

An Everyday Faith Conversation

A SIMPLE GUIDE FOR TALKING ABOUT GOD
AND FAITH WITH YOUR CHILD

For parents, grandparents, caregivers, and other caring adults

You don't need to have all the answers to help a child grow in faith. Some of the most meaningful conversations about God happen in ordinary moments—on the way to school, over a snack, while watching TV, at bedtime, or when something happens that makes your child wonder.

*Use this guide as a starting place, not a script you have to follow word-for-word. **Listen more than you share. Wonder together. Offer something true about your own faith journey appropriate for the conversation and age of the young person you're talking to. And leave room for your child to discover what God may be showing them.***

Notice → Listen & Wonder → Connect → Share → Practice

1. NOTICE — Start with their world.

Pay attention to something your child has experienced, noticed, asked about, or cares about.

You might say:

- "You seemed really happy when you told me about what happened today. What made that so special?"
- "You got quiet when we heard that story. What were you thinking about?"
- "You mentioned that something happened with your friend today. Want to tell me more?"

Or simply:

"What was something today that made you happy, worried, angry, curious, or thankful?"

Adult reminder: Don't rush to make the moment about God. First, be curious about your child.

2. LISTEN & WONDER — Help them explore.

Listen for what matters underneath the story. You don't have to fix the problem or give an answer.

Try questions like:

- "How did that make you feel?"
- "What do you wish had happened?"
- "What do you think your friend might have been feeling?"
- "What do you think was fair—or unfair—about that?"
- "What do you wonder about?"

Then make room for silence. Slowly count to 10 before responding. Your child may need time to think.

3. CONNECT — Bring faith into the conversation.

Now gently connect their experience with faith in God.

You might ask:

"I wonder where God might be in all of this. What do you think?"

There isn't one correct answer. Your child might say, "I don't know." That's okay.

You can respond:

"I'm not sure either. Sometimes I have to wonder about God, too."

If it fits the conversation, connect their story with a Bible story, something Jesus taught, or what your faith teaches you about God.

- "That reminds me of a story about Jesus..."
- "One thing I believe about God is..."
- "Our faith teaches us to care for people who are hurting. I wonder what that could look like here."

4. SHARE — Let your child hear YOUR faith story.

Children need opportunities to hear not only **what** adults believe, but **how faith becomes part of our lives**.

Keep it brief and honest:

"Can I tell you about a time when I felt something like that?"

Then share a small piece of your story.

- **"When I was younger..."**
- **"There was a time when I was really worried, and prayer helped me..."**
- **"Sometimes I still have questions about God. What helps me is..."**
- **"One reason I trust God is..."**

You don't need a dramatic testimony. Everyday stories of gratitude, doubt, forgiveness, courage, love, disappointment, and hope teach children that faith is something we live.

5. PRACTICE — Do something faithful together.

Ask:

"Is there something we could do together with what we've been talking about?"

Choose a simple faith practice that fits the moment.

PRAY

"Would you like to pray about it, or would you like me to pray?"

BLESS

"Before you go, can I give you a blessing?"

SERVE

"Is there something we could do to help?"

SHOW HOSPITALITY

"Who might need to know they belong or are welcome?"

REST / SABBATH

"It sounds like today was a lot. What would help your body and spirit rest?"

TELL A STORY

"Is there someone in our family or community whose story could help us think about this?"

The practice can be very small. Faith formation happens through practices we return to again and again.

6. END WITH LOVE, NOT AN ANSWER.

Not every faith conversation needs a conclusion.

You might simply say:

- **"Thank you for telling me."**
- **"I'm glad we can talk about things like this."**
- **"We may not know the answer yet. We can keep wondering together."**

Or offer a simple blessing:

"May you remember that you are loved by God, loved by me, and never alone."



What This Might Sound Like

Child: *"Nobody sat with the new kid at lunch today."*

Adult: *"You noticed that. What did you think when you saw them sitting alone?"*

Child: *"I felt bad, but I didn't know what to do."*

Adult: *"That makes sense. What do you imagine it felt like to be the new kid?"*

Child: *"Probably lonely."*

Adult: *"I think so, too. You know what your story makes me think about? Jesus paid attention to people other people sometimes overlooked. I wonder what Jesus might notice about that lunchroom."*

Child: *"The kid sitting alone."*

Adult: *"That's what I was thinking, too. There have been times when I've been nervous about reaching out to someone, even when I thought God might want me to. What do you think you could do tomorrow?"*

Child: *"Maybe say hi."*

Adult: *"That sounds like a good place to start. Want me to pray for both of you?"*

REMEMBER

Notice → Listen & Wonder → Connect → Share → Practice

You aren't trying to turn every moment into a Bible lesson or make your child feel like you're preaching at them. You are helping your child learn to **notice God, ask questions, hear the stories of faith, practice faith, and discover how God's story connects with their everyday life.**