

Remembering Your Baptism

~ Helpful Reminders for Regular Days ~

Adapted from *Living the Promises of Baptism* (Augsburg Fortress)

Highs/Lows. At mealtime or before bedtime routines begin, all kids and grownups share a high and low point from the day. Depending on the person and the day, answers may be funny, heartfelt, or mundane. It may be awkward at first, but stick with it, and it will become a highly anticipated part of your family's day. God is present as we share and listen to each other. You might end with a prayer like "Thank you, God, for being with us in our highs and in our lows. Help us remember that you love us, no matter what. Amen."



Scripture Memory. It is a great gift to be able to recall God's scriptural promises during personal crises and at times of joy, loss, doubt, or loneliness. Consider, for example, the reassurance offered in these words from Psalm 23: "Even though I walk through the darkest valley, I fear no evil; for you are with me." Families might learn passages by reciting them together - one passage each day for a week - as part of their mealtime prayer. Here are some possible places to start:

Genesis 12:2

John 15:9

Hebrews 11:1

Ephesians 2:8-10

Philippians 4:6-7

Matthew 11:28

Romans 8:38-39

Isaiah 41:10

Philippians 1:6

Proverbs 3:5-6

Psalm 23

John 3:16

Luke 4:18-19

1 John 4:19



Blessing. At bedtime or a drop-off, mark a cross on each other's forehead or hand and say "(name), you are a beloved child of God." A variation on this blessing, especially as you send off to work or school, could go something like this: "God, give (name) the gift of (joy/peace/courage/friendship/etc) today."

Family Prayer Journal. Create a family prayer journal to build closeness and communication, especially during times of separation due to work shifts, busy schedules, travel, or deployment. This can be a blank book, or created online using a google doc or other shared document. Invite family members to write prayer requests and prayers in the journal. Once a week, at a meal or bedtime, pray for the requests and read any written prayers.

