



FAMILY TIME

RECOMMENDED FOR AGES 4+

WHAT IS FAMILY TIME?

When a child is between three to five years old, it is a great time to have spiritual conversations and establish a pattern of fun family times in the schedule to foster communication, laughter, and faith formation. An important axiom to live by is “you become what you worship.” Families may intend to worship God and may even verbally say they do. However, listening to what is talked about at home, what a child is talking about, interested in, or drawn to will reveal what is truly being worshiped. This can also be seen by examining personal life. What fills the mind, time, and desire? Care is needed because children will eventually follow what they see lived out.

Biblical Foundation: “Train up a child in the way he should go; even when he is old he will not depart from it” (Proverbs 22:6).

WHY IS FAMILY TIME IMPORTANT?

God often opens doors for parents to have spiritual conversations with their children, but this must also be prioritized. It is important to have a consistent routine of creating intentional moments that help families deepen relationships and have faith discussions. Regularly scheduled family time activities are a great way to make that happen.

Biblical Encouragement: “And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise” (Deuteronomy 6:6–7).

FIND THE RIGHT TIME!

For some families, this might be a particular night of the week after dinner. For another family, it might be breakfast on Saturday morning. A calendar reflects what is important, so once a time is decided, it should be protected. It may require saying no to some good things to make family time a priority. Although parents should be working to have faith conversations daily, it is encouraged to schedule a family time experience weekly but no less than twice per month to create purposeful, intentional moments of disciple making. Setting and keeping a regular schedule shows commitment and value to everyone involved.

Biblical Reminder: “So teach us to number our days that we may get a heart of wisdom” (Psalm 90:12).

Biblical Guidance: “And let us not grow weary of doing good, for in due season we will reap, if we do not give up” (Galatians 6:9).

THE PLAN

Plan for success by finding resources to help make family times a meaningful experience. The Bible remains the most important resource God has given to instill truth in the hearts and minds of children.

Biblical Priority: “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness” (2 Timothy 3:16).

Biblical Wisdom: “Your word is a lamp to my feet and a light to my path” (Psalm 119:105).

MAKE IT FUN!

Children are more likely to embrace beliefs and values if they enjoy time with their parents. Family fun times provide a meaningful context for effective faith formation. Creativity can include acting out Scripture together, doing crafts, or using object lessons that reinforce spiritual themes. It is important to avoid becoming overly serious, rigid, or stressed while leading family times. It is okay for children to be silly and filling the home with laughter matters. This should be something that becomes both normal and enjoyable.

Biblical Joy: “For the joy of the LORD is your strength” (Nehemiah 8:10).

Biblical Encouragement: “A joyful heart is good medicine, but a crushed spirit dries up the bones” (Proverbs 17:22).

Prioritizing family faith formation through intentional, fun, and meaningful family times helps create a foundation of faith and trust. By fostering joy, communication, and spiritual growth in the home, parents actively disciple their children and model the love of Christ.

PICK A TIME TO START!

If a family uses a calendar, children can be invited to write down “family time” on the planned date. This becomes a meaningful commitment and including them helps build ownership.

PLAN AHEAD. This should be a time children remember and look forward to. Not only should it be fun, but it also provides an opportunity to talk about the Lord and what He has done in the family. Families are encouraged to use the Monthly Family-Time Card for activity ideas and a memory verse. The first few times may feel awkward, but as it becomes part of the rhythm of the home, it will grow in impact.

Make up or use fun games to learn the memory verse or commit to reciting it once a day as a family. Discuss a movie that is age appropriate for a child. Make popcorn and watch the film together, then have a faith conversation about the choices of the characters and other meaningful aspects of the story. Share with a child something God has been teaching. Cook a meal together and use the time for sharing and conversation. Take time to ask each member of the family to share a high and low from the day. Go on a family walk and spend time praying for one another, neighbors, or others. Capture family prayer requests using a chart or a refrigerator whiteboard. Create impromptu God moments by taking advantage of unplanned opportunities to discuss faith in the daily rhythm of life and follow up later about what the Lord is teaching.

. **FAITH PATH PLAN**

Child’s Name: _____

How will you be intentional about your child’s spiritual growth in the coming year?

- Pray daily *with* and *for* my child.
- Spend consistent time in God’s Word.
- Offer a daily blessing to my child.
- Develop a Family Mission Statement.
- Plan regular family time.
- Other _____

The next step on the Faith Path is Leading Your Child to Jesus. Establishing intentional family time to have spiritual conversations is important in preparing your child to know Christ. It provides them an opportunity not to only learn about God and His ways but also to have their questions answered. As you establish this time, begin praying for the Lord to give you wisdom as you continue to be a disciple maker in your home!

ADDITIONAL READING RECOMMENDATIONS

Just Add Family by Kurt and Olivia Bruner

Family Night Tool Chest series from heritagebuilders.com

Big Book of Questions and Answers series by Sinclair B. Ferguson

Fun Filled Parenting by Silvana Clark

Our 24 Family Ways by Clay Clarkson



Download more resources at
D6HomePoint.com

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