



Invitation to Peace Rites of Passage

Now that you've gone through the 3 kickstarters I hope you have identified some peaceful times that you have with your baby. Every family is different, and definitely every baby is different, so we'll all land on different times within our daily rhythm that are peaceful.

We looked specifically at 3 times: cuddle time, bath time, and sleep time. Please take a moment to consider your child and identify the ONE time that is MOST peaceful for you and your baby.

The next step once you've identified your specific time of peace is to choose a story, Bible verse, song, or prayer that you'll repeat every time you and your baby are in that time of peace. For example I loved rocking my babies to sleep. I was scared as a first time parent, so as I rocked my eldest to sleep, I'd pray, "God, help her to grow into the person you've created her to be. Help me not get in the way." As crazy as that sounds, it's what I needed, to remember that God has a purpose and plan for my daughter regardless of my ability as a parent.

We want you to choose 1 prayer, or 1 song, or 1 verse, or 1 story that you'll say EVERY time you and your baby are in your identified area of peace. We've

provided a resource page with tons of options for you to consider. Feel free to choose one of these OR come up with our own. The intent is for this to be extremely personal!

Once you've identified your time of peace and your 1 thing to say, sing during that time of peace it would be great to have that verse, prayer, song, or story, written out and framed to hang in your baby's nursery. You could print it on card stock or handwrite it, use your imagination for making it a nice piece of art for your nursery.

Build these words into your identified peaceful time. Say or sing them EVERY time so that the words become an intentional part of your family's rhythm. Remember that Jesus says to us, *"Blessed are the peacemakers for they'll be called children of God."*