

SPIRITUAL CHECK IN

1ST GRADE

OBJECTIVE

Help your child understand that God wants to be close to them and that spiritual check-ins are a simple way to talk to God and grow in faith together as a family.

WHAT TO KNOW

At this age, kids are learning to express themselves, recognize emotions, and build rhythms. That makes this a great time to introduce spiritual check-ins—simple moments to ask questions, pray together, and reflect on how they're doing with God.

Psalm 139 reminds us that God sees every part of our hearts, and Philippians 4 shows that when we bring our needs to Him, He gives us peace. These check-ins don't have to be long or formal. They can happen during car rides or quiet bedtime moments when your child is open and reflective.

TRUTH FROM THE BIBLE

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23–24

God knows everything about us, and He wants to help us grow and follow Him in every part of our lives.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God ... will guard your hearts and your minds in Christ Jesus. Philippians 4:6–7

When we talk to God about what we're feeling, He gives us peace and helps us know we're not alone.



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TALK ABOUT IT

- How are you feeling about your relationship with God?
- What helps you feel close to Him?
- Has anything made it hard to pray or read the Bible lately?
- Is there anything you want to tell God or ask Him about?

Let your child know that they don't have to have perfect words or answers—just an open heart. Remind them that God loves hearing from them and already knows what they're feeling.

LIVE IT OUT

Create a weekly rhythm for spiritual check-ins with your child. Choose a regular moment—like bedtime, a weekend breakfast, or a quiet car ride. Ask how they're really doing, talk about what they're learning or wondering about God, and pray together. Keep it simple and honest.

You can also make a "Heart Chart" with words or pictures that help name emotions—like happy, thankful, worried, or curious. This helps your child connect what they're feeling with their faith and invites God into their everyday moments.

If they're not sure what to say, try going first. Share something you've been thinking about or praying for. Over time, these small moments will help build a habit of turning to God together.

PRAY TOGETHER

Model honesty in prayer and give your child space to share their thoughts with God. Keep it simple, comforting, and full of love.

"God, help our family stay close to You. Thank You for loving every part of our hearts and listening when we pray. Help us talk to You and each other with honesty and joy. Amen."

