



Family Faith Activities Jar

HOW TO CREATE THE JAR

1. Print out the practices and cut along the lines in between each of them.
2. Shuffle the practices and put them in the jar.

How to use the practices

1. Decide when your family will go through the practices. Some times that seem to work best for families are at dinner, before bed, or once a week (Saturday mornings, for example).
2. Each time your family decides to use the faith activities jar, one person should take a practice from the jar and read it (pre-readers can select the practice and have someone else read it).
3. Take turns answering the question or doing what the card suggests.
4. Put the used cards in a drawer until you've gone through all 48, then replenish the jar.

Notes

- You may want to print the practices (mindfulness, gratitude, questions about God, and prayer) in different colors. Choose how you'd like to decorate your own jar!
- Try to encourage family members to not read the cards in advance—just dive in and choose.
- Don't give up on this activity! Some questions will resonate with your family more than others.

Variations

- Make a family faith basket or box instead of a jar!
- Take turns writing your own practices and adding them to the mix.
- Instead of taking the practices out after you use them, add them back into the jar, knowing that you might have some repetition.

Enjoy!

The Faith Activities Jar is an easy way to jumpstart family faith discussions at home. Included here are 48 practice cards that can be rotated through daily, weekly, or sporadically! There are twelve mindfulness practices, twelve prayer practices, twelve gratitude practices, and twelve questions that lead to discussion about God.

Designed for Ages 5+
Materials: Practice cards, a glass jar, and scissors
Time Investment: Varies, but most of these practices can be done in 5 to 10 minutes, depending on the size of your family

All of the practices are created by the Rev. Traci Smith, pastor and author of *Seamless Faith, Simple Practices for Daily Family Life*.

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The Faith Activities Jar is an easy way to jumpstart family faith discussions at home. The printable included here has 48 practices that can be rotated through daily, weekly, or sporadically! There are twelve mindfulness practices, twelve prayer practices, twelve gratitude practices and twelve questions that lead to discussion about God. All of the practices are created by Rev. Traci Smith, pastor and author of *Seamless Faith, Simple Practices for Daily Family Life*.

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Here's how to use this printable:

Designed for Ages 5 +

Materials: This printable, a glass jar & scissors

Time Investment: Varies, but most of these practices can be done in 5-10 minutes, depending on the size of your family

How to:

Make the Jar:

- Print out the practices and cut along the lines in between each of them
- Shuffle the practices and put them in the jar

Use the Practices:

1. Decide when your family will go through the practices. Some times that seem to work for families: at dinner, before bed, or once a week (Saturday Mornings, for example).
2. Each time your family decides to use the faith activities jar, one person will take a practice from the jar and read it (pre-readers can select the practice and have someone else read it.)
3. Take turns answering the question or doing what the card suggests.
4. Put the used card in a drawer until you've gone through all 48 cards, then replenish the jar.

Notes

1. In the photo, you'll notice that the practices are different colors. I did this so that each practice type (mindfulness, gratitude, questions about God, and prayer) were different colors. Choose how you'd like to make your own jar!
2. Try to encourage family members to not read the cards in advance — just dive in and choose!
3. Don't give up on this activity! Some questions will resonate with your family more than others.

Variations

1. Make a family faith basket or box instead of a jar!
2. Take turns writing your own practices and adding them to the mix.
3. Instead of taking the practices out after you use them, add them back in to the jar, knowing that you might have some repetition.

Enjoy!

MINDFULNESS

Mindfulness: Think about your day so far. What was one thing that you smelled that smelled nice? Try to make it a point to notice things that smell nice tomorrow.

MINDFULNESS

Mindfulness: Think about your day so far. What did you see that was beautiful? Make it a point to look for beautiful things for the rest of the day.

MINDFULNESS

What is the weather like today? Is it sunny? Cold? Windy? Grey? How does the weather match or not match with how you have been feeling today?

MINDFULNESS

Close your eyes for 10 seconds and scan your body from the top of your head to the bottom of your toes. Is there any part of you that hurts or feels tense?

MINDFULNESS

Think back on your day today. If you could take a picture in your brain of one moment that happened today, what would it be? Describe your picture.

MINDFULNESS

What was the tastiest thing you ate today?

MINDFULNESS

Everyone close your eyes and sit in silence for 30 seconds. Notice all of the sounds around you. Share the sounds you heard.

MINDFULNESS

Think back on today. Was there a time that someone said “thank you” to you? When was it? How did you feel?

MINDFULNESS

Look around you right now. What is one thing you see that makes you feel happy?

MINDFULNESS

Think about your day today. What was the most joyful moment?

MINDFULNESS

Answer one of these two questions: What did you do today that made someone’s day a little brighter? OR, What did someone do for you that made your day brighter?

MINDFULNESS

What did you eat for dinner yesterday? (It’s a harder question than you would think!) What about the day *before* yesterday?

PRAYER

Have someone read this prayer: Thank you, God, for being with us every moment of every day. You are with us when we sleep and when we are awake. Help us remember you each day, **Amen.**

PRAYER

Each person will say the name of one person who needs extra prayer, then read this prayer: God, we pray for each of the people that have been mentioned today. Please help them to feel your presence, even now, as we think of them. **Amen.**

PRAYER

Do as many 30 second silent prayers as there are people in your family. One person will be the timekeeper for the 30 seconds and say "Amen" when it is over. Then let another person be the timekeeper. Keep going until everyone has been the time keeper. Does 30 seconds of silence feel like a long time, or a short time?

PRAYER

One type of prayer is a prayer of confession, where we say we're sorry to God for the things we have done and the things we have left undone. The purpose is not to feel guilty, but to be free. Think of one thing you're sorry for today. Take turns saying something you are sorry for out loud as a family (if you want to) and then say together as a family **"Thank you, God for hearing our prayers and making us free. Amen."**

PRAYER

Prayers of adoration recognize how wonderful God is. Think about nature and its beauty. Is there something in nature that you find miraculous or wonderful? Take turns saying something in nature that you think is amazing or miraculous and then say together as a family **"Thank you, God, for the miracles all around us. Amen."**

PRAYER

A prayer of thanksgiving recognizes all of God's gifts. Take turns saying something you are thankful for and then say together as a family, **"Thank you, God, for the blessings you give us. Amen."**

PRAYER

Here is a prayer about light and darkness: **God, you created the sun and the moon, the day and the night. Thank you for being with us all the time, in daytime and at nighttime. Amen.**

PRAYER

Here's a simple prayer formula: 1. Address God and give God an attribute (example: Loving God), 2. Present your prayer request (please help us to love you more) 3. Say why you would like what you are asking for (so that we can serve you better) end by saying "Amen." See if you can try it!

PRAYER

Breath prayer. One way to pray is to remember that your breath connects you to God. Take three deep breaths. With each "in" breath think to yourself "I am breathing in God's life and light." With each "out" breath think to yourself "I am breathing out worry and stress and fear."

PRAYER

Sometimes we think God is only up above, but God is everywhere. Here is a prayer about that: **God thank you for being above us and below us, beside us and next to us. Help us to see you everywhere, Amen.**

PRAYER

Try this fill in the blank prayer. God, we give you thanks today for _____ and _____. We ask that you would please help us remember _____ and _____ who are in our hearts and minds. Help us to know you more and more each day, Amen.

PRAYER

One way to pray is to remember the day. When is one time you felt God today? When is one time you felt far from God today? After everyone shares, say "Amen."

THINKING ABOUT GOD

How can we communicate to God? (Try to think of more than one way.)

THINKING ABOUT GOD

How does God communicate to us? (Try to think of more than one way.)

THINKING ABOUT GOD

God's love is all around us. Where did you feel God's love this week?

THINKING ABOUT GOD

If you could ask God one question, what would it be?

THINKING ABOUT GOD

One of the important things to know about God is that God loves us, all the time, even if we feel far away from God. Have you ever felt far away from God? When was it?

THINKING ABOUT GOD

What is one word you would use to describe God?

THINKING ABOUT GOD

Have you ever felt God nudging you to do something? What was it?

THINKING ABOUT GOD

What is the most surprising thing about God?

THINKING ABOUT GOD

Some people talk about miracles. Have you ever seen a miracle, or heard about one?

THINKING ABOUT GOD

What do you think God looks like?

THINKING ABOUT GOD

What is one mysterious thing about God?

THINKING ABOUT GOD

How would you tell a friend about God if your friend asked you what God is like?

GRATITUDE

What friend are you thankful for today?

GRATITUDE

What ability do you have to serve others that you are thankful for? How are you using it?

GRATITUDE

What food do you get to eat regularly that you are thankful for?

GRATITUDE

What is a fun activity or game you are thankful for?

GRATITUDE

What piece of clothing are you thankful for?

GRATITUDE

What place in our city or town are you thankful for?

GRATITUDE

Gratitude: What in nature are you thankful for?

GRATITUDE

Gratitude: What happened today that you are thankful for?

GRATITUDE

Gratitude: What material possession are you thankful for?

GRATITUDE

What family memory are you thankful for?

GRATITUDE

What book or song are you thankful for?

GRATITUDE

What type of weather makes you feel thankful?