



Tools For Men

Family Time Sampler

PURPOSE

To sample methods for simple faith discussion strategies that will help you fulfill the commandment for parents to impress the faith on their own children found in Deuteronomy 6:6-9

ADVANCE PREPARATION

Select a meal, bedtime, and/or evening for you to try out one or more of the simple family time examples on the reverse side.

Try one or more of these simple family time strategies.

MEALTIME—Capture moments while eating together.

- ***What To Do:*** After giving thanks for your meal, someone shouts “High – Low!” Everyone around the table must share the high point and low point of their day.
- ***What To Say:*** While eating, ask “If God wrote a letter directly to you this week, what topic would he address and what would he say?”

BEDTIME—Give a brief blessing at bedtime.

- ***What To Do:*** While tucking in for bed, parent or child says “What do I love?” The other person must then guess what the person is thinking in one of the following categories:
 - A fun moment they shared that day
 - Something nice about the other person
 - Something they appreciate that person did today
- ***What To Say:*** Before falling asleep, ask “What do we want to give thanks for before falling asleep?”
- ***Go Further:*** Get the free Faith Path Blessing kit from the FAITH@Home Resource Center or download from centralbcs.org/faithpath/blessing.

FAMILY NIGHT—Plan fun activities that prompt faith.

- ***What To Do:*** Go to the top of the stairs while the kids wait at the bottom. Tell them you are like God in heaven who wants them with you. Ask them to get up the stairs without touching the stairs or the railing? Let them try before revealing the secret: “You must ask me to come down and carry you up!” When done, serve ice cream while you:
 - ***Read:*** Romans 6:23 and Ephesians 2:8
 - ***Explain:*** Just like dad had to do what you could not do for yourself, Jesus Christ came down from heaven to save us because we could not save ourselves.
 - ***Pray:*** Thank God for the free gift of salvation.
- ***Go Further:*** Pick up the free FAMILY TIME Faith Path kit from the FAITH@Home Resource Center or download from centralbcs.org/faithpath/familytime.

MOVIE NIGHT—If you have older kids, watch a movie together and discuss the themes of the story and how they either reinforce or undermine a Christian view of the world. Listen to a free podcast explaining how and download a free guide to the process at centralbcs.org/faithathome/movies.