## Family Faith Practices

**How are you communicating and practicing your faith or spirituality in your family?** Answer each practice based on the frequency that you engage in the particular practice. (1-5 rating scale: **Never**, **Rarely**-once a month, **Occasionally**-a few times a month, **Frequently**-1 or 2 times a week, **Regularly**—3+ times a week. )

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| 1. Praying as a family (meal time, bedtime) | 1 2 3 4 5 |
| 1. Praying as a family during times of struggle or crisis | 1 2 3 4 5 |
| 1. Encouraging teens to pray alone or with peers | 1 2 3 4 5 |
| 1. Reading the Bible as a family | 1 2 3 4 5 |
| 1. Encouraging teens to read the Bible alone or with their peers | 1 2 3 4 5 |
| 1. Celebrating rituals and holidays at home | 1 2 3 4 5 |
| 1. Serving people in need as a family | 1 2 3 4 5 |
| 1. Serving people in need as individuals (parents, teens) | 1 2 3 4 5 |
| 1. Eating together as a family | 1 2 3 4 5 |
| 1. Having family conversations | 1 2 3 4 5 |
| 1. Talking about faith as a family | 1 2 3 4 5 |
| 1. Watching videos, movies, or TV shows with religious content or themes | 1 2 3 4 5 |
| 1. Encouraging teens to talk about their doubts and questions about faith | 1 2 3 4 5 |
| 1. Talking about faith and your religious tradition with your children and teens | 1 2 3 4 5 |
| 1. Asking your teenager's perspectives on faith, religion, social issues, etc. | 1 2 3 4 5 |
| 1. Providing moral instruction | 1 2 3 4 5 |
| 1. Demonstrating a warm and affirming parenting approach | 1 2 3 4 5 |
| 1. Taking time to growing in your own faith as a parent | 1 2 3 4 5 |
| 1. Engaging in positive communication with children and teens | 1 2 3 4 5 |
| 1. Encouraging children and teens to pursue their talents and interests | 1 2 3 4 5 |
| 1. Spending one-on-one time with children and teens | 1 2 3 4 5 |
| 1. Participating in Sunday Worship as a family | 1 2 3 4 5 |
| 1. Inviting friends of your teen to join in family practices (Sunday worship, service, prayer) | 1 2 3 4 5 |
| 1. Celebrating the church year seasons at church (Advent/Christmas, Lent/Easter) | 1 2 3 4 5 |
| 1. Celebrating rituals and sacraments at church as a family | 1 2 3 4 5 |
| 1. Participating in church life activities as a family | 1 2 3 4 5 |
| 1. Encouraging and supporting your teen to participate in church activities with peers | 1 2 3 4 5 |