

This week's Faith at Home episode for Parents and Families focuses on the theme of Humility – featuring contributions from children and young people across the UK, Bible Reading Fellowship, the Chief Rabbi and a song by Matthew David Morris.

We talk about humility as a way to become more open to each other and God. If you ever feel stumped by one of those BIG Questions, try answering with this formula: "I'm not really sure about that. I wonder what you think?"

This is how we can have more faith growth moments: by encouraging more and more questions and responding with humility.

May we each find an open-hearted, open-ended way to believe we are each enough – with or without the answers – because we are all made in the image of love.

Here are some links and resources for further exploring:

- [This post](#) gives a way to explore questions with younger people.
- [These prayer activities](#) have been created for families to use at home.
- [Ideas and resources](#) offered online for a short period of time, to help households ask good questions and wonder together.
- [Hear Matthew David's Lectio Musica podcast](#), in which he explores the spiritual practice of writing songs from scripture. A new song is featured in every episode, along with tips, suggestions, and reflections on how to make this practice your own.

Please [send any stories or ideas](#) that your family have found useful (You could send us a short video telling us about your conversations. Please film in landscape).

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