

Faith-Filled Practices for Uncertain Times

A quick go-to guide for Families with Children

Doing the seemingly impossible juggle of work AND care of children,
teetering on the edge of sanity with stress & anxiety, & seeking to find a few moments of peace?
Finding that life is entering slower rhythms & desiring meaningful ways to pour into your child's spiritual life?

Somewhere entirely in-between?

May you find a word of encouragement and hope here.

ENJOY EXTENDED BIBLE STORY TIME.

Keep it simple. Read a from a Story Bible together. Afterward, draw a picture, make a story cube ([see template here](#)), act it out, put the story to music (writing lyrics to a familiar tune), or simply wonder/discuss together.

DO ONE KIND THING FOR OTHERS EVERY DAY.

- Call/Text/Video Chat someone who could use a smile.
- Make cards for folks in your congregation/community (especially being mindful of elderly & other vulnerable folks). [See a printable template for a cheery card here!](#) Use good sanitizing practices while creating/sending.
- Learn about a ministry/social justice organization & choose one way to help.
- Record audio of children reading Bible verses/singing hymns/saying the Lord's Prayer, then send to folks who might be increasingly homebound.
- Contact your church, school system, or social agencies for immediate ways to support fellow families who might be struggling with hunger & other daily needs.

CHOOSE BOOKS TO BUILD FAITH & COMPASSION.

- Storypath: Connecting Children's Literature with our Faith Story - includes book summaries, scripture connections, faith talk questions, & recommendations by age. <http://storypath.upsem.edu/>
- Raising Luminaries: Books for Littles - children's books recommendations & summaries surrounding themes of justice, inclusion, compassion, & diversity. <https://booksforlittles.com/>

PRACTICE SABBATH.

Be fully present with each other. Periodically, press pause on your devices, goals, responsibilities. Rest in God's love. Enjoy companionship. Spend time in nature. Read a book together. Play a game. Find simple delights.

MAKE THE MOST OF CHURCH-BASED DIGITAL CONTENT.

- Live worship streaming - check out congregational websites, facebook, & youtube for lots of options. Find something from your tradition and locale, or embrace experiencing something new!
- Note: Faith-based videos on youtube can vary in quality - be sure to preview beforehand!

LEARN TO PRAY IN CREATIVE WAYS.

- Try a new prayer practice. [See 5 simple ideas here!](#)
- Create a prayer wall to use daily. Utilize post-it notes, make a paper chain, tie ribbons on a fence, etc!

DO A SIMPLE RELIGIOUS CRAFT/ACTIVITY.

- Observe Lent together. Create a Lord's Prayer tracing cross. <https://buildfaith.org/lords-prayer-tracing-cross/>
- Prepare for Easter. Create a printable 3-D Resurrection set. <https://www.catholicicing.com/religious-easter-craft-for-kids-make/> Or, make an Easter wreath. <http://www.weelittlemiracles.com/2012/04/make-easter-story-wreath-free.html>
- Print free play dough mats & coloring sheets for independent play. <http://flamecreativekids.blogspot.com/>