## Family Faith Practices

**1. Please select up to 10 practices from the list below that you consider the most important family faith practices for helping children and teens grow in faith (place a check mark in the left column). In the right column, please check the practices that your family actually does – today or in the past.**

**Most Important In Our Family**

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|  | 1. Praying as a family (meal time, bedtime)
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|  | 1. Praying as a family during times of struggle or crisis
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|  | 1. Encouraging teens to pray alone or with peers
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|  | 1. Reading the Bible as a family
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|  | 1. Encouraging teens to read the Bible alone or with their peers
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|  | 1. Celebrating rituals and holidays at home
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|  | 1. Serving people in need as a family
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|  | 1. Serving people in need as individuals (parents, teens)
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|  | 1. Eating together as a family
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|  | 1. Having family conversations
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|  | 1. Talking about faith as a family
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|  | 1. Watching videos, movies, or TV shows with religious content or themes
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|  | 1. Encouraging teens to talk about their doubts and questions about faith
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|  | 1. Talking about faith and your religious tradition with your children and teens
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|  | 1. Asking your teenager's perspectives on faith, religion, social issues, etc.
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|  | 1. Providing moral instruction
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|  | 1. Demonstrating a warm and affirming parenting approach
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|  | 1. Taking time to growing in your own faith as a parent
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|  | 1. Engaging in positive communication with children and teens
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|  | 1. Encouraging children and teens to pursue their talents and interests
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|  | 1. Spending one-on-one time with children and teens
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|  | 1. Participating in Sunday Worship as a family
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|  | 1. Inviting friends of your teen to join in family practices (Sunday worship, service, prayer)
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|  | 1. Celebrating the church year seasons at church (Advent/Christmas, Lent/Easter)
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|  | 1. Celebrating rituals and sacraments at church as a family
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|  | 1. Participating in church life activities as a family
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|  | 1. Encouraging and supporting your teen to participate in church activities with peers
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**2. Are there other faith practices that your family engages in (or engaged in) that were not listed above.**

**3. What are two or three of the biggest challenges your family faces (or faced) in trying to live these faith practices? Please share these challenges.**