

Faith Conversations

Letter #7 Grape Grove Youth

Dear Parents,

I hope your week is going well! Today's look at Sticky Faith focuses on a simple, significant, and often underutilized tool in supporting faith: talking about it.

The reality is that many families don't talk much about faith at home, for lots of reasons. It may be intimidating, or people may be too busy. For some families, faith is a source of tension and conflict.

But research shows that having conversations about faith leads to more mature faith in young people. The best conversations happen informally and include parents sharing about their own faith—not just interrogating kids about what happened at youth group.

If talking about faith at home is challenging for you, here's one way you could do it this week.

Answer for yourself: **Where have I seen God show up in the last month?**

Find a window in the conversation—at dinner, in the car, over breakfast—and simply say, "This may seem random, but I was thinking about where I've seen God this past month, and ...". Then tell your child what that has been for you. You may or may not ask your child what his or her own answer is, but it's just an easy way to offer your son or daughter an insight into your own life and faith.

As for checking in after youth group, maybe you could lead with what you learned about in the worship gathering or your small group first. Then ask how things went for your child.

I know this may be awkward or take some courage, but it can pay off big in the long run. I encourage you to find ways to start these conversations more and more in your day-to-day family life.

In His Love, Jacob