



## RESOURCES

# Teaching Spiritual Disciplines

Building a faith formation toolbox

## Resources for Leaders

- 10 ideas for family faith formation  
<https://vibrant-faith-catalyst.mn.co/posts/ideas-for-family-faith-formation>
- Bless Each One: Weaving faith into everyday life  
<https://christinevhides.com/>
- Celebrate Wonder: Family Activity Book  
<https://www.cokesbury.com/9781791000202-Celebrate-Wonder-Take-Home-Booklet-Fall-2020--Pack-of-5->
- Faith formation begins at home  
<https://www.resourceumc.org/en/content/faith-formation-begins-at-home>
- Launch! A series of short videos and curated resources to support and equip ministry leaders for the important work that God calls us to - the work of growing in love of God and neighbor for the transformation of today's world. <https://www.launchfaith.com/launch.html>
- New Research: Child & Teen Wellbeing during the Pandemic, <https://vibrant-faith-catalyst.mn.co/posts/new-research-child-teen-wellbeing-during-the-pandemic>

## Resources for Families

- Celebrate Wonder: Family Activity Book  
<https://www.cokesbury.com/9781791000202-Celebrate-Wonder-Take-Home-Booklet-Fall-2020--Pack-of-5->
- Family Faith Playlists: helping families grow in their faith in God, with each other.  
<https://michiganumc.org/resources/childrens-ministry-tool-box/faith-family-playlists/playlists/>
- Growing Together Families: A monthly playlist and podcast to help families connect to God and each other. <http://growingtogetherumc.org/>
- Living with the Holy: Simple ways for families to learn, develop, and practice using different spiritual tools. <https://igministry.com/family/resources/living/>
- Sleeping with Bread: Holding What Gives You Life: an introduction to the daily examen  
[https://www.amazon.com/dp/B006CEQ8R2/ref-dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B006CEQ8R2/ref-dp-kindle-redirect?_encoding=UTF8&btkr=1)

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