

4 Keys for Practicing Faith – Rituals & Traditions

Ritual – an action done in particular situation in the same way each time.

- Communion is a ritual ceremony consisting of a series of actions performed according to prescribed order. Every time we receive Holy Communion, we are reminded that Jesus is with us - feeding us, loving us and forgiving us. This is why First Lutheran offers Communion during Worship every Saturday and Sunday.

Tradition – a long established custom or belief that has been passed from one generation to another generation.

- Saying a prayer before a meal is an example – The actual prayer used can change, but the tradition of saying one continues over the years.
- Most families have Christmas and Easter traditions. As you think of yours, what messages do they give your children about what you believe, value, and want to pass on? Remember, you are the pastor of the ministry in your home.

Think about the rituals and traditions you experienced as a child that have been influential in your faith formation. Evaluate your current family practices. Make adjustments if you decide it's the right thing to do. Every family has it's own personality and sometimes it takes some experimenting to find the practices that work best for yours. Below are a few examples. We are here to help if you need it.

Family and Church Rituals & Traditions

help give people of all ages a sense of security, identity & belonging

Good Resource: www.messyyetlovely.com (30 simple family ritual ideas)

Meal Prayers

Come Lord Jesus be our guest
And let these gifts to us be blessed.
Blessed be God who is our bread; may all the world be clothed and fed.
May there be a goodly share on every table everywhere. Amen.

Bless us O Lord and these your gifts
which we are about to receive from your bounty
through Christ our Lord. Amen

We thank the brown cow for the chocolate milk.
We thank the pig – oink oink – for the bacon on the grill.
We thank the chicken for the egg and the egg for the chicken
Bawk bawk bawk
And God for our daily bread, Amen.
And God for our daily break, Amen!
(See video for actions.)

(right arm) Thank you God, for giving us food
(left arm) Thank you God, for giving us friends
(right arm) For the food that we E-eat
(left arm) For the friends that we Me-et
(both arms) Thank you God, for giving us food!
(like a super hero flying or lifting off) Zoom Zoom Zoom!

Drop-Offs/Daily Leaving

Let your light shine before others so they see your good works and praise your Father in Heaven.
Matthew 5:16

Let all you do be done in love. 1Corinthians 16:14

Go in peace. Serve the Lord. Do the right thing.
(make up a special high five to do when you say this together)

Bedtime Rituals/Traditions

Share highs & lows (or what you are most grateful and least grateful for)

This is a good time to do devotions or read/discuss a Bible Story and incorporate a prayer.

Now I lay me down to sleep
I pray the Lord my soul to keep
If I should die before I wake
I pray the Lord my soul to take.
If I should live another day
I pray the Lord would guide my way. Amen.

Sing a blessing song to your child (one at a time) while stroking their head.
Make one up that incorporates their individual name and reminder that you and God love them.

While tracing the sign of the cross on their forehead or hand –
May the Lord bless you and protect you.
May the Lord smile on you and be gracious to you.
May the Lord show you His favor and give you His peace.
Numbers 6:24-26)

Bedtime Prayer from Spark Psalm 16)

Keep me safe tonight, God.
Your Spirit lives in my heart.
I praise you for your guidance.
Even at night my heart listens for you.
I will fear nothing, because you are beside me.
My heart is happy.
I sing beautiful songs about you.
You lead me where I should go, and
I am joyful from knowing you are with me.

The Lord's Prayer from Spark Story Bible with one addition

Our Father and Mother in heaven, hallowed be your name.
Your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours, now and forever. Amen.