



Milestone 2: Family Time (Age 4)

**The practice of connecting as a family,
while passing on spiritual truths.**

Family time is an intentional time on your weekly schedule that you will use to communicate, laugh, and form faith in each member of your family.

Having routine family time together will deepen family relationships and faith discussions. If you are intentional about scheduling a time each week, it will show the importance of spending time together.

This time will be different for each family. You will need to decide what works best. It may be a particular night of the week after dinner. It may be after Saturday morning breakfast or Sunday lunch. Find a time that works for you, schedule it, protect it, and cherish it. Make it a priority to say “no” to other things, even if they are good things, in order to spend this most important time with your family. Try to schedule one time per week, but no less than two times per month.

You can use a number of resources to make this time a great experience. Make this a fun time that everyone looks forward to spending together. The purpose is to have an intentional way of instilling faith and God’s truth in the lives of your children. Play a game, participate in an activity, watch a movie, do a craft, do a service project, tell stories that teach truth.

Here are some examples of things you could do as a family.

- Pick a Bible verse that you want to memorize as a family 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 popcorn and watch the film together. Afterward, 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. A great discussion starter is “What made you happy today?” or “What made you sad today?”
- 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, white board, or chalk board.
- Create impromptu “God-moments” by taking advantage of unplanned and unscheduled opportunities to discuss your faith, within your daily routine.

Next Steps in Your Faith @ Home Journey...

- Pray daily for your child.
- Bless your child daily.
- Consistently spend time in God’s Word.
- Schedule and have regular family times.

Recommended Reading...

Big Book of Questions and Answers (by Sinclair Fergeson)
 52 Creative Family Time Experiences (by Timothy Smith)
 Grace for the Moment: 365 Devotions for Kids (by Max Lucado)