

10 Ways Families Can Focus on a “Faith at Home” Outlook

Families are swamped. Schedules overflow with commitments. You hear or read about overextended families every day in the news. Though most families cringe at the thought of adding more activities or responsibilities to their calendars, many admit that they too would like to make time for faith growth—if they had the right tools. Time, of course, is one of those tools. So how to help families and children focus on faith during the week? Listed are 10 simple, quick ways families can weave faith into their everyday lives and build God-honoring habits—without putting a dent in their schedules.

1. Focus On Cross Challenge

The first challenge for families to play a seek-and-find game during the week. The objective is to find as many crosses hidden in everyday life as possible. Think telephone poles, signposts, seams on a basketball, and tons more. The goal is to make the game a habit, so your family is continuously looking for crosses-and constantly reminded of Jesus. Remember to share your findings at dinner each evening. **Bible Connection:** ([Hebrews 12:2-3](#)).

2. Focus On the Good

Give each family member a card with [Philippians 4:8](#) printed on it. Ask them to think about the activity they do most—listen to music, watch TV, play video games, cook. Ask each person to place the card on the object or in the area where he or she does the activity. During the week, challenge your family to think about the positive side of their favorite activity and try to find one thing related to that activity that fits the verse and honors God, such as cooking food for family members, keeping in touch with friends, or choosing TV shows that have a positive message. Have them write what honors God on the card and keep it visible as a reminder to choose things in our lives that honor God. **Bible Connection:** ([Philippians 4:8](#)).

3. Focus On Water: The Purifier

Give each family member a bottle of water with the Scripture and questions attached. Tell each person to refrigerate their water and drink a little each day, making it last a week. Ask them to read the verse each time they take a drink. Then during a meal, discuss these questions: What do you think the “living water” is? How is Jesus like or unlike the pure water in these bottles? Why is water so important to us? Why is Jesus so important to us? How can we use water to remind us of God? **Bible Connection: (John 4:13-14).**

4. Focus On Jesus

Challenge your family to choose one weekday to begin their morning with Jesus-before they do anything else. Pray together or do one thing that honors Jesus. Talk about the difference between the days they begin with Jesus and the days they don't. **Bible Connection: (John 14:6).**

5. Focus On Everlasting Light

Decorate a note to post in a room you all frequent or a place where every family member turns on and off the light.

Each time someone flips the light switch, ask them to look at the note and remember that God offers a glorious light that'll never burn out. **Bible Connection: (Isaiah 60:19-20).**

6. Focus On Self-Sacrifice

Challenge your family members to each sacrifice something they enjoy during the week in order to help someone else; for example, giving up a TV program to help a sibling with homework or sacrificing Xbox time to set the table without being asked. **Bible Connection: (Philippians 2:3).**

7. Focus On Great Provider

Give each member 10 pieces of yarn, 4 inches in length. Ask them to spend the next week thinking of the many ways God has provided for them. Challenge them

to find 10 things they can tie a piece of yarn to (zipper pulls, rearview mirrors...) as a reminder of how God has provided. Encourage them to say a brief prayer of thanks whenever they see the yarn tied to something-whether it's theirs or another family member's. **Bible Connection:** ([Matthew 6:30-33](#)).

8. Focus On Mending Relationships

Ask each family member to find something at home that needs to be mended. Encourage them to talk about why the items need repair. Then challenge each person to think about a relationship they need to mend and why they need to mend it. Challenge them to go to that person during the week and offer forgiveness, an apology, or whatever's needed to bring peace to that relationship. **Bible Connection:** ([Matthew 5:23-24](#)).

9. Focus On Sour Words

Give each family member a super-sour gum ball. Ask them to think about something they said recently that they wish they could take back. As they remember those words, have them chew the puckery gum and think about the sour effect of harsh words. Challenge family members to see how many days they can each guard their mouths and ensure that everything they say is true, kind, and necessary. **Bible Connection:** ([Ephesians 4:29](#)).

10. Focus On Prayer Walk

Discuss areas in your families lives where they're most struggling-perhaps school, a friendship, or doing chores. During the week, families can symbolically or physically visit the location where each person is struggling and pray for the person and situation. If it's possible, make a prayer walk or visit to the location. If not, use an item in the home, such as a friend's photograph or a textbook, as a prayer prompt. **Bible Connection:** ([Ephesians 6:18](#)).

