



FROM YOUR CFS **Wellness Specialist**



Staying Connected to Jesus Through the Summer

As summer unfolds with its long, sun-filled days and slower pace, it offers a unique opportunity to strengthen our connection with Jesus and help our children grow in their faith. With school out and schedules more flexible, it's a natural time to build habits that can carry into the rest of the year. Being intentional, even in small ways, can make a lasting difference.

1. Daily prayer. Incorporate prayer into everyday moments like morning routines, car rides, or bedtime. These small, consistent habits help children learn to turn to God in both joy and need, building a foundation of trust and dependence on Him.

Tip: Create a simple family prayer time after meals or before bed.

2. Engage with Scripture. Spend a few minutes each day reading a Bible verse or short passage together. Talk about what it means and how it connects to your daily life. Even simple conversations help children see God's Word as something active and relevant.

Tip: Choose a verse to focus on each week and return to it throughout your days.

3. Make Worship a Family Adventure. Worship can happen anywhere. Listen to worship music, sing together, or pause during outdoor activities to notice God's creation. These shared experiences help children recognize His presence in both big and small moments.

Tip: Create a summer playlist with your kids' favorite worship songs.

4. Teach the Value of Quiet Time. Encourage moments of stillness with God through reading, journaling, or quiet reflection. These practices help children learn to listen, rest, and remember that God is always near—even in the midst of a busy summer. Over time, this creates space for a deeper, more personal connection with Him.

Tip: Help your children start a prayer journal or create a quiet spot in the home for reflection time.

5. Model Joy and Gratitude. Let your children see your faith in action. Point out blessings, express gratitude, and choose joy, even in challenges. Simple practices can help your family develop a habit of noticing God's goodness.

Tip: Start a "gratitude jar" in your home where each family member writes something they are thankful for each week, and then share them during a family time.

Staying connected to Jesus doesn't have to be complicated. With intentional, everyday rhythms, your family can continue to grow in faith and experience God's presence throughout the summer and beyond. These small investments now can shape lasting habits and a faith that continues to grow in every season.
