



Faith &  
Families



*I have no greater joy than this, to hear that my children are walking in the truth.*

— 3 John 1:4

Raising children with a strong faith is the hope of many parents, grandparents, and other loving adults. But the teaching and growth isn't simply one-sided. Adults and children have much to learn from one another on this spiritual journey. Life at home, school, and work can seem overwhelming, but setting aside time together to talk about God, to pray and to learn helps build mighty foundations for spiritually rich lives.

Below are seven simple ways to support growing Christians in your own home:

## **1. Commit to your own spiritual life**

There's nothing like family life to challenge us to be our best selves. As parents, we know that children don't arrive with comprehensive instruction manuals. Some days it seems like the adventure of parenting may well be the end of us. The good news is that our God loves us with an enduring, unconditional love. As a parent, the most helpful and loving thing we can do for our children is to put on our own oxygen masks first by taking our personal spiritual growth seriously. Spend time growing in Christ yourself. Your children are

## 7. Remember: You are forgiven

Being a disciple of Jesus Christ isn't easy—neither is being a parent. But the good news of God in Christ is that we are God's beloved—even when we screw up or lose our patience, our kids make huge mistakes, the house isn't clean, and dinner is late. In our baptism, we promise that when we sin, we will turn to God and begin again. That renewal is available to everyone at every time. As we turn to Christ, we discover that we are capable of more than we could do alone—because we are not alone. Come what may, we belong to God, and God loves us.



Forward Movement offers many resources to support families and children in their spiritual journey, including the books mentioned in this pamphlet. Another helpful resource is Grow Christians. A ministry of Forward Movement, **Grow Christians** is a vibrant online community dedicated to the growth of faithful families. Through blogs, interviews, activities, celebrations, and formation resources, Grow Christians connects families to each other in virtual and spiritual community. Subscribe to the blog or read our archived posts by visiting [www.GrowChristians.org](http://www.GrowChristians.org).



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