

RAISING FAITH-FILLED KIDS

a parent page

Focus on Faith

Listening to God

The prophet Elijah, hiding in a cave from his enemies, wondered where God was in his life. God spoke to him and told him to go outside the cave because God would be passing by. Just then, a great, strong wind came, followed by an earthquake and then a fire. Elijah, however, could not find God in any of these. Soon came a tiny whispering sound, and it was through this quiet sound that Elijah really heard God. This story teaches us a profound truth: God is always speaking to us, but we have to quiet down to hear him. Through silence our prayers move beyond words to heart-to-heart conversations with God. As we help our children learn to pray, we can also be examples of listening love.

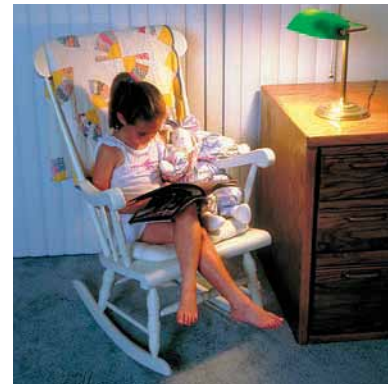


Dinnertime Conversation Starter

Amid all of the family's obligations and activities, when can your family find quiet time? Talk with your family about a good time and place in your lives for "God time."

Hints for at Home

Create a Quiet Corner. With your child choose a quiet, tranquil area of your home that can be used as his or her own private meditative space. It can be as simple as a corner of your child's bedroom or as elaborate as a tree house. Assist your child in making this a comfortable, spiritual, and enjoyable place by adding pillows, books, a reading lamp, pictures, and a Bible. Talk with him or her about the importance of having a special place in which to talk to God and appreciate quiet time. This is also a perfect place for your child to read, write, color, and do other solitary activities.



Focus on Prayer

Your child is learning about all the different forms prayer can take. Physically, we pray to God through reading, singing, kneeling, and genuflecting. Verbally, we pray to God by praising him, thanking him, asking him for help, and telling him we are sorry. After the next Mass you celebrate, discuss with your child all the different ways you prayed.



Spirituality in Action

Men and women who pursue a life of silence, meditation, and prayer are called contemplatives. The contemplative way of life encourages prayer to its highest degree, while strengthening the bond with God. Contemplative orders vary in the degree to which they practice silence. Although silence is a sacrifice, followers of this way of life realize they receive a great deal in exchange. Their perspectives on life, humanity, and God take on richer and deeper meanings.

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