



Tips for Incorporating Faith at Home

Creating Sacred Moments

Daily Life Ideas

- **Consider an existing routine or habit in your family's life** — Do you eat together at certain times of the day or week? Add on a special family prayer, gratitude practice, or sharing time during that meal. Just before bed is also a great time to connect around a faith practice. One way to do this is to incorporate a modified version of the Ignatian Examen, a time of personal reflection into your conversation before bed. Ask each other “Where did I feel God at work today?” and “Where did I feel far away from God today?” Alternatively, “When did I have the opportunity to show kindness to someone today?” or “When did someone show me kindness today?”
- **Let the calendar be your guide** — During the season of Advent, light candles at home on Sunday evenings, just as many churches do during their worship services. Incorporate a faith practice into your routine for a season like Lent, or Pentecost.
- **Don't underestimate the value of small moments, repeated daily** — A 30 second prayer, prayed every day for a decade has a deep and profound impact, despite the fact that it takes up very little time.
- **Go back to basics** — Does your church say the Lord's Prayer or sing the doxology? What about the Apostle's Creed? Bring these elements of worship home and let them be a part of your daily life. Perhaps you'll sing the doxology on your way to church or recite the Lord's Prayer as a bedtime prayer. There is power in connecting that which happens at church with that which happens at home.
- **Curate books and resources for an at-home faith library** — Look for recommendations through our Presbyterian Publishing partners in the PCUSA store and Flyaway Books and keep some of these resources at hand for storytime or dinnertime.

Faith Practice Ideas

- **Neighborhood prayer walk** — Take a walk around your neighborhood and pray silently for your neighbors as you walk by their house. You can bring along a trash bag to fill with litter as you go, making your neighborhood cleaner as you pray.
- **Create a symbol of a faith out of clay** — Using air dry modeling clay, make a symbol of your faith. It could be an empty tomb, a flower, a loaf of bread, a bird, or any other symbol of your faith. After you make your symbol, share what you made with your family.
- **Lectio Divina** — Lectio Divina means divine reading and is an ancient practice of reading one passage several times through and seeing how the Holy Spirit opens up your interpretation of it. There are many different ways to approach it. Here's a simple version:
 - 1) Step one, read. — Read through the passage, out loud. Note any verse or word that stands out to you.
 - 2) Step two, meditate — Read through the passage again, out loud. Think about how it connects to your life.
 - 3) Step three, pray — Read through the passage a third time, out loud. Consider if God is speaking to you through this passage. What is God saying to you about it? What would you like to say to God about it?

4) Step four, contemplate — Read through the passage one final time. Consider if there is any action you'd like to take as a result of the passage.

Note: If you do lectio divina as a family, take turns reading the passage out loud.

- **Dream Journal** — It's fun to keep a dream journal. Decorate an ordinary notebook to keep by the side of your bed. First thing in the morning, when you wake up, write down your dreams. What might your dreams be telling you? Share your dreams with your family if you'd like.
- **Noticing mystery all around** — The resurrection is mysterious. How was Jesus raised from the dead? It's a hard question to answer. Practice noticing things that are hard to explain in the world around you. Are there any questions you've never been able to answer? What are they?

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