

Introducing Spiritual Disciplines to Your Children

The Bible teaches us to learn Scripture, meditate on it, pray, fast, and always be renewing our minds.

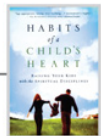
As discussed by numerous church fathers and mothers over the centuries, spiritual disciplines can help us grow in our understanding of our faith and be better equipped to obey God's teachings. The following resources are designed to help equip parents and children to make these disciplines part of daily life. We recommend following the Seven-Step Plan to help you understand spiritual disciplines and develop these disciplines in your children.

→ [Article: The Importance of Spiritual Disciplines](#)

→ [Bible Study: The Importance of Spiritual Disciplines](#)

Resources

Habits of a Child's Heart: Raising Your Kids with the Spiritual Disciplines (Experiencing God) - Valerie E. Hess



This book is inspired by Richard Foster's classic, *Celebration of Discipline*, but is designed for parents to use in teaching their children. The author provides helpful hints on how to teach the disciplines to children in three age groups: early childhood (4–7), middle childhood (8–11), and adolescence (12–15). The book describes each of twelve disciplines, how to practice them, and how to teach them using age-appropriate ideas and exercises. Disciplines addressed are meditation, prayer, fasting, study, simplicity, solitude, submission, service, confession, worship, guidance, and celebration.

OR



Spiritual Disciplines for Children: A Guide to a Deeper Spiritual Life for You and Your Children - Vernie Schorr Love

Also inspired by Richard Foster's classic, *Celebration of Discipline*, this book is designed for adults to shepherd their children to an intimate relationship with Jesus Christ. By encouraging the "formation of spirit, character and mind towards Christ," a child will begin the walk on the path toward spiritual maturity. The author helps parents and children understand the tools of spiritual disciplines and their practical uses, with suggested activities for each discipline. As with the above book, the disciplines addressed are meditation, prayer, fasting, study, simplicity, solitude, submission, service, confession, worship, guidance, and celebration.



Hide 'Em in Your Heart - Steve Green (preschool and early elementary)

To help your children memorize Bible verses, these CDs are excellent. Children sing along with musical artist Steve Green, who first introduces each verse, then sings the verses set to catchy music. Excellent for car rides or listening at home.



Seeds Family Worship CDs (older elementary through middle school)

Seeds Family Worship CDs are another great way to help your children learn and memorize Bible verses. The CDs set Bible verses to catchy music which children (and parents) can sing along to. Titles include Seeds of Courage, Seeds of Faith, Seeds of Character, and many more.



Issues to Ponder for Introducing Spiritual Disciplines

- Surveys show that a very small percentage of believers practice any spiritual disciplines other than prayer and reading the Bible. How has your family discussed the other disciplines in the past?

- What concerns do you have about beginning to practice the other disciplines as described in either Habits of a Child's Heart or Spiritual Disciplines for Children?

- Are there small steps that your family could take soon to begin implementing one or more new disciplines in an age-appropriate manner?

- How would you describe each practice to your child? How can you make it clear that these are not legalistic rules or “works” that are required for salvation?

- How would you describe the benefits of these practices to your children?
