

..... Ideas for Little Habits

Little PRAYER Habits

Say the Lord's Prayer
(or another swshort,
memorized prayer)
together.

Pray for your child.

Focus on one kind of prayer
(praise, thanksgiving,
confession, petition).

Stretch and say,
"Thank you, God, for this day."

Thank God for the meal
you're about to eat.

Thank God for the meal
you just ate.

Say a short prayer
of gratitude.

Say a short prayer for
someone you love.

See who can come up
with the most things to
thank God for.

Ask your child
to fill in the blanks:
*God, today I liked _____, and
God, today I didn't like _____.*

Pray for the parent or
caregiver who just left for
work or errands.

Go on a prayer walk in
your neighborhood and
pray for your neighbors.

Little SCRIPTURE Habits

Speak a Bible verse
blessing over your child
(same one every day).

Read one Bible verse
and ask, *"What does this
show us about God?"*

Ask, *"Does this remind
you of anything from
the Bible?"*

When you pass a
Scripture verse posted
in your home, read
it out loud.

Sit on the couch and
read the Bible for thirty
seconds, out loud, with
no expectations that
anyone else will listen.

Read a short devotion.

Recite a memory
verse aloud.

Hang a verse on your
fridge and say it together,
once per day.

Turn on an audio Bible.

Invite your child to read
their Bible alongside you.

Little WORSHIP Habits

Say, *"Be the center
of our day, Jesus."*

Turn on Christian music
in the background.

Turn on a Christian
worship playlist on YouTube
instead of a show.

Sing hymns while you
cook dinner.

Point to something
in nature and say,
*"God created that! Isn't
he an amazing artist/
builder/scientist?"*

Light a candle to remind
you that Jesus is the
light of the world.

Make the sign of the cross.

Sing a worship song.

Read a one-page
biography of a faith hero.

Read a Christian
picture book.

Twirl your child and say,
*"God made you and loves
you so much!"*

Say the Jesus prayer
while slowly inhaling in and
out. (In: *"Lord Jesus Christ"*
Out: *"Have mercy on me."*)

Hug your child and say,
*"I love you, and God loves
you even more."*

