

Family Rhythm of Life:

Links to Baptism

During Baptism preparation

Explaining the symbols of Baptism

The baptism candle inspired the imagery used in the Family Rhythm of Life resources. The activities are split into 'spark' and 'shine' showing that we need to both receive spiritual nourishment from God and give back out into the world by showing love to others.

Talking through the order of service

Baptism is a significant part of the Christian journey but the journey continues afterwards. During the 'Presentation of the Candidates' the president will ask:

*"Parents and godparents, you speak for **child** today. Will you pray for them, and help them to follow Christ?"*

Talk about how the Family Rhythm of Life resources can help the parents and godparents to support their child in their faith journey and help them to follow Christ.

Talking about the importance of family

The family unit, in whatever form it takes, is really important to God and is the place where children can learn to live out their faith in community with others. Emphasise the importance of practicing faith at home as a family by creating a routine (rhythm) which suits their family life. If the child is older, they can discuss with their adults what kinds of things they would like to do as a family at home to express and nourish their faith.

Family Rhythm of Life small group session plans

If you have more time to prepare families for Baptism and you'd like to go into more detail, these [small group session plans](#) might be a useful resource. This plan introduces the key concepts gradually over four sessions and includes talking points and activity ideas.

Within the Baptism Service

Within the sermon

You could touch upon the following points:

- Baptism is the start of an ongoing journey of faith for the family. Building in faith-based habits to their family life can be a great way to continue this journey.
- Being a Christian might look a bit different for each of us. We discover our own skills, gifts and interests as we grow up and it's the same with how we express our faith. The important part is that we both spend time with God to receive His love and we love others and shine as lights in the world.
- Everyone who has been baptised, including parents and godparents, have the same calling to be Lights for Christ. That's why it's important for the whole family to do faith-based activities together and not just the child or children being baptised.

Give out the resources

Give out a Family Rhythm of Life pack (schedule template and stickers) near the end of the service with the baptism candle.

Give out [Lights for Christ bookmarks](#) to other children or families in the congregation. These have QR codes linking to the Lights for Christ and Family Rhythm of Life web pages and can be coloured in by the recipient.

