AGES 2-6

BEGINNING SPIRITUAL RHYTHMS WITH YOUNG CHILDREN

PURPOSE

Help children experience God's love through simple, consistent moments of prayer, Scripture, gratitude, and connection with their parents.

1. Morning Connection

God Made This Day Scripture: Psalm 118:24 Practice: Begin the day with a hug and thank God for a new day. Prayer / prompt: “Good morning, Jesus! Thank You for loving us. Help us show Your love today. Amen.”

2. Mealtime Gratitude

Thank You, God Scripture: Psalm 107:1 Practice: Take turns naming one thing you are thankful for before eating. Prayer / prompt: “God, thank You for our food, our family, and Your love. Amen.”

3. Bible Story Time

Learning About Jesus Scripture: Mark 10:13–16 Practice: Read a short Bible story, act it out, or talk about what Jesus teaches us. Prayer / prompt: Ask: “What did we learn about Jesus today?”

4. Feelings and Prayer

God Is With Me Scripture: Isaiah 41:10 Practice: Help children name their feelings and talk honestly with God. Prayer / prompt: “Jesus, I feel ____. Thank You for being with me. Please help me. Amen.”

5. Bedtime Blessing

Jesus Loves You Scripture: 1 John 4:19 Practice: Share one good thing about the day, pray together, and speak a blessing over your child. Prayer / prompt: “You are loved by God. You are loved by me. Jesus is with you, and you can always talk to Him.”

HELPFUL RESOURCES FOR FAMILIES

- Faith in Kids — Family Discipleship and Podcasts: https://faithinkids.org/resources/podcasts
- Focus on the Family — Parenting Podcast: Listen on Apple Podcasts
- Lifelong Faith — Early Childhood Formation: Early childhood resources

A WORD OF ENCOURAGEMENT FOR PARENTS

Spiritual rhythms do not need to be long or perfect. A few intentional minutes each day can help children experience God's love. Children learn about Jesus through Scripture and prayer, and through the way parents listen, comfort, forgive, and show love.

Key Scripture: Deuteronomy 6:6–7 — Teach God's ways in the ordinary moments of everyday life.

Remember: Start small. Stay consistent. Keep it joyful. Faith grows through everyday moments of connection.

KINDER - 5TH GRADE

BEGINNING SPIRITUAL RHYTHMS WITH OLDER CHILDREN

PURPOSE

Help children build a growing relationship with Jesus through Scripture, prayer, gratitude, honest conversations, and loving action. Keep the rhythm age-appropriate: younger children may draw or repeat a prayer; older children can journal, ask questions, or lead.

1. Morning Connection

Begin With God Scripture: Psalm 118:24 Practice: Take one minute to welcome the day. Name one thing you are looking forward to and ask God to help you show love, courage, or kindness. Prayer: “Jesus, thank You for this new day. Help me notice Your goodness and love others well. Amen.”

2. Mealtime Gratitude

Notice God's Gifts Scripture: Psalm 107:1 Practice: Each person shares one thing they are thankful for and one person they can encourage today. Let children take turns leading the prayer. Ask: “What is one good gift you noticed today?”

3. Scripture and Wonder

Learn From Jesus Scripture: Mark 10:13–16; Psalm 119:105 Practice: Read a short Bible passage together. Ask: What happened? What does this show us about God? What could we do with what we learned? Younger children can draw a scene; older children can write or discuss a response. Prayer: “Jesus, help us understand Your Word and live it out. Amen.”

4. Feelings and Prayer

Bring God Your Whole Heart Scripture: Psalm 62:8 Practice: Invite everyone to name a feeling and share what is behind it. Listen without rushing to fix it. Remind children they can tell God the truth about their worries, joy, anger, or sadness. Prayer: “God, I feel ____. Please help me with ____. Thank You for listening and staying with me. Amen.”

5. Bedtime Blessing

Remember God's Love Scripture: Lamentations 3:22–23; 1 John 4:19 Practice: At bedtime, reflect on one moment of gratitude, one challenge, and one way to show love tomorrow. Speak a blessing over your child and invite them to pray in their own words. Blessing: “You are deeply loved by God. May you grow in wisdom, courage, kindness, and love. You can always talk with Jesus.”

HELPFUL RESOURCES FOR FAMILIES

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- Lifelong Faith — Early Childhood Formation: Early childhood resources

PARENT REMINDER

You do not need perfect answers or a perfect routine. Be curious together, welcome honest questions, model apology and forgiveness, and show how faith shapes everyday choices.

Key Scripture: Deuteronomy 6:6–7 — Teach God's ways in the ordinary moments of everyday life.