

FAITH IN THE KITCHEN: CONNECTING WITH YOUR KIDS THROUGH BAKING

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“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates” (Deuteronomy 6:6-9).

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:16-18).



The Christmas Cookie Rush

It was the Thursday night before winter break, and that meant the 11th hour for preparing teacher Christmas gifts. We had bought a gift certificate and decorated a card, but my son really wanted to make Christmas cookies for his teacher. Begrudgingly, I gathered the ingredients, and we began hurriedly mixing, chilling, and rolling out the dough. We were up against time, and I anxiously hovered over his shoulder, urging him to cut the cookie shapes faster and more carefully. After six cookies, I cut him loose to play and continued without him. Once the cookies cooled, I called him back to dip and decorate a few before bed.

Whew! We had made it. The cookies were done, and he had technically participated.

Everyday Moments for Spiritual Growth

Sometimes, this is just how it goes in a busy family. But that night, I sat on the couch realizing I had missed an opportunity to connect with my son. Everyday activities like cooking and baking are perfect moments to engage kids in conversation, reflection, and even prayer. Studies show that a child’s spiritual formation happens largely through day-to-day interactions with parents and caregivers. And this shouldn’t surprise us. God instructed his people to share their faith with their children “when you sit at home and when you walk along the road, when you lie down and when you get up” (Deuteronomy 6:7). Faith formation is about more than Sunday school or structured mealtime prayers. It happens in the everyday moments.

Turning Baking into a Faith-Filled Experience

Baking has natural rhythms and downtimes, making it an ideal time for shared spiritual practices. While a child is mixing ingredients, a parent can read a Bible verse or play a praise song instead of hovering. While waiting for cookies to bake, parents and children can share prayer requests and reflect on what they’re grateful for. The Bible is full of references to food, meals, cooking, and baking. A quick search will reveal many verses, parables, and stories you can share in the kitchen. The stories will often take on a new light and help kids connect more concretely with their meaning. The Bible contains over 250 verses about bread and breadmaking alone! Now that’s a lot of food for thought!

Practical Ways to Share Faith in the Kitchen

There’s no single right way to incorporate faith into cooking and baking with kids. Simply modeling how to commit everyday moments to prayer and reflection is a powerful practice. Paul reminds us in 1 Thessalonians 5:16-18, “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is

the will of God in Christ Jesus for you.”

Here are a few creative resources to weave faith into cooking and baking.

- Expert baker and theologian Kendall Vanderslice offers family-friendly [Bake with the Bible](#) lessons.
- Children’s ministry leader Amber Pike created the [Family Devotions Cookbook](#).
- Thereasa Winnett, founder of Teach One Reach One Ministries, shares these [free recipe ideas for different Bible stories](#).

And remember, don’t be too hard on yourself. Some kitchen experiences will be more conducive to faith-sharing than others. Not every attempt will be perfect, but that’s okay. When you do try, here are a few tips: start small, allow plenty of time so you’re not rushed, and if at first you don’t succeed, try again!

Want to do a deep dive? Check out Family Fire's article: [Guiding Our Kids to Pray](#).

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