

MORNING TIME

Mornings are tough! The alarm sounds, the hustle begins, and it takes every ounce of energy to get the family ready and out the door. But what if mornings were different? What if mornings were the first opportunity to invite spiritual conversations into the day?

**SATISFY US IN THE MORNING
WITH YOUR UNFAILING LOVE,
THAT WE MAY SING FOR JOY
AND BE GLAD ALL OUR DAYS.**

PSALM 90:14

WHY?

Your morning sets the pace for the rest of your day. If your mornings are consistently hurried and frantic, your days will be hurried. If your mornings are used intentionally, they can set up your days to be Christ-centered.

Similarly, there is a unique margin of opportunity in the morning to connect with kids in an intimate way (before the tasks of the day begin).

HOW?

1. Get yourself ready first. Not necessarily physically ready, but spiritually ready. While the house is quiet, take intentional moments to center your mind on God through prayer, scripture, and meditation.
2. Tell your device when to wake. Prioritize the first hour of the day for your family, not work. Set notifications to off until a certain time, or keep your phone put away until you are set to leave.
3. Implement a “sending” prayer. If just for a moment, find a time to come together to pray for and bless the day, perhaps just before you depart to head to the car. If you’re unsure what to say, choose a Scripture to pray every day like Jeremiah 29:11-13 or Psalm 25:4-5. It doesn’t have to be long or elaborate.

FAITH IN THE EVERYDAY

CAR TIME

Ever feel like a professional Uber driver? For many families, the car becomes the most consistently shared spaces. There are school activities, sports practices, games, dance lessons, and youth activities—not to mention appointments and play dates. Sometimes we feel like we live in our cars! But what if car rides were an opportunity to share life and faith with our kids?

**MY PRESENCE WILL GO
WITH YOU, AND I WILL
GIVE YOU REST.**

EXODUS 33:14



WHY?

Faith conversations in the car don't have to be long, deep, or daily. They just need to be real. The goal is connection, letting your child see that faith is part of everyday life even in the most ordinary moments. And not every ride needs to be filled with chatter. Sometimes a quiet ride followed by a thoughtful question can go deeper than small talk.

HOW?

1. Start with a simple prayer when you pull out of the driveway. Something as simple as "Thank you, God, for this morning," or "God, please help us to get to all our appointments safely today."
2. Bring faith into your daily conversations:
 - Sing along to worship songs together and talk about the lyrics. "What is your favorite line in that song?"
 - Use what is happening around you. "Look at that sunset — isn't God creative?" "Let's pray for the person in that ambulance."
 - Share your own faith moments: "I really felt God with me today when..." or "I had to ask the Holy Spirit to help me today when..."

FAITH IN THE EVERYDAY

MEAL TIME

Somewhere between the yogurt cups, chicken nuggets, or to-go meal, there is a sweet spot of silence while kids refuel. It may seem like another task of the day, but what if we reframed this? How do we see this as a divine appointment? An opportunity to set the tone for the day or debrief and process the day's activities through a faith-based lens?

**THEY BROKE BREAD IN
THEIR HOMES AND ATE
TOGETHER WITH GLAD AND
SINCERE HEARTS.**

ACTS 2:46

WHY?

Something important happens when we take time to pause and share a meal together. This time is precious and built into our lives—we all need to eat! So, use this time to ask about their day, their friends, school, etc. and listen. It is less about the questions and more about the conversation.

There is a lot going on in our kids' worlds, and we have the opportunity to help them process it all through a biblical framework. That's a gift and an important tool they will hold onto for life.

HOW?

1. Ask goofy questions like: What made you laugh today? Or what did the cafeteria smell like today?
2. Ask serious questions like: What made you happy? Or what made you sad?
3. Be willing to listen and if they don't always want to share, that is ok too! They will learn that you care and that you are present, and that is important! Much is communicated when we take time to gather together and be present.

FAITH IN THE EVERYDAY

FUN TIME

Whether it's playing tag in the backyard, building forts in the living room, or just laughing together over a board game, fun is one of the most powerful ways we build connection with our kids. What if we saw playtime not just as a break from the day—but as a spiritual opportunity?

**A JOYFUL HEART IS GOOD
MEDICINE, BUT A CRUSHED
SPIRIT DRIES UP THE
BONES.**

PROVERBS 17:22

WHY?

When we laugh and play with our kids, we are speaking their language. God created joy, and He delights in it! Showing your kids that faith isn't just serious or structured helps them understand that God is present in the joy, too. Fun becomes a place of bonding, where trust grows and conversations about faith can naturally happen.

HOW?

1. Be present. Set aside distractions—even just for a few minutes—and fully engage in whatever they want to play.
2. Use imaginative play to weave in big ideas: “What do you think Jesus would do if he were playing this game with us?” or “If we were superheroes, how would we help people like Jesus did?”
3. Find an activity you enjoy doing together. As your kids grow older, continue to shepherd this shared activity and use it as a touchpoint for relationship-building.
4. Let them see you having fun. Modeling joy in everyday life helps kids connect their faith with real-world emotions.

FAITH IN THE EVERYDAY

BED TIME

Bedtime is often when kids are most open and reflective. Developing small spiritual habits at the end of the day not only builds faith – they build memories of love and safety. Some nights will be chaotic. That's okay. The goal isn't to “fit in” a perfect spiritual moment every night – it's to create a rhythm of connection, trust, and openness to God.

**IN PEACE I WILL LIE DOWN
AND SLEEP, FOR YOU
ALONE, LORD, MAKE ME
DWELL IN SAFETY.**

PSALM 4:8

WHY?

Regardless of what kind of day our children have had, we want to end their day with peace, connection, and a deeper sense of God's presence. We want them to know, even on their hard days, that their Heavenly Father loves them. No day will be bad enough that He ever stops loving them.

HOW?

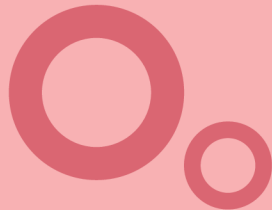
1. End the day with a short, heartfelt prayer. Reflect on the highs and lows of the day. Encourage kids to pray in their own words, even if it's just a sentence.
2. Read a faith-based story or devotional. Use bedtime story time for books that include faith themes or kids' devotionals that are short and relatable.
3. Ask gentle questions to connect daily life with God: "Where did you see God's love today?" "What was hard today? Let's give that to God." "What are you thankful for right now?"
4. End with a spoken blessing over your child. It can be as simple as: "May God give you peace as you sleep." Or more personalized: "God made you brave and kind. I'm proud of you. Rest in His love tonight."

FAITH IN THE EVERYDAY

BIBLE TIME

Finding time to read the Bible can be tough! We have to be intentional to carve out personal time to study God's words. This is an even greater challenge for the family! Do you ever wonder if it is worth the effort? Navigating God's Word together with our kids can feel awkward, but it is a vital habit to establish. As we model this practice in the home, kids begin to internalize God's Word as a foundation for living.

**FOR THE WORD OF GOD IS
ALIVE AND ACTIVE... IT
JUDGES THE THOUGHTS AND
ATTITUDES OF THE HEART.
HEBREWS 4:12**



WHY?

It is intimidating to read the Bible together. The fear of how this will happen, what will happen, and not knowing the answer often keep anything from happening at all. What will we say? We don't really know what to teach or talk about, but consider the value of your kids seeing you journey through God's instruction alongside them! Family devotions are less about the leading, and more about the doing.

HOW?

1. Find a study that works for you and your family. You can read straight from scripture, from a storybook bible, or a devotional that is built for families. It's not about what is perfect, it is about doing something rather than nothing.
2. Include a third thing. People tend to communicate best while occupying their hands with something else. If it is a snack or the passing of an object, convert your devotional time from static to active by utilizing a third thing.
3. Keep it simple. Do what works for your family. There is not a quota on length or frequency. Start with a consistent weekly devotional time and keep your questions and reflections simple.

FAITH IN THE EVERYDAY

PRAYER TIME

“Superhero Prayer!” they shout, and in a split second you simultaneously think, “Yes! I can recite this prayer in my sleep!” But what if prayer was something more. More than just something we did at meal time or bed time? Prayer is powerful, it moves mountains, it's our most powerful weapon. Let's teach our families how to talk to God all the time!

**DEVOTE YOURSELVES TO
PRAYER, BEING WATCHFUL
AND THANKFUL.**

COLOSSIANS 4:2

WHY?

God wants us to talk to him. Not because He doesn't know or understand. He does. He's been there. He wants our trust, our faith, and our desire to invite Him into every situation. Ephesians 6:18 says "And pray in the Spirit on all occasions with all kinds of prayers and requests..." As we navigate prayer together as a family, God shapes our hearts to reflect His desires rather than our own.

HOW?

1. Utilize prayer throughout your day. Prayer doesn't have to happen at specific times. Talk to God in the store, on your way to practice, while you're cleaning the house, silently or aloud. He is present and with us everywhere we go.
2. Thank God for what you have. Prayer can and should be as much about thanking God for who he is and what he gives us as bringing our requests before him.
3. Teach your kids the Lord's Prayer. Jesus gave us the perfect framework for how to learn to pray. Teach this to your kids as a starting point and encourage them to pray with you!

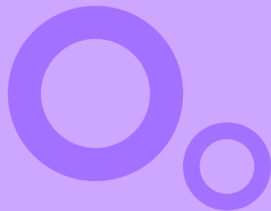
FAITH IN THE EVERYDAY

SERVE TIME

Sometimes we think serving has to be a huge mission trip or a big church project, but what if serving others could (and should) happen in everyday life? Teaching kids to serve starts small – and starts at home. It's not about the size of the act, but the size of the heart behind it.

**AS EACH HAS RECEIVED A
GIFT, USE IT TO SERVE ONE
ANOTHER, AS STEWARDS OF
GOD'S VARIED GRACE.**

1 PETER 4:10



WHY?

When kids see service modeled regularly, it becomes a natural part of how they see the world. Jesus said He came not to be served but to serve. As we help our children adopt that mindset, they begin to recognize that following Jesus means looking for ways to love others—with their time, hands, words, and hearts.

HOW?

1. Look for little ways to serve together. Bake cookies for a neighbor. Make a card for someone who's sick. Help pick up trash at the park.
2. Talk about why you're doing it—not for praise, but to be a blessing. "We're doing this because God loves them."
3. Let your kids lead. Ask: "Who do you think we could help this week?" You may be surprised at their ideas.
4. Pray before and after your act of service. Involve God in the process—and in the celebration. Thank Him for the opportunity to love others well.

FAITH IN THE EVERYDAY

TIME FOR YOUR MARRIAGE

Oftentimes, in the midst of juggling parenting, work, friendships, and tasks, our marriages get put on the back burner. Yet, our greatest tool in all of those areas of life is our marriage. How can we be more intentional to love our spouse well? How, in the midst of the juggling, can we prioritize our marriage?

**ABOVE ALL, KEEP LOVING
ONE ANOTHER EARNESTLY,
SINCE LOVE COVERS A
MULTITUDE OF SINS.**

1 PETER 4:8

WHY?

We don't just teach love to our kids. We model it. Not simply the hand-holds and "I love you's" but the hard stuff, too. We model what it looks like to choose to love someone. We model how to care for someone when they are down. We model how to rely on someone else. In all of this, we model Christ and encourage our kids to embody this same love.

HOW?

1. Install a weekly date night. This is a set day and time for you and your spouse. It doesn't have to be big, but mark out a night of the week and NEVER schedule over it. Use this as a way to connect both physically and emotionally.
2. Show affection publicly. Yes, PDA can be a positive influence in the home. Kids notice everything, and most of our communication is body language. So make a habit of hand-holding, kissing when you get home, and showing physical affection.
3. Check-in with each other on parenting. Don't assume you are on the same page. How are you perceiving things similarly, and how are you perceiving things differently? How can you encourage one another in parenting?

FAITH IN THE EVERYDAY

TIME FOR YOURSELF

From the time we wake to the time we rest, our lives are often spent pouring into others. We spend every bit of energy managing the needs of those around us, but how much care do we give to ourselves. As a parent we know how precious that “time for yourself” can be. Truly, we cannot pour out of an empty cup, so how might we rediscover time for ourselves?

**BUT HE WOULD WITHDRAW
TO DESOLATE PLACES AND
PRAY.**

LUKE 5:16



WHY?

Psalms 23 talks about our cup running over. When we operate out of overflow, we have more than we need. That means our kids, spouses, friends, coworkers, and everyone else around us receive the benefit of our overflow. We have more of God's love, goodness, mercy to share with those around us. However, you can't have overflow if you don't take time for yourself first!

HOW?

1. Set up a routine - even if it's just 5 minutes to sit and pray. Try the same thing each day for a week, then two...
2. Think of the things that "fill you up" like worship music, prayer time, devotions, journaling, simple things that you can do to lift your spirits and realign your heart and mind to focus on God.
3. Give yourself grace! It may take time to set up a routine for yourself. Just don't give up. It will begin to get easier, and before you know it, your kids will begin to follow suit. They will want "Bible study time," too, because that is what has been modeled for them.

FAITH IN THE EVERYDAY