

SPIRITUAL CHECK IN

5TH GRADE

OBJECTIVE

Help your child reflect on their personal relationship with God and create intentional rhythms of prayer, Bible reading, and faith conversations that strengthen their walk with Jesus.

WHAT TO KNOW

As your child grows in their relationship with God, it's important to regularly check in on their spiritual life. These conversations help them evaluate their faith, ask honest questions, and grow in confidence that God is with them. A consistent rhythm of spiritual check-ins builds trust between you and your child and nurtures a faith that lasts.

Your child doesn't need perfect answers—they need space to talk, wonder, and grow. God invites us to seek Him, and promises that when we do, we'll find Him.

TRUTH FROM THE BIBLE

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

God promises to draw close when we seek Him—He wants a real, ongoing relationship with us.

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

The Bible is more than a book—it's how God shapes our lives and helps us grow in truth and wisdom.

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

When we honestly search for God, He promises to meet us right where we are.

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

Prayer doesn't need to be public or perfect—it's about connecting with God in a personal, meaningful way.



SPIRITUAL CHECK IN

5TH GRADE

TALK ABOUT IT

- What's something you've been wondering about God or the Bible lately?
- When do you feel closest to God—during prayer, worship, nature, or something else?
- What's a Bible story or verse that really connects with you right now?
- How do you think your faith is growing or changing?

Let your child know that asking questions is part of growing. These conversations are a chance to discover more of who God is and what it means to follow Him.

LIVE IT OUT

Help your child start a simple “faith journal” where they can write down prayers, questions, and things they’re learning about God. This gives them space to reflect and look back on how their relationship with Him is growing. You can even set a weekly rhythm to sit down together and share what stood out.

If writing isn't their thing, try setting aside five minutes a few times a week to talk about their faith. Ask, “What’s something you’ve noticed God doing this week?” or “What’s a question you’ve been thinking about?” These small check-ins help normalize spiritual conversations and build a deeper connection—between both you and God. The goal isn’t to have all the answers, but to keep growing, learning, and inviting God into everyday life.

PRAY TOGETHER

Use this time to pray with your child about their walk with God. Let them lead if they’re comfortable, or take turns. Focus on keeping the conversation with God natural and honest.

"God, thank You for being with me as I grow in my faith. Help me to keep learning, asking questions, and trusting You. Show me how to live out what I believe every day. Amen."

