

FaithTrek: Preschool

Making disciples of Jesus Christ for the transformation of the world.

The Littles Get It

Churches have for too long assumed that Christian education with preschoolers was just about keeping them happy for an hour. Statistics, however, tell us that they are ready to start on their faith journey. Their brains, language skills, moral compasses and hearts are poised to dive in and invest in learning about God. We know now is the time!

Their brains are on the fast track, developing new words, skills and questions and, as you know, they are on the move all the time. Three year olds developmentally are thinkers and answer seekers. Four year olds are dreamers and are known for their imagination explosions. Five year olds are schmoozers, want to please others and love to help. They push us to create lessons and experiences that are best described as “play packed” with learning about God’s love. Don’t underestimate their deep sense of spirituality. Now is the time to teach them how to pray, introduce the concept of accompaniment and explore faith in daily living.



Getting Started in FaithTrek



As you know, parenting can really only be learned in the doing. The same principle holds true for faith. It is in the doing we discover the sacred in everyday moments and become aware of opportunities to look for God hiding in plain sight. Rachel Held Evans, author and parent, wrote “faith must be practiced so that we can get God out of our heads and into our hands”.

Practice and learning go together. We acknowledge the importance of practice when it comes to walking, talking, getting dressed and riding a bike, but adults too often assume they must have all the answers before engaging in conversation, prayer and teaching children about God, discipleship and prayer.

Please, don’t wait! Now is the time to start talking, teaching and practicing faith in the home. Learn as you do activities with your children. Take it one step at a time.



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Getting Started in FaithTrek

FaithTrek is the Christian education, Sunday School program, of First Lutheran. FaithTrek is for 3 year olds through 5th grade. Teachers are called Guides because their role is to guide the learning process.

- Register your child for FaithTrek using the on-line form at www.flclincoln.org. Click on Connect, Learn and then FaithTrek. Children must be registered to participate.
- We assume your child is potty trained as we are just not equipped to be changing diapers. You can help by making sure your child stops at the restroom before coming to FaithTrek.
- Your child may be a bit nervous and unsure about coming to FaithTrek, especially the new 3 year olds, and that is understandable. Please know the FaithTrek Guides do a great job of welcoming the little ones and shepherding them as they strengthen their independence and grow as disciples. You can help your child adjust by letting them go and letting the Guides connect and engage with them.
- You will find a photo with each of the Guides by the classroom door. We do background checks and training with all of the First Lutheran Guides. If you have questions about the program, please ask one of the Guides or contact Sunni Richardson who coordinates our FaithTrek ministry.
- FaithTrek begins in the Activity Center/Sanctuary at 9:30 am. Sign your child in at the table by the entrance to the Activity Center. Then let the FaithTrek Guide or usher take it from there. Your leaving will actually help them adjust and get connected with the other children and the FaithTrek routine. FaithTrek ends at 10:30 am. Please be at their assigned classroom to meet your child at 10:30 am.

Faith Formation Ideas

Consistence and routines are important to preschoolers. Keep those principles in mind as you engage in faith formation activities.

- Say grace before a meal, or return of thanks after a meal, using a repetitive prayer the family creates or a repeat-after-me prayer.
- Make the sign of the cross on your child's forehead each night with the words "you are loved".
- Take a prayer walk around the neighborhood looking for ways you can say thank you to God.
- Share your children. Adopt a neighbor or a member of the church who lives alone and invite them to join you periodically for a meal, an ice cream date or fun activity, such as baking Christmas cookies.
- As you go out the door each morning say this simple prayer, "God make me a blessing to someone today".
- Preschoolers like to serve. Sign up to be a Communion Presenter. The pitcher is a bit heavy so your help may be needed. The Communion Presenters bring the wine and bread forward with the ushers.

Kids are great imitators. Help them grow as faith-filled children of God by modeling faith in the home and being involved in a faith community.

