

Session 1 | Show Notes

Addressing the Awkward

5 Tips for Spiritual Conversations with Your Child

Let's face it, sometimes having open conversations with children can be hard, even daunting, especially when it comes to the harder subjects to breach. Faith is often one of those subjects. Helping your child navigate their new-found faith and connection with God can be a confusing and challenging time for parents.

Over the next five sessions, we will be helping facilitate conversation and will be inviting you to share in the growth of your child's Christian journey. We will be encouraging you to invite your child to communicate their new faith with you. Through using the resources, we have provided, you will be able to have conversations with your child while establishing a safe space to share and examine their faith. This program is about equipping you with the tools necessary to support your children within their faith walk while empowering your child to discover and explore.

In session one podcast I talked about the importance of addressing the awkward and gave ideas on how to do that. We will now give you some practical tools to use while starting and holding those conversations.

Listen to more talk less

This may sound easy, but it is crucial to the conversation. It opens up the doors for your child to share their experience as they see it. Listen first and do your best to not correct or interrupt them as they share. Leaving the floor open to allow your child to share in a judgement free zone will allow them to feel more comfortable, specifically when it comes to the more in-depth topics.

Ask follow-up questions

Ask follow-up questions before stating your opinion. This will help your child explore and discover their understanding of their faith and helps them take ownership of their own beliefs.

"I don't know" Is an acceptable answer

If your child says "they do not know", don't panic, this is a journey and they will often stumble upon ideas or concepts they are unfamiliar with. This is a great invitation for you as a parent to explore something together with your child. Help your child discover the answer rather than giving them your opinion on the question, this will help them build confidence in their faith and will help you connect with your child as you explore the answer together. We also explore this as an answer to questions your kids may be asking you in the podcast and how that may give you the opportunity to further discover something together.

Encouragement goes a long way

Truth be told your child is probably a little, or a lot, confused about many of the logistics of Christianity. Being able to encourage them in this journey of discovery is a huge opportunity for you as a parent to connect with your child on a new level.

Explore, Explore, Explore

Often times children will have many questions about their new-found faith. This holds the potential for you to explore something together, and bond over that experience. This journey is likely confusing for the both of you, and that's okay. Exploring together is an awesome way to spend time together and keep the lines of communication open. Luckily, we are also here to help with that!

Conversation is integral in this process, don't worry we will walk with you through this! We are all in this together.

Overall, this is a journey of discovery that will be challenging and fun at the same time. Over the next 5 sessions, Embark will partner with you to further support your child in their journey while allowing them the freedom to explore answers found in scripture and God.

Embark is here to support you! Please do not hesitate to send in questions in the comments section at <http://covenantbay.ca/embark/session-1> or to the contacts provided below.

We are officially on this journey together. Welcome to Embark.

embark@covenantbay.ca

(780) 586-2828