



Cooperative Baptist
Fellowship North Carolina

FAITH FAMILY TALKS

CBFNC is offering this resource from the CBF Children's Ministry Network, to our state fellowship to provide families weekly spiritual conversation starters. Our hope is that this resource empowers parents to have more faith-filled conversations at home.

Listen. Talk. Go.

*Written by Kristen Mathis
Minister to Faith Development
First Baptist Church of Rome, GA*

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FEATURED RESOURCES: FAITH FAMILY TALKS

WEEK OF AUGUST 4

Listen.

Open your Bible and read Matthew 6:5-8 together as a family.

In today's reading, we see the introduction that comes before the Lord's Prayer. Even though this isn't part of the Lord's Prayer, it is still very important. It is talking about the intention behind our prayers. Do you know what the word intention means? It is really just a fancy way to say the reason WHY we do something. So when we talk about the intention behind our prayers, we are talking about why we pray. This Scripture tells us that we shouldn't pray just because someone is watching us, so that they think we are good people. We should also make sure we are praying when it is just us by ourselves, with the intention of being alone with God. This can be hard to do, but that is part of why we have the Lord's Prayer! When we aren't sure what to say, we can always repeat these words as a prayer to God.

Talk.

Are there certain times each day or time of the week that you pray? If there are, are you praying with other people or by yourself? There is no right or wrong way to pray, but could you add a time of the day or week when you could pray when you are by yourself? What time of day are you usually alone that might work best? How is praying alone the same and different from praying with other people?

God, thank you for giving us the Lord's Prayer and reminding us that when we pray, it should be for the right reasons. We are so lucky that you are always there to hear our prayers. Amen.

Go.

One of my favorite things about prayer is that there are so many ways to do it! Try drawing one of your prayers.



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WEEK OF AUGUST 11

Listen.

Open your Bible and read Matthew 6:9-13 together as a family.

You may be very familiar with these words. In many churches, they say this prayer together out loud every single week. It begins by calling God our Father in heaven, and saying that His name is "hallowed." Do you know why we call God our Father? We have many names for God, but Father is one of them because God loves us like a parent loves their children. We can also call God Mother, because God loves us like our moms love us, too! Have you ever heard the word "hallowed" before? Look it up if you haven't. It is a word that means God's name is holy and honored. The next part of the prayer talks about God's kingdom being on earth as it is in heaven. Even though God created the world, everything in the world is not exactly like God wants it to be. As God's followers, we look for ways that we can help make the world a kinder, more loving and welcoming place for everyone.

Talk.

- Do you have names that people call you other than your real name? What are they and where did they come from?
- How can you make our earth more like God's kingdom in heaven? Come up with three ways as a family that you can do this.

Perfect Parent of us all, we know that our world is not all that You want it to be. Help us to keep our eyes, ears, and hearts open for ways that we can bring your heavenly kingdom here on Earth. Amen.

Go.

Make a list of all the names for God that your family can think of. Which one is your favorite? Try using one that you don't use often in your prayers this coming week.



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WEEK OF AUGUST 18

Listen.

Open your Bible and read Matthew 6:9-13 together as a family.

Let's take a closer look at verses 11-12. What does it mean to ask God to give us our daily bread? I think it means to give us just what we need to get through the day. Many times, we want MORE than we need, but this part of the Lord's Prayer can be a reminder that we don't need a bunch of extra, and that God will give us enough to face each new day. Verse 12 talks about forgiveness, asking God for it and reminding us that we need to forgive others. When we are having a hard time forgiving someone, it can be helpful to think about how many times we have needed forgiveness.

Talk.

- What does it mean for us to have "enough"?
- Why do we always think we need more of everything?
- How can we be reminded that all we need is enough for the day, our "daily bread"?
- When is it hardest to forgive someone?
- How can we ask God to help us forgive?

God, sometimes following You can be hard. In a world that always tells us we need more, more, more, help us remember that You will always provide what we need, and that it is enough. Amen.

Go.

Find a snack in your kitchen that can be used as your family's "daily bread." It can be a loaf of bread, if you have one. Sit in a circle and have one person hold the daily bread and say something they are thankful to have enough of. It could be food, water, clothing, anything in your life that you are glad you have enough of. Pass it around the circle and as each person holds the daily bread, have them do the same.



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WEEK OF AUGUST 25

Listen.

Open your Bible and read Matthew 6:9-13 together as a family.

The last verse in the Lord's Prayer is about temptation. In everyone's lives, there will be times when we are tempted to do something we know we should not do. It can be REALLY hard to resist, especially if the temptation is something that seems like it would be fun or might make other people like us more. That is why this is such an important part of the Lord's Prayer, because it can be so easy to give in when something is especially tempting. Even Jesus was tempted in the Bible, so he knows what it is like! When we are facing temptation, we can remember that what God wants us to do is always most important. Having friends who can keep us accountable when we make the wrong choices can also help us.

Talk.

- What is something that you are tempted by? Maybe it is something you think would make other kids think you are cool, or something your parents told you not to do but that you really, really want to.
- What is your favorite part of the Lord's Prayer, and why?
- Do you think you could memorize it if you practiced it every week?

God, we are so thankful that when we give into temptation, you forgive us. We know that we will all mess up sometimes, and we can always come to You with the truth and find a safe place to land. Amen.

Go.

Write out the Lord's Prayer on a sheet of paper. Have each family member circle the 1-2 words that stand out to them the most in this prayer. Talk about why you chose your words.

Rev. Kristen Mathis has been serving at FBC Rome for seven years as their minister to faith development. She lives in Rome with her husband Ben, four-month-old son, Benji, and their Australian Shepherd, Zoey.



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