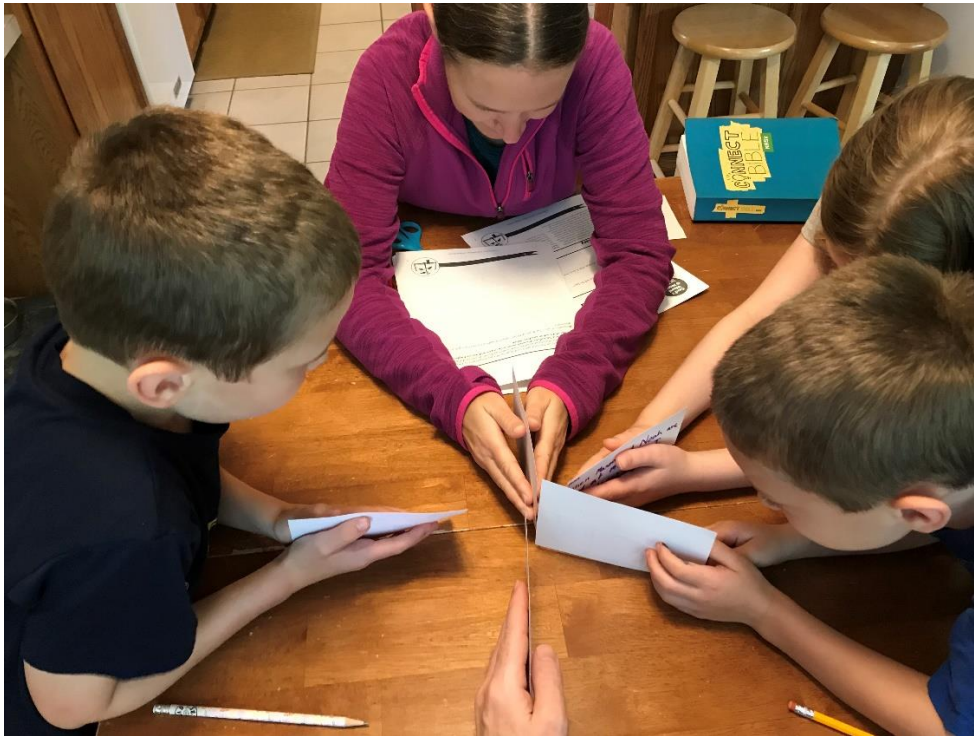


FaithBIT



Family Faith at Home Reflection by Jenny Naslund

Blessings often happen when we least expect them. Before the pandemic our family made faith a priority in our life, but between practices and activities sometimes the faith rituals fell to the wayside. For our family this COVID season has meant slowing down and truly focusing on our family and establishing stronger more robust faith practices and routines.

On Sunday mornings we attend the service online, followed by family time working through our Anyday Sunday school lesson for the week. These family-based lessons have given our family the perfect opportunity to read the bible and discuss our faith together. Wednesday evening our daughter attends God Squad via Zoom where she spends time diving deeper into the bible while connecting with her friends online.

In addition, as a family we have made a conscious effort to make our faith practices a part of our daily routines. During dinner we spend time discussing our highs and lows from the day. This time is a chance for our whole family to give each other our undivided attention. At bedtime we share prayer requests and then bow our heads and bless each of our children. These daily faith practices have become an engraved routine that is deepening our family's faith.

When this COVID season ends we will intentionally continue to nurture and grow our faith habits as these routines have strengthened our relationships with each other and our heavenly father.