

Spiritual Formation with Children, Youth and Families

Resource Recommendations

The 2020/2021 CBOQ Next Generation theme is centered on spiritual practices. Each month the focus is on one faith practice. For kids and families check out [CBOQ Kids resource page](#) and for youth and youth leaders check out [CBOQ Youth resource page](#).

Key Book Resources:

Borgo, Lacy Finn. *Spiritual Conversations with Children: Listening to God Together*. Downers Grove, IL: IVP, an imprint of InterVarsity Press, 2020.

Breen, Mike. *Building a Discipling Culture: How to Release a Missional Movement by Discipling People like Jesus Did*. Greenville, SC: 3DM Publishing, 2017.

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices That Transform Us*. Strawberry Hills, NSW: ReadHowYouWant, 2015.

Hess, Valerie E., and Marti Watson Garlett. *Habits of a Child's Heart: Raising Your Kids with the Spiritual Disciplines*. Colorado Springs, CO: NavPress, 2004.

Love, Vernie Schorr. *Spiritual Disciplines for Children: a Guide to a Deeper Spiritual Life for You and Your Children*. 408 Lone Eagle Pt., Lafayette, Colorado 80026: Character Choice, 2012.

Shiflett, Diana. *Spiritual Practices in Community: Drawing Groups into the Heart of God*. Downers Grove, IL: IVP Books, an imprint of InterVarsity Press, 2018.

Smith, Traci. *Faithful Families: Creating Sacred Moments at Home*. Ashland: Chalice Press, 2017.

Online Resources for Families:

[Good Dirt Ministries](#) (ministry website of Lacy Finn Borgo) The following are a few particular sections on her website that I recommend checking out!

[Videos for kids and parents to watch together as conversation starters](#)

[Ideas to practice the spiritual disciplines with kids](#)

[Resource for families to move through the spiritual disciplines over a year](#)

[Life With God](#) A Spiritual Formation curriculum for pre K to grade 6 that is currently available as a free digital download.

[Sacred Pathways for Kids](#). Based on Gary Thomas' book, *Spiritual Pathways*, Canadian ministry leader and author Christie Thomas has written this ebook. She has also created an assessment tool and resources on each of the 9 types available [here](#).

For more resources, ideas and training about spiritual formation with kids, youth and families, contact Meghan Matthews (<mailto:mmatthews@baptist.ca>) or Tanya Yuen (<mailto:tyuen@baptist.ca>)

Spiritual Formation Forum: Youth, Children and Families

[Meghan Matthews](#) and [Tanya Yuen](#)

CBOQ Next Generation Department

- The most important thing you can do is lead by example: if you want your kids, families, and youth to be formed spiritually then you need to be doing those practices and getting closer to Jesus yourself.

Reflection Question: What are your current spiritual practices? How do you model them in your faith community and in particular with kids, youth and families?

- Engaging children in spiritual practices allows the opportunity to offer kids a way of training to be like Jesus! It creates a culture, a rhythm for kids to learn more about their faith and ground them firmly in an ever-growing relationship with Jesus. Engaging them when they are young sets them on a firm foundation that they can build upon. It does not have to be complicated.

Reflection Question: What simple rhythms can you incorporate into your faith community that creates a culture of spiritual formation for children?

- Youth have a deep desire to figure out their place in the world: Spiritual Formation practices help them to build their own relationship with Jesus (this is a natural process, as they try to figure out who they are separate from their family unit).

Reflection Question: How are you creating opportunities for youth to learn about and develop their own spiritual practices to deepen in their relationship with Jesus?

- “The Gospel is deep enough for an elephant to swim and shallow enough for a child not to drown.” (St Augustine) Incorporate this philosophy in your Sunday rhythms, explain what you are doing and why- even those who have been attending for years may rethink something if it's explained to them in new, simple, ways (we do it with communion why not other aspects of our gatherings!)

Reflection Question: What simple, instructive phrases could you incorporate into your gathered worship times that facilitate a culture of spiritual formation?

- Remember that Spiritual formation is about the long game. Incorporating it into the discipleship process and culture of your church will bear fruit over the long term (this isn't just a sermon series, it's how we intentionally live life with Jesus)

Reflection Question: What are one or two ways you can begin to incorporate an intentional focus on spiritual formation into the culture of your faith community?