THE STICKY FAITH

FAMILY GUIDE VIDEO CURRICULUM

SEASON 1

SESSION 01: WHY



BEFORE THE FILM

- 1. What is one quality of your child's personality that you really appreciate about them?
- 2. What is one of your biggest hopes for your child's future? What is one of your biggest fears about your child's future?
- 3. Imagine your child at age 25. What do you hope their faith looks like at that age?

PLAY THE FILM

Play Session 01: Why (06:37)



AFTER THE FILM

1.	As the film reports, research indicates that 40-50% of high school seniors drift
	from God and the church after graduation. When you hear that data, what
	thoughts or feelings are triggered in you?

2. As you reflect on how you've parented thus far, what have you done to positively shape your family's faith?

3. What do you wish you had done differently?

4. In the film, Kara describes a number of challenges that prevent her from being proactive in her parenting. Given your family's current life stage, what makes it hard for you to be intentional in your parenting?



5. The Apostle Paul's prayer in Ephesians 3:14-21 focuses on the height and depth of God's love. Reflecting on the entire passage, how do Paul's words provide some encouragement to you in the midst of your family's faith journey?

6. How do you hope your family is impacted as a result of this film series?



SESSION 02: MIRROR



BEFORE THE FILM

- 1. In what ways is your child similar to you?
- 2. When you see your child respond to a situation as you would, or use the same phrases or tone of voice as you, how do you feel?
- 3. As you watch this film, pay attention to any phrases that especially stand out to you, as we'll discuss those right after the film is over.

PLAY THE FILM

Play Session 02: Mirror (16:23)



AFTER THE FILM

1. What phrases from the film stood out to you?

2. As we learn in the film, research indicates that the most formative factor in our children's faith development is our own faith. What's encouraging about that data? What's distressing about it?

3. In 1 Corinthians 11:1, Paul gives a bold invitation: "Follow my example as I follow the example of Christ." What aspects of your own personality, lifestyle, or your choices would you want your child to emulate?

4. What aspects of your personality, lifestyle, or choices would you hope your child avoids?



5. The parents in the film admit that seeing their kids act like them makes them want to change. As one parent in the film described, "You think your job is to grow up your children, but they're growing you up." How do your own kids help you mature?

6. Multiple parents in the film discuss how they often spend time in prayer or other spiritual practices when their kids aren't around. When do your kids see you trying to develop your own relationship with the Lord? How do you feel about your answer?

7. One dad in the film points out that we as parents model for our kids how to respond when we make mistakes. When you blow it, what do you want to model in front of your child?

8. What change(s) would you like to make so that you can be more intentional in living out your faith in front of your child?

SESSION 03: WARM



BEFORE THE FILM

- 1. In this film you will hear Kara describe how much she and her family enjoy spending time with Rand and his daughter, Rachel, because of their warmth. Do you know a family that shows that type of warmth to each other, and if so, how do they show it?
- 2. Given the ages and stages of your kids, when is it challenging for you to show love and affection to them?
- 3. Think of one time this last week or month when your family was "cool" toward each other instead of "warm." What do you wish you had done differently?
- 4. In this film, you will hear the raw experiences and struggles of parents just like you. Please note the phrases or ideas that are especially intriguing to you so we can discuss them after the film.

PLAY THE FILM

Play Session 03: Warm (15:31)

AFTER THE FILM

1. Which phrases or ideas in the film were especially intriguing to you?

2. Some of Rand's last words are, "If Rachel's hurting, confused, if she makes a mistake, she knows she doesn't have to hide it from me...I will be there—ready to listen, ready to respond the way God responds. With love. Without judgment. With warmth." How does God show us love and warmth in the midst of our struggles? How should the way God responds to us influence the way we respond to our kids (whether your child is Rachel's age or quite a bit younger)?

3. In 1 Corinthians 13, the Apostle Paul gives a description of love: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." Which of these qualities of love is most evident in your family already? Which of these qualities would you like to see more of?



4. When it comes to building Sticky Faith, research indicates that more important than how close you feel to your child is how close your child feels to you. If your child was asked when they feel the closest to you, what do you think they would say?

5. The parents in the film pinpoint various obstacles that prevent them from showing affection and unconditional love to their children, including their own fatigue, their family busyness, their insecurities, their anger, and their focus on their children's behaviors. What obstacles tend to hinder your own family's warmth?

6. When your child fails or struggles (in major or smaller ways) and you feel like you need to discipline them, how do you also try to show them warmth?

7. What is one way you'd like to increase your family warmth this week?

Note: For any parent who is wondering how to respond if their child may have an addiction, visit the special "for parents" portal of the National Association of Christian Recovery at nacr.org/parents.



SESSION 04: SPARK



BEFORE THE FILM

- 1. What are some of your child's hobbies, interests, or passions?
- 2. How do you try to support these hobbies and interests?
- 3. As you watch this film, note any words, images, or scenes that stand out to you. We will discuss them after the film.

PLAY THE FILM

Play Session 04: Spark (16:11)



AFTER THE FILM

1. What words, images, or scenes stood out to you in the film?

2. Think of a time recently when you had a really great connection with your child and their spark, (one of their interests, passions, or abilities). What made it such a good time together?

3. How have you had to adapt your own parenting over the years as your child has gotten older and their sparks have changed?

4. What do you do when your child has so many sparks that they—and your entire family—become too busy?



5. In 1 Corinthians 12:4-25, the Apostle Paul describes various gifts that are given to Jesus' followers. He warns that each role is essential to the health of the body of Christ, and cautions against comparing our roles, or functions, with each other. Can you share a time when comparison has caused your child to feel less confident about their sparks? Knowing what you know now, how would you like to respond to your child when they compare their gifts or interests with others'?

6. What mistakes have you made as you have tried to dive into your kids' sparks?

7. In the film, parents share about times when their kids have hurt their feelings, or when their own expectations as parents haven't been met as they have tried to connect with their kids. When has that happened to you? How did you handle it? Is there anything you wish you had said or done differently?

8. How would asking your kid, "What are you into these days?" make a difference in your family relationships?

SESSION 05: PLAN



BEFORE THE FILM

- 1. How has this film series affirmed who you are as a parent and what you are already doing?
- 2. What one or two big insights about Sticky Faith or your family have you gained during this series?

PLAY THE FILM

Play Session 05: Why (5:52)

AFTER THE FILM

1. How does it make you feel knowing that each family has their own "recipe" for building Sticky Faith?



2. What is one Sticky Faith idea you'd like to try this week? What is one idea you'd like to try this month? How about this year?

3. What steps would you need to take in order to implement those ideas?

4. How, if at all, would you like to talk about your ideas with your kids?

5. In John 15:4, Jesus teaches, "Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine." What would it look like for you to remain in Jesus in the midst of trying to cultivate Sticky Faith in your family?



6. Some families find it helpful to print their Sticky Faith goals and review them every few weeks. In the midst of all you're juggling, how will you continue to pay attention to your ideas and plans?

7. No plan is perfect. If you fall behind or your Sticky Faith ideas don't work as you hoped, how will you make course corrections and maintain momentum?

8. How might implementing these Sticky Faith ideas impact your own faith?

9. How can others you trust encourage and empower you to take these next Sticky Faith steps?

