



# CENTRAL

Biblical Teaching | Passionate Worship | Authentic Ministry

Dear Parent:

One of the core values of Central is that God designed the family as the primary place for discipleship. The Faith Path initiative exists to partner with you as you guide your child's spiritual journey one step at a time. Age appropriate kits have been created to help you leverage the best faith formation strategy for your child's stage of development. In this **Family Time kit**, you will find practical ideas and suggested resources to help you foster communication, laughter, and faith formation in your parenting routine. I urge you to start today by taking the following simple steps.

## STEP ONE: LEARN

We have provided a link to a short video that explains this particular Faith Path step. You will hear from both experts and ordinary families as they describe the importance of family time and share practical suggestions from their experiences. You will also find a guide that offers practical tips and what we consider the best resources on the topic. If you would like additional coaching or information about Faith Path, please visit [centralbcs.org/faithpath](http://centralbcs.org/faithpath) or contact Sherry Maggard, Preschool Director, at [smaggard@centralbcs.org](mailto:smaggard@centralbcs.org).

## STEP TWO: START

To help you begin a family time routine, this kit includes *Creating Impression Points* ideas and an activity called Just Like Air which is ideal for a younger child. We have also provided a fun *Family Time* song that will get everyone in the mood for the best time of the week. Go ahead and put a day on your schedule right now in order to turn good intentions into practice. Build anticipation by letting your child use a *Family Time* sticker to mark the calendar.

If your child is registered with Central, you will receive the next email on their fifth birthday explaining how to receive the Prepare to Lead Your Child to Christ kit. To confirm we have correct birthday information on your child, please log into our database at [centralbcs.org/realm](http://centralbcs.org/realm) and update your family profile.

I hope you find this kit helpful in the process of forming the faith of your child at home. Feel free to visit [centralbcs.org/faithpath](http://centralbcs.org/faithpath) to learn more or to determine if your child is ready for other Faith Path steps.

In Christ,

Phillip Bethancourt  
Senior Pastor

PS: Additional resources may be found at [centralbcs.org/faithpath/familytime](http://centralbcs.org/faithpath/familytime).

A decorative border with intricate floral and scrollwork patterns surrounds the central text. The border is composed of four corner pieces and two vertical side pieces, all connected by thin horizontal lines at the top and bottom.

# FAITH PATH

## **FAMILY TIME**

*Create Intentional Moments*



**CENTRAL**



**WHAT:** When your child reaches about three years old, it is a great time to establish a pattern of including fun family times in your schedule to foster communication, laughter, and faith formation.

**WHY:** It is important to have a consistent routine of creating intentional moments that will help your family deepen relationships and have faith discussions. Regularly scheduled family time activities are a great way to make that happen.

**WHEN:** For some families, this might be a particular night of the week after dinner. For another family, it might be after Saturday morning breakfast. Decide what works for your unique schedule and then protect that time. You might need to say “no” to some good things to make family times a priority. We suggest scheduling a family time experience weekly but no less than twice monthly. Setting and keeping a regular schedule will show commitment and value to all involved.

**THE PLAN:** Plan for success by finding resources to help make your family times a great experience. We have listed several recommended resources on the back of this guide to help you get started. Free ideas are also available online at [centralbcs.org/faithpath](http://centralbcs.org/faithpath). As your child gets older, ask them if there are specific topics they would like to make a part of your time together and let them help plan your activities. Do not forget that the Bible is the most important resource God has given us to instill truth in the hearts and minds of our children.

**THE FUN:** Children are more likely to embrace your beliefs and values if they enjoy time with you. That is why family fun times are a great context for effective faith formation. Be creative by acting out scripture together, doing crafts, or walking through object lessons that reinforce spiritual themes. Avoid becoming overly serious, rigid, or stressed while leading family times. It is okay for kids to be silly, and it is important to fill your home with laughter.



## GETTING STARTED

Protect a day and time and let your child place the Family Time stickers included with this kit on the family calendar to help build anticipation.

Play the Family Time song (link included with this kit) or choose a family theme song to gather everyone together. Spend a little time singing, silly dancing, swinging the kids, etc. to get everyone in the mood for the best part of the week.

Use the Just Like Air card included with this kit to test drive a fun activity together. Choose a tool that will provide object lesson activities to help you reinforce Biblical values and lessons on an ongoing basis. You can purchase a recommended resource or check one out at the library.

## OTHER IDEAS

- Pick a family verse that you want to memorize and say together. Make up or use some fun games to learn the verse.
- Discuss a movie that is age appropriate for your child. Make some popcorn and watch the film together. Afterwards, have a "faith talk" about the choices of characters and other aspects of the story that catch your attention. Check out *movienightchat.com*.
- Share with your child something that God has been or is teaching you.
- Cook a meal together and use the time for sharing and talking.
- Take time to ask each member of the family to share his or her "high" and "low" of the day.
- Go on a family walk and spend the time praying for each other, the neighbors, or others.
- Capture family prayer requests using a prayer chart, list on the refrigerator, or a white board list.
- Create impromptu "God-moments" by taking advantage of unplanned and unscheduled opportunities to discuss your faith in the daily routine of life.



## INTENTIONAL FAITH PATH PLAN

Child's Name: \_\_\_\_\_

How will you be intentional this next year?

- Pray daily for my child.
- Consistently spend time in God's Word.
- Bless my child daily.
- Schedule and have regular family times.
- \_\_\_\_\_

*Prepare to Lead Your Child to Christ is the next step on the Faith Path and is recommended at age five.*

### RECOMMENDED RESOURCES

**Family Night Tool Chest** series from  
heritagebuilders.com  
**Fun Filled Parenting** by Silvana Clark

**FAITH** @ Home

centralbcs.org  
centralbcs.org/faithathome

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## JUST LIKE AIR

### **BEST USE**

As a family night activity

### **NUTRITIONAL VALUE**

Teaches how a God we cannot see can be real

### **ADVANCE PREPARATION**

You will need the following supplies:

- Several balloons
- A Bible

### **Serve It Up**

Follow these steps for a great experience:

1. Start by asking the children the following questions and discussing their answers:
  - Why can't we see God?
  - How can we believe God is real when we cannot see Him?
  - Can we think of anything else we know is real that we cannot see?
2. Hopefully, one of the children will include "air" in the list of things we cannot see but know exists. (If not, suggest it yourself.) At this point, pull out the balloons.





3. Explain that air is not only real, but it has power. Ask each child to use the air in their lung to blow up his or her balloon. Remind them to hold the end so that it does not fly away.
4. Once everyone has an inflated balloon ready, compete to see who can make their balloon fly farthest.
5. Once you have had fun repeating the balloon flying contest, read several scriptures that describe God as a spirit (John 4:24 and Luke 24:39) and use the illustration of wind to illustrate the work of God in our lives (John 3:8).
6. Now tie off a few blown up balloons and use the fan to have fun blowing the balloons wherever you want them to go.
7. End by memorizing the jingle, "Just like air, God is there."





# FAITH PATH

## CREATING IMPRESSION POINTS

### **BEST USE**

A guide to use as a dessert date with your younger child(ren) in which you will select ways to share faith discussions together

### **NUTRITIONAL VALUE**

Helps you launch frequent faith discussions in order to fulfill the commandment to "impress them on your children" found in Deuteronomy 6:6-9

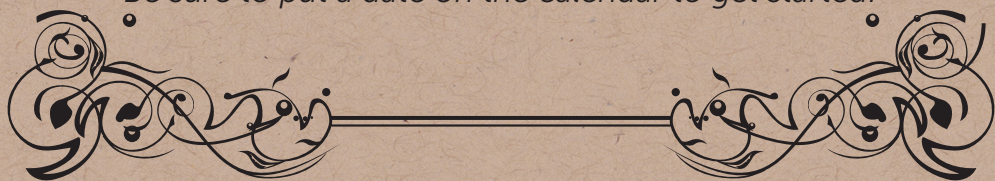
### **ADVANCE PREPARATION**

- Invite each child out for a special parent/child dessert date. You might want to send them a nice invitation in the mail just for fun!
- Bring this recipe card with you to guide the discussion in which your child will select times and questions he or she wants to try as you launch parent/child faith discussions.

### **Serve It Up**

Select which of the times and discussion questions on the reverse you and your child(ren) would enjoy most.

*Be sure to put a date on the calendar to get started!*





**MEALTIME:** Capture moments while eating together.

- **What To Do:** After giving thanks for your meal, someone shout "High - Low?" Everyone around the table must share a high point and a low point of their day.
- **What To Discuss:** While eating, discuss any of the following:
  - » What Bible story did you learn at church this past weekend?
  - » Name a favorite Bible character and tell his/her story.
  - » If God wrote a letter directly to you this week, what topic would He address and what would He say

**BEDTIME:** Give each other a brief blessing at bed time.

- **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 Discuss:** Before falling asleep, ask and answer:
  - » How did we experience God's goodness today?
  - » Did we need to ask God's forgiveness today?
  - » What do we want to give thanks for before falling asleep?

**DRIVE TIME:** Explore God's creativity while in the car.

- **What To Do:** Each time you plan to take a short drive, play a game of "I Spy" together naming several things God created (a flower, a cloud, a blue bird, a cow, etc.) that you must spot before arriving to your destination.
- **What To Discuss:** On a longer drive discuss any of the following:
  - » We know that God knows our future. What do you hope He sees in your future at age (insert future ages)?
  - » What do you think God wants you to do this week in order to prepare for such an exciting future?
  - » How will you use that future experience as a way of worshiping God with your life?