** session is a great way to start thinking about how we can raise faith in our children. It is an easy-to-run small group session to start the conversation about nurturing faith. Everything you need to run a session is free to download.

kitchentable.org.uk/inspire



The ***Raising Faith*** book is packed with bite-sized articles and helpful ideas to try out even in the middle of the busyness of family life. Katharine and Andy's honest and practical advice will dispel the guilt, show us how much we're already doing, and inspire us with simple new ways to help our children love God while they are young.

cff.org.uk/raisingfaith



Raising Faith is a flexible, easy-to-run DVD based resource that is ideal for small groups of parents. Discover practical tips to help you build faith in your children, with teaching from Katharine Hill and Andy Frost, great advice from experts and real-life insights from busy families. These sessions come complete with a group leader's guide and participant notes.

cff.org.uk/raisingfaith



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Inspire a faith that lasts

Let's tell the next
generation the
amazing things
that God has done!



THE BIG
≡ SCRUMPTIOUS ≡
FAITH-FILED
FEAST



Parents and churches have an amazing opportunity to
"tell the next generation the glorious deeds of the Lord"
(Psalm 78:4). So get your family, friends and church
family together and have a feast!

kitchentable.org.uk/feast

Connect

We are developing resources and building a growing movement of mums and dads who can join together to share ideas, learn from and support each other.

It's never too late to start doing something about faith in the home ... get connected!

1 Join our online community of parents

Sign up to be part of the online community and receive regular encouragement and practical tips for nurturing children's faith. We'll also let you know about any events happening near you and share ideas on how to keep talking and praying with other parents you know.

kitchentable.org.uk/join

3 Check out our website

The Kitchen Table Project website is packed full of regular blog posts from parents, inspirational devotionals, our **Talking Faith** podcast series and loads of free resources that are available to download.

kitchentable.org.uk

2 Follow us on social media

Follow us for daily ideas, inspiration and encouragement. Chat to other parents, share ideas and experiences, find out about everything that's going on and keep up to date with all our new resources.

[@ktpcampaign](https://twitter.com/ktpcampaign)

4 Spread the news about us at church

Don't keep it to yourself! Tell other parents and carers at church about the Kitchen Table Project. Find posters, leaflets and a church toolkit that includes sermon outlines, discussion questions and ways to equip parents to share their faith at home.

kitchentable.org.uk/church

The Kitchen Table Project is a faith-based initiative for Christian parents, carers, church leaders and children's workers from Care for the Family.

About Care for the Family

Care for the Family has been working to strengthen family life since 1988. Our aim is to promote strong family relationships and to help those who face family difficulties.

Working throughout the UK and the Isle of Man, we provide parenting, relationship and bereavement support through our events, resources, courses, training and volunteer networks. Our work is motivated by Christian compassion, and our resources and support are available to everyone, of any faith or none.

For more information

 029 2081 0800

 cff.org.uk

 [/careforthefamily](https://www.facebook.com/careforthefamily)

 [/care4thefamily](https://twitter.com/care4thefamily)

 [/care4thefamily](https://www.instagram.com/care4thefamily)

