

Equipping You To Answer Your Kids' Tough Questions



Some perspectives to keep in mind

“My mom has been sick most of my life, but I’ve seen the strength of her faith, her love for the Lord, and her trust that he is in control and will give her the strength she needs each day. Just watching that has influenced me in amazing ways.” –Selena (from the book *Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids*)

“Even though my mother was actually working at the church for a while as the music minister... we didn’t talk about faith at home. Still don’t talk about it at home.” –Anthony (from the book *Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids*)

“Family means putting your arms around each other and being there.” –Barbara Bush (American First Lady)

Principles:

1. You are the main influence in your child’s faith development (not the church). Kids can smell a fake.
2. YOUR spiritual growth is the biggest factor in your kids’ spiritual growth (Actually God is, but you know what I mean.)
3. A strong relationship is more important than right answers. “Attachment theory” suggests that children feel closer to adults who spend time with them, talk to them, and show interest in their interests.
4. Encourage questions
5. Share your own questions (don’t pretend you don’t have them). It’s also okay to say “I don’t know.”
6. Create informal space to have conversations (in car, during chores, while colouring, after hockey...)
7. Speak to the age
8. It’s NOT all up to you



Parenting is like riding a bike down a water slide: Exciting in theory, difficult in reality.

NOTE: A great site for resources: www.stickyfaith.org

Some words of encouragement

You are encouraging your child to have an eternal relationship with God/Jesus.

You are encouraging your child to honour, praise and learn about God.

A “Child Trends” report in 2002 revealed:

- Most researchers have reported that high levels of religiosity are linked with low levels of delinquency (i.e. theft, vandalism, violence)
- The evidence linking religious involvement and decreased teen drug-and-alcohol use is strong and consistent.
- Numerous studies indicate that being involved in religion may help steer teens away from early sexual activity.
- There is a positive association between religiosity and socially beneficial and altruistic attitudes and behaviour.

Plus, some research suggests kids engaged in religious activities do better in school and demonstrate more leadership potential.

Studies have also identified 4 factors where faith communities can positively impact the lives of kids:

- *Social support*: by providing an expanding network of caring and nurturing adults and peers
- *Health promotion*: by advocating the value of avoiding drug-and-alcohol abuse
- *Pro-social behaviour*: by promoting moral tenets and healthy guilt responses of wrongdoing, and sponsoring church-affiliated groups that are involved in community service activities
- *Purpose and meaning*: by providing beliefs and traditions that help teenagers find meaning and purpose in life, and allowing them to belong to something that is greater than themselves