

## Key Practices to Building a Lifelong Active Faith in our Children



*(Focus Groups: Baptism classes, Marriage Preparation, Kindergarten families)*

Greatest contributor is incorporating faith as gift into everyday life. What I do every day of the week has the greatest bearing on my children's future faith. A "just show up on Sunday and call it good" mindset is not sufficient.

The parent role is critical! Parents have the power to shape their child's faith. Parents have a tremendous influence over the child and their relationship with God.

Questions designed to help parents set goals about the faith of their children. We research nutrition, health care, education options, but how much time do we devote to planning our children's faith experience. NOTHING is more important in our mission as parents than reflecting on how we can best give our children the gift of faith. This is serious!

Remember to:

1. Celebrate the sacred in the ordinary
2. Have conversations about faith in the ordinary daily life of the family
3. Do service together as a family

Do it again and again as it becomes habit forming and integrated into the heart through practice. Important to build relationships in the Church in various settings and in multiple groupings to support your efforts and develop a community of belonging to the faith. Discipleship is to know, love and serve God through a relationship with Jesus.

### Reflection Questions

#### Past

How was I raised? What did "being Catholic" look like for me? For my family?

Was I given good catechesis?

Do I know the "why" behind the teachings of the Catholic church, or do I just know "the rules"?

Did we attend Mass every Sunday and Holy Days of Obligation?

Are there Catholic teachings with which I struggle? (List) Have I researched these areas?

#### Present

What does my marriage look like in regards to my Catholic faith?

How do I practice my faith as an adult?