



3 WAYS TO ROOT A HABIT

from "Little Habits, Big Faith" by Christie Thomas

Starting one little habit can grow into a strong foundation of faith for your kids. God takes our little steps and extends them, through his mighty power, into an incredible journey over time. As my kids grow, I know their faith life will look a bit different from mine, but I trust God to continue to lead me deeper as I lead them into a well-rooted faith. Eventually, they might end up leading me as well.

#1 - Make it longer

1

One way to deepen small faith habits is to extend the length of time in the habit. For example, instead of reading one Bible verse at breakfast, you now read two or three. We want to find that sweet spot where kids feel challenged but not overwhelmed. They probably won't even notice we've lengthened the reading or prayer time a smidge. But when we slowly make our habit longer over time, we'll see a difference in their spiritual growth.

#2 - Make it more complex

2

Another way to deepen faith habits is to introduce more complexity to the existing habit. For example, when you read a Bible passage together, research the historical context or explore different interpretations with your child. Ask your child to look up the passage in their own Bible, helping them learn how to find the book, chapter, and verse. Finding more complex approaches to a simple habit can help your child develop a richer understanding of their faith and strengthen their spiritual growth.

#3 - Attach another habit

3

Attaching new habits to our existing ones is how we grew our original habits in the first place! We can use the same principle to add a new habit that complements the existing one. For example, if your child loves to listen to worship music, help them learn the lyrics so they can sing along. Linking different kinds of faith habits together will help your kids connect the different aspects of their faith and strengthen their faith journey.