



## *RBKids Sacred Assembly - Parent Resource*

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As you engage in this season of seeking both a serious and intentional relationship with the Lord, we want to encourage you and equip you as parents to model this for your families. Introducing spiritual disciplines to your kids offers a chance for them to build habits that draw them closer to God and develop Christ-like character. As you engage in this season of Sacred Assembly, please consider the following:

1. **Let Them See You:** Begin the conversation with even your youngest kids about what you are doing to spend time with God and why. Verbalize it and include them when appropriate.
2. **Encourage Questions:** Create an environment where your kids feel comfortable asking you questions. Remember, that “I don’t know, let’s look it up!” is a great answer as you provide thoughtful, age-appropriate answers.
3. **Celebrate Spiritual Milestones:** Acknowledge and celebrate important spiritual milestones in your child's life. Help them pay attention to what’s important as they take their next steps of faith.
4. **Tailor to their Age:** Adjust the depth of discussions and activities based on your child's age and understanding. Kids can memorize scripture - the length of scripture may change, but be mindful of not underestimating your kids.
5. **Start Small:** Habits are built through consistency over time. Your family may experience more success by taking gradual steps, celebrating small victories, evaluating how things are going and adapting as needed.

Here are some spiritual habits for you to choose from as you create healthy family rhythms:

1. **Bible Reading Together:** Establish a routine of reading and discussing the Bible as a family. Let your kids open the Bible and interact with God’s Word.
2. **Family Prayer Time:** Set aside a dedicated time each day for family prayer. Encourage each family member to express their thoughts, concerns, and gratitude.
3. **Weekly Devotional Time:** Use devotional resources to spark conversation and provoke application of God’s Word. Share how you’re experiencing God together and individually.
4. **Scripture Memory:** Choose a verse each week for the family to memorize. Discuss its meaning and relevance. Set the example by showing that you’ve memorized it, too.
5. **Encourage Individual Reflection:** Create a culture of personal reflection within the family. Encourage each family member to spend quiet time alone, thinking about their day.
6. **Mindful Family Communication:** Designate specific times to talk with your kids and invite them to wonder about God and the world around them. Listen to their questions, respond to their reflections and engage in spiritual response together.
7. **Gratitude Practices:** Lead your kids in moments of expressing thanks to God.
8. **Worship through Music:** Use music to focus your family’s attention on God.
9. **Attend Church Together:** Make attending church as a family a consistent practice, reinforcing the importance of communal worship and spiritual growth.
10. **Share the Gospel:** Look for opportunities to remind your kids about the message of God's love, grace, and salvation through Jesus Christ.