

## Ideas for Practicing



- *Set aside sacred time to gather as a family.* Light a candle. Create a sacred space. Worship together. Share a family meal, prayer, meditation or simply quiet reading.  
[http://www.going4growth.com/downloads/Worship\\_at\\_home\\_March\\_2020.pdf](http://www.going4growth.com/downloads/Worship_at_home_March_2020.pdf)
- *Practice gratitude.* Before meals, upon rising or when going to sleep have family members share what they are grateful for or where they have seen and felt God's presence.
- *Bless your children.* Place your hand gently on their heads and offer your blessing. What do you most wish for them? Self-knowledge, courage, safety, joy? Let them hear your prayers for their happiness.
- *Create a God Box.* Encourage family members to write letters to God and place them in the box you create together. Prayers could include worries, thanksgivings, those who need healing, personal needs, hopes, etc. <https://www.youtube.com/watch?v=TDGGWTjI0FM>
- *Get Creative* – Set aside some time to bring out the art supplies. As a family, draw your prayers in color, complete the sentence "God is..." through molding playdough, print and color free online scripture coloring pages <http://coloringfaith.com/free-coloring-pages/>
- *Invite a Sabbath pause.* Choose one common act you share as a family—touching a doorknob or washing your hands. Throughout the day when this occurs, stop and take three silent, mindful breaths. Then go on.
- *Take a walk.* Stroll slowly together, nowhere in particular, for 30 minutes. Let your senses guide you. Stop and observe deeply whatever attracts you -- a tree, a stone, a flower. Talk about your walk together.
- *Create a Sabbath box.* Put your to-do list, your keys, your wallet, cell phones—anything that distracts your family—into the box. Or write down a particular worry or concern and drop it in. Just for now, let it go. Turn off the telephone. Or the computer, the TV, the washer and dryer. Create a period of time when you will not be disturbed or seduced by what our technologies demand of us. Spend time together, share your highs and lows and/or read a devotion <https://bible.org/article/how-have-family-devotions>
- *Reset your inner compass.* Make a list of the values and principles that guide your family's life -- both those you follow and those you would like to follow. Together, share them aloud and explore how you as a family might incorporate them more.
- *Serve Together* – Have family members share their ideas on who might need blessing and how you as a family could bless them. Make and send thinking of you cards, rake a neighbor's lawn, call someone to just say "hello" or contact your local food bank to inquire about your community's needs.
- *Play* – On a beach ball or old basketball write questions about faith such as How do you pray?, Where do you like to pray?, Where do you feel closest to God? What does it mean to be a Christian? What does God feel or look like to you? Have you ever felt God's presence?, What would you like to ask God?, etc. Family members toss the ball to one another and answer the question their thumb lands on.