

SPIRITUAL CHECK IN

4TH GRADE

OBJECTIVE

Encourage your child to regularly reflect on their faith journey, ask questions, and take steps to grow their personal relationship with God.

WHAT TO KNOW

Your child is growing in their faith and beginning to ask deeper questions about God, prayer, and what it means to follow Jesus. As they navigate friendships, responsibilities, and new experiences, spiritual check-ins give them a safe space to explore their beliefs and connect with God on a personal level.

These intentional conversations help reinforce that faith isn't just something we learn—it's something we live.

TRUTH FROM THE BIBLE

Come near to God and he will come near to you. James 4:8 NIV

God wants to be close to us. When we take even a small step toward Him, He meets us right where we are.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness. 2 Timothy 3:16–17 NIV

The Bible isn't just a book—it's God's Word, given to help us learn and grow.

You will seek me and find me when you seek me with all your heart. Jeremiah 29:13 NIV

God promises to be found by those who truly seek Him. That means our questions, curiosity, and efforts to connect really matter.

When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father... will reward you. Matthew 6:6 NIV

Prayer is personal and powerful. God hears us when we speak to Him, even in quiet, simple moments.



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TALK ABOUT IT

- What's something you've been wondering about God or the Bible lately?
- When do you feel most comfortable talking to God?
- What's one Bible verse or story that's meaningful to you right now?
- How do you see your faith showing up in your daily life?
- Is there a way you've seen God answer a prayer or help you in a hard moment?

Spiritual check-ins are a great way to help your child think more deeply about their faith. These questions give them space to be honest about what they're learning, wondering, or struggling with. It also reminds them that following Jesus isn't about having all the answers—it's about staying close to Him, even as they grow and change.

LIVE IT OUT

Invite your child to do a "faith in action" challenge this week. Help them choose one small, intentional way to live out their faith—like helping someone without being asked, encouraging a friend, or showing patience in a tough moment. You could even pick a challenge together and do it as a family. Write their challenge on a sticky note or whiteboard and place it somewhere they'll see each day.

At your next check-in, reflect on how it went and talk about what they learned. These small steps help turn belief into action and build confidence that faith is for everyday life. Remind them that even small moments of obedience can be part of their walk with God.

PRAY TOGETHER

Make prayer feel natural by including it in everyday moments. Invite your child to be honest and expressive, and remind them that God listens, always.

"God, thank You for helping me grow in my faith. Help me keep asking questions, reading Your Word, and showing Your love in the way I live. Amen."

