

FAMILY & KIDS

Talking to Your Kids About Faith.

"We will tell to the coming generation the glorious deeds of the Lord, and his might."

PSALM 78:4 · ESV

THE BIG SHIFT

It's a thousand small talks.

Most parents feel pressure to have one big, perfect conversation about God. Relax — that's not how it works. Faith is passed down in a thousand small, ordinary talks over years: in the car, at bedtime, when something hard happens, when a big question pops out at dinner.

So the goal isn't to be the expert with all the answers. The goal is to be **askable** — the kind of parent your kids know they can bring anything to without being shut down or shamed. If you keep that door open, you'll have more influence than you realize.

"And these words...shall be on your heart. You shall teach them diligently to your children."

DEUTERONOMY 6:6-7 · ESV

MEET THEM WHERE THEY ARE

What helps, age by age.

01 Little ones (2–5)

Keep it concrete and warm: God made you, God loves you, Jesus is your friend. Lots of repetition, simple prayers, and Bible stories with pictures.

02 Elementary (6–10)

They love stories and big questions. Read Bible narratives together, teach them to pray and talk about right and wrong, and answer their “why” questions simply and honestly.

03 Preteens (11–12)

Doubts start here — welcome them. Make it safe to wonder out loud. Start talking about *why* we believe, not just *what* we believe.

04 Teens (13+)

Hand them ownership. Invite the hard questions about science, suffering, and hypocrisy. Be honest about your own journey. Live it consistently — they’re watching more than listening.

THE HARD QUESTIONS

When you don't know what to say.

"What happens when we die?"

Be honest and hopeful. For those who trust Jesus, death isn't the end — we'll be with Him. It's okay to be sad and hopeful at the same time.

"Why does God let bad things happen?"

Don't fake an answer. You can say, "That's one of the hardest questions there is. I don't fully know, but I do know God is good and He's with us in it."

"Is God even real?"

Treat it as a great question, not a threat. "I believe He is, and here's why — what's making you wonder?" Curiosity is part of real faith.

"What about people who believe something different?"

Model respect and conviction together. We can love and respect everyone while still believing Jesus is the way.

When you simply don't know.

Say so: "I'm not sure — let's find out together." That teaches them more about honest faith than a fake answer ever could.

KEEP THE DOOR OPEN

Ways to start the conversation.

- “What was the best and hardest part of your day?” Opens the heart before the head.
- “Where do you think you saw God today?”
- “Is there anything you’ve been wondering about God?”
- “What’s something you’re worried about? Can we pray about it?”
- “What do you think about that?” — after a movie, a song, or hard news.

TAKE A MINUTE

Which of your kids needs an open-door conversation soon — and what’s one question you could ask them this week?

YOU'RE NOT ALONE IN THIS

Be askable. Keep showing up.

You won't get every conversation right, and you don't have to. Stay open, stay honest, and keep pointing them to Jesus. If you ever want help or prayer as a parent, reach out.

TALK WITH US

connect@valiantchurch.com

FOR KIDS

Ask about VKids on Sundays

GATHER

Sundays · 10:00 AM
