

Spiritual family rhythms are intentional moments repeated regularly to build a foundation of faith.

Spiritual rhythms may occur daily or seasonally on holidays such as Thanksgiving or Christmas. What would change in your family if you began adding regular spiritual rhythms? Consider using the following ideas to start building a foundation of faith for your family.

Pray Together

Create a rhythm of praying as a family sometime during your day.

Before School · Before Meals · At Bedtime

Talk Together

Create a rhythm of talking as a family about walking in faith.

Explore Life · Pursue God · Open the Bible

Celebrate Together

Create a rhythm of celebrating the accomplishments and overcoming challenges as a family.

Milestones · Victories · Work

Share Together

Create a rhythm of sharing your faith, home, and talents as a family.

Daily Story · At the Table · Give Your Time