



Family Faith formation

Parent's Session Notes

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- **Opening Prayer (Psalm 51)**

Open my lips, O Lord,

and my mouth shall proclaim your praise.

Create in me a clean heart, O God,

and renew a right spirit within me.

Cast me not away from your presence

and take not your Holy Spirit from me.

Give me the joy of your saving help again

and sustain in me a willing Spirit.

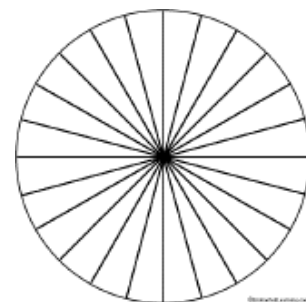
Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever.

Amen.

- **Time Budget**

- How do you spend your time?
- Homework: Work with your family and identify your top 3 family values. Decided together. Post them on the fridge as a reminder.
- Homework: Time Budget
 - Map out how you spend your time every day/week/month/year (see Time Budget worksheet at <http://igministry.com>)
 - Does how you spend your time reflect your family values? If not- what can you change? Remember- start small.



- **Called to Faithful Living: Deuteronomy 6:4-9**

- this is known as the Shema
- What do you hear?
- What is God calling you and your family to do?



- How can you live into this call with your family/children?
- **How to Connect to God and to each other every day**
 - **Pay Attention:** ask “How did I experience God today?”
 - **Take Time:** ask “When and How can we experience God today?”
 - **Do Holy Work Together:** ask: “how can we share God’s love with others today?”
 - **Bless Each Other:** ask “When and how can I bless my family/children?”
 - Ex: Make a cross on your grandchild’s forehead. Then say: “I love you” (as you make a vertical line), “God loves you” (as you make a horizontal line), “You are a blessing to me” (as you look your grandchild in their eyes and/or give them a hug).
- **Connecting with the Holy**
 - **Morning**
 - sing “This is the day” as you brush your teeth
 - Put scripture on your mirror, or by your plate at breakfast
 - **Afternoon**
 - pray when you buckle and unbuckle your seatbelt:
 - “God be with me as I drive.”
 - “God thank-you for keeping me safe”
 - Check-in with one another when you are in the car. Ask:
 - I wonder what your favorite part of the day was?
 - I wonder when you felt God’s love today?
 - I wonder when you were sad today?
 - I wonder how you shared God’s love today?
 - **Evening**



- Thank-you: While brushing your teeth, or right before bed say thank-you to God for all the good things that happened today.
- Practice sharing his and lows at dinner or at bedtime (See *Sleeping with Bread Holding on to what gives you life* for an explanation of the spiritual discipline known as Daily Examine)
- **Other Times**
 - When you hear a siren, stop and pray: “Dear God, please be with that family who’s life just changed. Be with the first responders as they go to help.”
- **Memory Markers**
 - Things we have that help us mark/stamp and remember our experiences.
 - These can be:
 - objects
 - symbols
 - locations
 - peoples
 - Ex: Ribbon on a backpack- children remember that you love them and that God loves them
 - How will you help your family/children mark and remember the moments when they feel your love and God’s love?
- **Breath Prayer** (one way to connect to God every day, and in moments of stress or when you feel overwhelmed)
 - Breath in as you think/say: **Be Still**
 - Breath out as you think/say: **And know that I am God.**
 - Do this as many times as necessary until you feel calm and a sense of peace.
- **Share your experiences via twitter or another social media platform:** @tcampenumc we experienced God today at/when _____ #riotxfamily.
- **Remember:**



- Practice makes perfect.
 - Your family/children will learn by watching you.
 - If something feels awkward or weird- try it at least 21 times- see if it becomes more rhythmic and natural.
 - Invite your family/children to practice with you- if they do not feel comfortable at first, continue to model it for them- over time you will be surprised- they might join you!
- **Resources:**
- **<http://igministry.com>**
 - **Living with the Holy: <https://igministry.com/family/resources/living/>**
 - **Family Faith Formation Resources: <https://igministry.com/family/family-resources/>**