

## Session 4 | Show Notes

### Practical Application

Within these show notes, we will be exploring the “How” behind the three topics mentioned in the podcast. Through the podcast, we began to explore and understand the “Why” to these three topics. Why prayer, the Bible and the church are important.

Now let's journey into the practical application of how this might look for your child's life.

Starting with reading the Bible, we have talked about why it is important and that it is not about perfection. What does reading the bible actually look like in the day to day?

I have two trains of thought when it comes to reading the Bible. You might find your child being an everyday person. That's great! Reading your Bible every day gives you a chance to take in some of the words and often reflect on that throughout the day. Alternatively, you might find your child being more of a binge reader, like me. Setting aside a time once or twice a week to read a larger chunk is what I find works best for me. That's really all that this is about, finding what fits your child and works best for them,

My two tips for reading the Bible are as follows:

Try things out or change it up. Let your child try different times, amounts and places they read the Bible. Maybe they have a favourite time or chair that fits them. They won't know until they give it a shot. Remember, there is no judgment for faltering within exploration if it isn't working there are other alternatives.

Secondly, it's not about perfection, it's about consistency. Consistency builds habit and habit helps with the formation of not only good character traits but a relationship with God. Encouraging consistency is important to your child's journey in faith. This will help them establish good habits when it comes to their Christian faith.

The next concept I want to go over is the church. In a previous podcast, we have talked about the importance of church and how it helps to establish strong community and accountability. Truth is, like much of this journey it's best to explore what works for your child. With that said, Church most often happens on Sunday mornings, setting aside time in your daily or weekly routine to help your child attend church or attending with them can make a huge impact on their spiritual journey. I believe finding and getting plugged into a local church is one of the most important things a Christian can do for their relationship with God.

The other aspect of the church would be a youth group in which your child could get age-appropriate teaching and have fun bonding with peers. Typically speaking youth groups happen sometime during the week, usually for a few hours. This is your chance to help your child prioritize. Often times, as a youth group leader, I here an abundance of reasons why a child can't make it. Generally boiling down to a busy lifestyle. For Christians, making God a priority in life needs to be taken into consideration when planning the schedule for the week. If you as a parent don't make time for your child to go to church they will have difficulty understanding God as a priority.

Lastly, I want to explore the concept of prayer in a practical sense. Prayer, in its essence, is a conversation with God. We can speak to God throughout our day at any time. Keep in mind, when in a conversation we have to both speak and listen. Leaving space for God to respond to prayer is important. This may look like a calm still moment of reflection, journaling or talking it out with others. These are ways we can carry out our conversation with God. In the podcast, I mention that it took me a while to understand that prayer isn't simply a thing we have to do before bed, although if that is what you or your child does then that's awesome. Refer to my tips on reading the Bible. Much of

what I said there applies to prayer. It's not about perfection it's about consistency and finding a time or routine that works best for your child or you as an individual may take some time and some navigating but you will get there.

Practical application of these principles will help your child grow, understand and solidify their faith while allowing you to come alongside them and support them through this process. These are the everyday steps that bring faith from something that is said to something that is experienced. These principles help take the information from head knowledge to heart knowledge, meaning not only understanding the information but being able to relate and connect with said information.

Embark is here to support you! Please do not hesitate to send in more questions in the comments section at <http://covenantbay.ca/embark/session-4> or to the contacts provided below.

Thank you for being on this journey with me. Let's continue to Embark together.

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