

# RENEW

## September Parent's Resource

**Matthew 16:15 NIV**

*"But what about you?" he asked. "Who do you say I am?"*

Who is Jesus to you? As a Christian parent you've committed yourself to the Lord, just as you've committed yourself to raising a family well. Making the commitment to bring your children up in a healthy, Christ-centered home means that you must not only be committed to your children's faith formation, but to your own. You need to make space for yourself to grow in your relationship with Jesus in order to best guide your children in their relationship with him.

We all struggle with the reality of living a committed life, but why? What is it that hinders you in your faith? Is it fear of failure? Anxieties? Exhaustion? Is it a need for some time to tune out and turn off the demands of your day-to-day? To live a full life, committed wholly to Christ can seem like a costly thing—time, energy, and focus needs to be given to spiritual practices and engagement... But when we sacrifice those things, the reward is so much greater than we could imagine!

The dream of having a faith-filled and faith-focused family begins with committing to the vision God has set before you and responding well to that call by trusting in Him. When you do, God will faithfully guide you and bless you & your family with His enduring love and grace in return.

### PRAY

During this stressful season, we encourage you to try some daily "Breath Prayer" exercises. Still yourself before God, and breathe some of these simple prayers. Try some of your favorite Scripture, or lines from a favorite worship song!

**INHALE** : I know that You,  
**EXHALE** : Have heard my prayers.  
**1 John 5:15**

**INHALE** : May Your Word,  
**EXHALE** : Richly dwell in me.  
**Colossians 3:16**

**INHALE** : Praise be to the name of God,  
**EXHALE** : Forever and ever.  
**Daniel 2:20**

### PLAN

What practices can your family engage in when you have renewed your commitment to grow in faith together?

1. **Pray**: together! Pray simply, pray small, and pray whenever it would already fit into your schedule. Develop this habit one step at a time, and teach your children that speaking to God is important to being with Him!
2. **Worship**: as a family. In the car, during diaper change or bath time... Worship in song, in dance, or through arts and crafts! Make time together to praise God.
3. **Read**: just a bit of Scripture together. Start with learning a verse together over a week, or read a Bible bedtime story!
4. **Live**: in the fullness of life that God has promised. Live honestly together, live joyfully, and live connected.

### ADDITIONAL ENCOURAGEMENT

OCTOBER RELAUNCH – Don't forget to check out our AdventureKids Family Toolkit! Check SPAC in 60, or visit [our website](#) to view it!