

# EVEN IF

## *Ideas for Raising an Even If Family*

The even if declaration consists of two parts:

**Confidence in a good God who is able to deliver**  
+  
**Resolve to worship him *even if* he doesn't**

### **Establish the Habit: Remember the goodness of God.**

#### **Where did you experience God's goodness today?**

Develop the intentional habit of observing and remembering the goodness of God each day. Keep it simple -- but regular.

- When you pick up your kids from school, sports practice or music lessons, ask, "Where did you experience God's goodness?"
- When your kids come in from playing, ask, "Where did you experience God's goodness as you played?"
- At dinner, encourage your family members to talk about people and experiences who showed the goodness of God to them.

**Level up:** Begin a weekly Sabbath dinner where your family has time to recall and remember God's goodness through the week in their play, school, relationships and even in the hard, stressful happenings of the week. Give thanks to God as you rest and remember.

### **Study: Grow in your "GQ" (Goodness Quotient).**

#### **What (characteristics/attributes of who God is) qualities demonstrate God's goodness?**

Don't settle for generalities, but intentionally grow your family's vocabulary of what makes God good by studying the Bible.



**Study, Sing & Memorize God's Word:** Use the Seeds Family Worship Attributes of God bundle to learn more verses to build your child's understanding of who God is.

**Start a Goodness Journal:** Build upon the habit of asking about the "goodness of God" by creating a journal that helps your children recognize the attributes of God. Label every two pages with a letter from the alphabet and challenge your children to complete every page.



To help you generate ideas, get **Gary Bower's *The ABC's of God: A Family Devotional Exploring 26 Attributes of God.***

**Level up:** Under each attribute, write down a specific example and the date your child saw or experienced an attribute of God. For example, if you write down "Beauty," you might want to log next to it: "a beautiful sunset on our street – 8/31/21."

## Listen & Say What Is So

### **Did anything happen today that made you sad, scared or confused?**

An important part of the Even If declaration is to be able to speak plainly about our disappointments and confusion. By creating the space for our kids to be able to voice their confusions and disappointments at God, we can teach them the biblical practice of lament.

- Create the environment at bedtime: Children often cannot articulate why they are sad or upset. Listen closely when they talk. Invite conversation about those things that have been sad or disappointing for them, and do not minimize those situations or experiences.
- Share with your kids in age-appropriate ways: Don't avoid moments of loss. It's ok to express grief and disappointment in front of your kids – to speak about what you had hoped for, and the resulting emotions when it didn't go the way you wanted. Don't move past the hard things too quickly, and don't forget to declare your desire to trust God.

## Worship & Praise



***Sing along with (and add to) our Even if playlist on Spotify***

*Start building the regular habit of declaring God's goodness and lamenting the difficult stuff of life, and we will raise children who hold on to the goodness of God with resolve and authenticity even when facing the furnaces of life.*