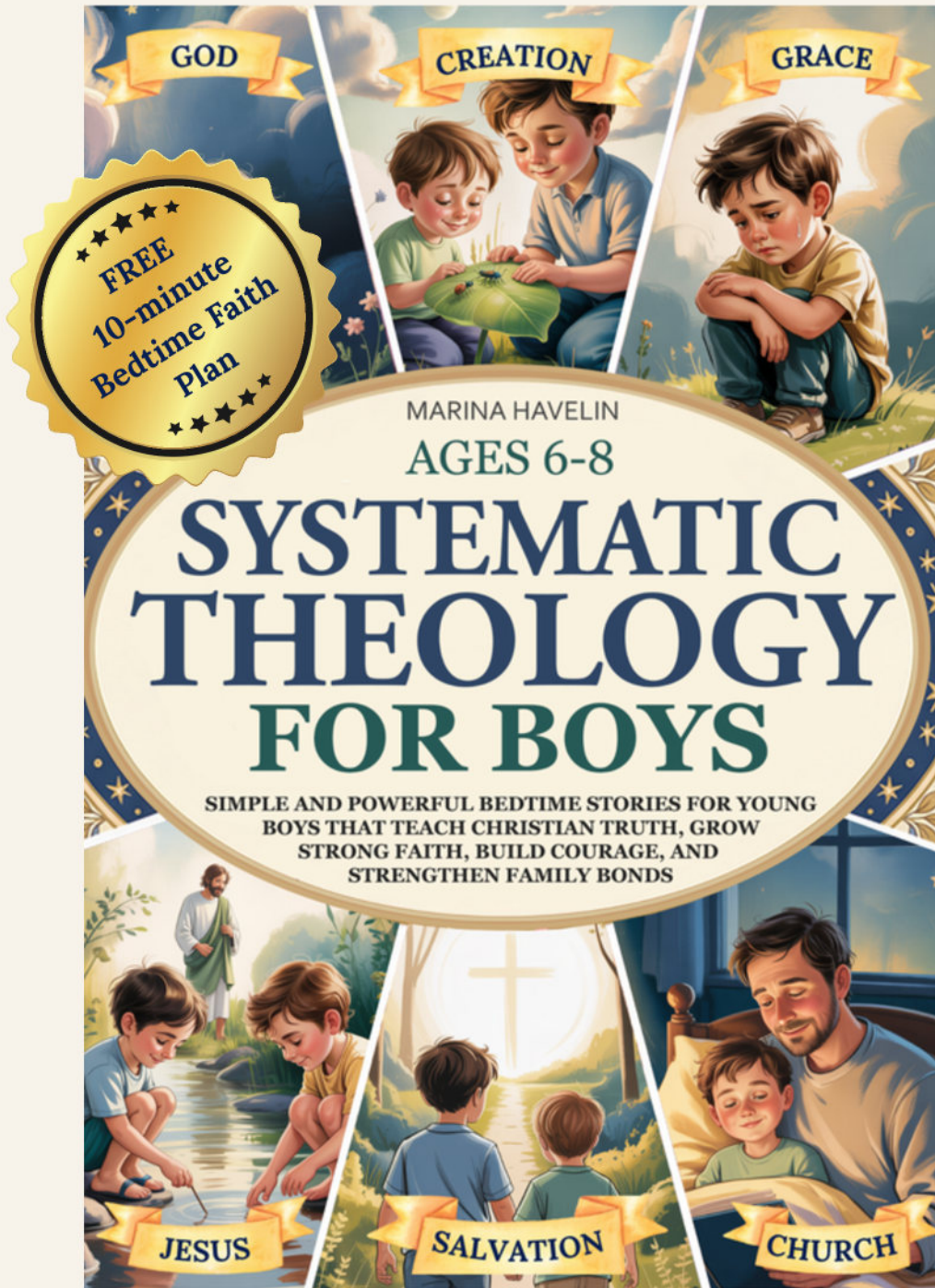


The Busy Parent's Guide  
**A Simple 10-Minute Daily Plan**  
to Teach Your Son About God



Companion to Systematic Theology for Boys



# Teaching Your Son About God— Without Overwhelm

## You Don't Need To Be An Expert

If you've ever felt unsure how to teach your son about God, you're not alone. Many parents carry a quiet pressure—that they should know more, explain more, or get everything exactly right. So when questions come, it's easy to feel unprepared... or to say nothing at all.

But teaching your son about God is not about having all the answers. It is about helping him know what is true—simply, clearly, and over time. And here is what many parents don't realise:

### You are already doing this.

Every question your son asks...

Every choice he makes...

Every moment of fear, joy, or failure...

These are the moments where faith is already being formed.

The goal is not to add something new to your day.

The goal is to use what is already there—with clarity and purpose.



## What you'll Learn In This Guide

- A simple way to teach faith in just 10 minutes a day
- What boys aged 6–8 actually understand (and what overwhelms them)
- How to turn everyday moments into meaningful faith conversations
- A repeatable rhythm you can start using tonight

You don't need a perfect plan.

You just need a simple one you can return to.

Your son does not need a lecturer.

He needs a guide.

He does not need perfect explanations.

He needs clear, simple truth—given consistently and with love.

This guide will show you how to do that in a way that is simple, natural, and sustainable—even in a busy life.

# 1: Why Teaching About God Feels Overwhelming (and Why It Doesn't Have to Be)

One of the biggest barriers parents face is the belief that they need to become experts before they can teach their children about God.

It sounds reasonable—but it isn't true.

Teaching your son about God is not about explaining everything. It is about helping him understand what is true in a way he can remember. Children do not need detailed explanations. They need clear, simple truth—repeated over time. Your role is not to explain everything. Your role is to introduce what is true in ways your child can understand. This happens best through simple, repeated conversations in everyday life. You don't need to cover everything. You only need to return to a few foundational truths again and again. Focus on simple truths your child can hold onto:

- God made everything and is in charge
- Sin is choosing our way instead of God's way
- Jesus came to rescue us
- We follow God because we love Him.

You do not need to have every answer. One of the most powerful things you can say is: **“Let's learn that together”**

- Clarity builds understanding.
- Complexity creates confusion.
- Simple truth, repeated consistently, is what helps faith take root.



# Story: How Big is God?

Joshua, aged 8, looked up at the night sky and asked, “Dad, how big is God?”

Dad paused for a moment. He could have tried to explain everything—but instead he said, “God is bigger than everything you can see—and even bigger than what we can understand.”

Joshua thought quietly. “So... He made all of this?”

“Yes,” Dad said. “And He knows you too.”

Joshua didn’t get every detail—but he understood something true.

## Talk About it

- What do you think Joshua learned about God?
- Why didn’t Dad try to explain everything?
- What is one true thing you know about God?

## Simple Prayer

“God, thank you that You are great and that You know us. Help us to learn more about You each day. Amen.”

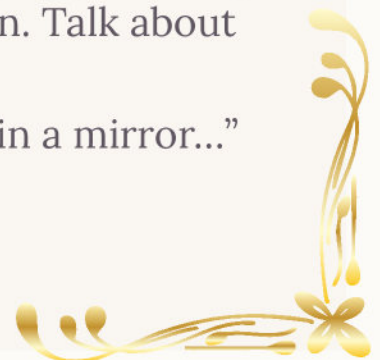


**Psalm 46:10** “Be still, and know that I am God.”

**Deuteronomy 6:6–7** “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...”

**Corinthians 13:12** “Now we see only a reflection as in a mirror...”

*You don’t need to explain everything.  
One simple truth is enough to begin.*



# What Boys Actually Need to Understand

When it comes to boys aged six to eight, it helps to understand how they naturally learn.

At this stage, boys are not drawn to long explanations or abstract ideas. They are drawn to what is clear, concrete, and connected to real life. They want to know what is true, what it means, and what they should do.

When too much information is given, it often creates confusion. But when truth is simple and repeated, it begins to take root.

This is why it is more effective to focus on a small number of clear, foundational truths: ♥ God is in charge, ♥ God tells the truth, ♥ we can trust Him, and ♥ we should do what is right.

These truths become meaningful when they connect to real moments.



When a child feels afraid, he begins to understand what trust is. When he makes a wrong choice, he begins to understand sin and forgiveness. When he chooses what is right, he begins to understand obedience.

This is where theology becomes alive—not as information, but as a way of living and responding to the world.

Instead of trying to teach everything, focus on what your son needs right now. That is where clarity—and growth—begins.

Simple truth, connected to real life, is what makes faith stick.

# Story: One Step at a Time

Nicholas, aged 6, wanted to do everything quickly. When something felt hard, he would stop and say, “I can’t do it.”

One afternoon, while trying to build something, he became frustrated and pushed it away. Dad sat beside him and said, “You don’t have to finish it all at once. Just take one step.”

Nicholas hesitated, then tried again—one small piece at a time.

Later that night, Dad said, “Growing in life—and with God—often happens one step at a time.”

Nicholas didn’t say much, but something stayed with him. Faith grows through small, steady steps—not all at once.

## Talk About It

- What was Nicholas feeling when he wanted to stop?
- What helped him take the next step?
- When do you feel like giving up?
- What does it mean to keep going, one step at a time?

## Simple Prayer

“God, help us to keep going when things feel hard. Help us to trust you and take one step at a time. Amen.”



**Psalm 119:130** “The unfolding of your words gives light; it gives understanding to the simple.”

**Deuteronomy 11:18–19** “Fix these words of mine in your hearts and minds... Teach them to your children.”

**Psalm 56:3** “When I am afraid, I put my trust in you.”

*Once we understand that boys need simple, clear truth, the next step is learning how to express even the biggest ideas in a way they can easily understand and remember.*

# 2: Simplifying Big Truths into Everyday Language

## Turning Theology into Simple Truths

One of the most helpful things you can do for your son is make truth simple enough for him to remember.

Big ideas become clear when expressed in short, meaningful sentences. Children do not need long explanations. They need something they can hold onto, repeat, and understand over time.

“God made everything and is in charge” gives your child something solid.

“Jesus came to rescue us” is something he can remember.

“We do what is right because we love God” connects truth to action.

These simple truths are not meant to explain everything. They are meant to build a foundation.

### Make It Simple

*Instead of saying: “God is sovereign and omniscient”*

*Say: “God is in charge and knows everything”*

*Instead of saying: “Sin is disobedience against God’s law”*

*Say: “Sin is choosing our own way instead of God’s”*

*Instead of saying: “Salvation comes through Christ alone”*

*Say: “Jesus came to rescue us”*



When simple truth connects to real life, it becomes powerful.

Over time, these truths shape how your child thinks and responds.

Simple truth, repeated consistently, becomes deeply understood truth.



# Story: “It Was Me”

Joshua had the chance to blame his little brother for something he had done. No one else had seen it happen.

He paused.

Dad had often said, “We tell the truth because God loves what is true.”

After a quiet moment, Joshua said, “It was me.”

Nicholas looked surprised. Dad nodded with a small smile.

That one simple truth had guided Joshua’s choice.

## Talk About it

- **What choice did Joshua have to make?**
- **What helped him choose what was right?**
- **Why can telling the truth feel hard?**
- **What truth do you want to remember this week?**

## Simple Prayer

“God, help us to tell the truth and do what is right, even when it is hard. Amen.”



**Psalm 16:11** “You have made known to me the path of life...”

**Matthew 5:37** “Let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’...”

**2 Timothy 3:16** “All Scripture is God-breathed and is useful for teaching...”

*Simple truth remembered in the moment can guide wise choices.*

# Using Stories Instead of Explanations

While simple sentences help children understand truth, stories help them remember it. A story creates a picture in your child's mind. It connects truth to real situations and helps him see how it works in everyday life. You do not need to tell long or complicated stories. In fact, shorter is better. A simple moment, a clear choice, and a connection to truth is enough. Stories help your child move from hearing truth... to seeing it... to understanding how to live it. This is where learning becomes real.

## Talk About it

- How did Nicholas feel when the tower fell?
- What did he want to do at first?
- What did he choose to do instead?
- Why is forgiveness sometimes hard?



## Simple Prayer

“God, help us to forgive others like you forgive us. Even when it is hard, help us choose what is right. Amen.”

## Story: Forgive

Nicholas had built a tall tower with his blocks. Joshua walked past and accidentally knocked it over.

“It’s ruined!” Nicholas shouted, his face tightening with anger. Joshua froze. “I didn’t mean to.”

Nicholas clenched his fists. Dad stepped in gently. “Nicholas, what does God want us to do when someone does something wrong to us?” Nicholas looked down. He knew the answer. Nicholas looked down. “Forgive?” Dad nodded.

Nicholas didn’t feel like forgiving—but slowly, he said, “It’s okay.”

The tower was still broken—but something else had been built instead.

**Matthew 13:34** “He spoke all these things to the crowd in parables...”

**Psalms 78:2** “I will open my mouth with a parable...”

**Deuteronomy 11:18** “Fix these words of mine in your hearts and minds...”

*Now that you can simplify truth and bring it to life through stories, the next step is making this part of your everyday routine in a way that is simple and consistent.*

# 3: The 10-Minute Daily

## Faith Rhythm

### A Simple Daily Pattern

One of the biggest challenges for parents is not knowing what to do—  
it is doing something consistently.

Life is busy. Evenings are full. Energy runs low.

That is why you do not need a complicated plan.

You need a simple rhythm you can return to each day.

A short daily moment will shape your son's faith more than occasional  
long lessons.

A simple pattern works best:

- ♥ A short story
- ♥ One thoughtful question
- ♥ A brief prayer

That is enough.

Joshua is learning to think more deeply. Nicholas is learning through  
repetition and real moments.

Over time, consistency helps truth become familiar, and faith  
becomes part of everyday life.



# Story: God Sees Everything

One night, just before bed, Dad said, “Let me tell you something that happened today.” Joshua and Nicholas leaned in.

“A boy had the chance to do something wrong, and no one would have known. But he remembered that God sees everything—and he chose to do what was right.”

Joshua thought quietly. Nicholas asked, “Did he get in trouble?”

Dad smiled. “No. But more importantly—he did what pleased God.”

That night, the story stayed with them.

## Talk About it

- What choice did the boy have to make?
- Why did it matter, even if no one else saw?
- What would you do in that situation?
- Why does doing what is right matter to God?

## Simple Prayer

“God, help us to do what is right, even when no one is watching. Amen.”



**Deuteronomy 6:6–7** “These commandments... Impress them on your children...”

**1 Thessalonians 5:17** “Pray continually.”

**Proverbs 22:6** “Start children off on the way they should go...”

# Making It Work in Real Life

Even simple rhythms can feel difficult on a long day.

There will be moments when you are tired, when your child is distracted, or when things don't go as planned. That's normal. The goal is not perfection—it is consistency.

Even a short moment still matters. One sentence of truth, one question, one prayer—that is enough.

Faith grows slowly, often in ways you cannot see right away.

## Story: The Game

Nicholas was upset. Joshua had gone first in a game, and Nicholas felt it wasn't fair.

"That's not fair!" he shouted.

Joshua crossed his arms. "It was my turn."

Dad stepped in. "Nicholas, what can you do when you feel upset?"

Nicholas frowned. He didn't want to answer.

Dad gently said, "We can stop, take a breath, and choose what is right."

Nicholas took a deep breath. It didn't fix everything—but it helped.

Joshua looked at him and said, "You can go next."

The moment passed—but something had been learned.

## Talk About it

- **How did Nicholas feel?**
- **What helped him calm down?**
- **What can you do when you feel upset?**
- **Why is it important to choose what is right in those moments?**

## Simple Prayer

"God, help us to stay calm and choose what is right when we feel upset. Amen."

**Galatians 6:9** "Let us not become weary in doing good..."

**Psalms 145:18** "The Lord is near to all who call on him..."

**Isaiah 55:11** "My word... will not return to me empty..."

*Once this simple rhythm becomes part of your day, you will begin to notice something important—opportunities to teach truth are not limited to set times. They are happening all around you.*

# 4: Building Strong Faith Through Small Moments

## Turning Everyday Moments into Faith Moments

It's easy to think that teaching your son about God happens during set times—like bedtime or planned conversations. But some of the most powerful moments happen unexpectedly. They happen in real life. In the middle of emotions, decisions, and everyday situations. These are not interruptions to teaching.

They are the best opportunities for it. When your son experiences something—fear, frustration, joy, or failure—he is already trying to make sense of it. In that moment, you have the opportunity to gently connect what he is experiencing to what is true. You don't need long explanations. Often, one simple sentence is enough.

Over time, your son begins to see that God is not just part of a lesson—He is part of life.



# Story: When Night Feels Scary

Joshua had gone to bed, but the house felt different in the dark.

“Dad?” he called softly. “What was that noise?”

Dad came in and sat beside him.

“Sometimes houses make sounds at night,” he said calmly.

Joshua was quiet for a moment. “I still feel scared.”

Dad nodded. “Feeling scared happens sometimes. But you are not alone. God is with you, even in the dark.”

Joshua took a slow breath and lay back down.

“Can you stay a minute?” he asked.

Dad smiled. “Of course.”

A small moment—but a meaningful one.

## Talk About it

- Why did Joshua feel scared?
- What helped him feel calmer?
- Have you ever felt scared at night?
- Why does it help to remember God is with us?



## Simple Prayer

“God, thank You that You are with us day and night. Help us trust You when night feels scary. Amen.”



**Psalm 4:8** “In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.”

**Isaiah 41:10** “So do not fear, for I am with you..”

**Psalm 56:3** “When I am afraid, I put my trust in you.”

# Asking Questions That Shape the Heart

Telling your son what is right is important. But helping him think about what is right is even more powerful. Questions slow the moment down. They give your child space to reflect, understand, and begin to choose differently—not just because he is told to, but because he is learning why it matters. A simple question can turn a reaction into a moment of growth.

Over time, these questions help shape not just behaviour—but the heart behind it.

## Story: Patient

Nicholas sat with his arms crossed, upset.

Joshua had taken a turn before him again.

“It’s not fair,” Nicholas muttered.

Dad sat beside him. “Nicholas, what do you think God would want you to do right now?”

Nicholas didn’t answer immediately. He looked down at the floor.

After a moment, he said quietly, “Be patient?”

Dad nodded. “Yes. That’s right.”

Nicholas didn’t suddenly feel happy—but he stayed where he was, choosing not to argue.

Joshua glanced over. “You can go next,” he said.

Something had shifted—not just the situation, but Nicholas’s response.

## Talk About it

- **How was Nicholas feeling?**
- **What question did Dad ask him?**
- **How did that help him?**
- **What can you do when something feels unfair?**

## Simple Prayer

“God, help us to be patient and choose what is right, even when things feel unfair.  
Amen.”

**Psalms 86:11** “Teach me your way, Lord...”

**Proverbs 4:5** “Get wisdom, get understanding...”

**Proverbs 4:23** “Above all else, guard your heart...”



*As these small, everyday moments begin to shape how your son thinks and responds, something deeper begins to grow. Not just understanding—but character.*

# 5: Raising Boys Who Live What They Believe

## From Knowing to Living

It's one thing for your son to know what is true. It's another for him to live it. This is where growth takes time. Children often understand what is right long before they consistently choose it. That's not failure—it's part of the process. Your role is not just to teach truth, but to help your son respond to it, one decision at a time.

Joshua, at eight, is beginning to pause, think, and choose more deliberately. Nicholas, at six, often reacts first and learns in the moment. Both are exactly where they should be. What matters is not perfection, but progress. When truth is connected to action—when your son begins to choose what is right, even in small ways—faith starts to take root.



# Story: Tell The Truth

Joshua was playing at a friend's house when he accidentally broke a small toy. No one else saw it happen.

He picked it up and looked at it. For a moment, he thought about putting it back and saying nothing.

Later that evening, Dad asked, "Did anything happen today where you had to make a hard choice?"

Joshua hesitated.

Then he said quietly, "I broke something... and I didn't tell."

Dad nodded gently. "What do you think would be the right thing to do?"

Joshua looked down. "Tell the truth."

The next day, he went back and told his friend.

It wasn't easy—but it was right.

## Talk About it

- What choice did Joshua have to make?
- Why was it hard?
- What helped him decide what was right?
- What would you do in that situation?



## Simple Prayer

"God, help us to choose what is right, even when it is hard.  
Amen."

**James 1:22** "Do not merely listen to the word... Do what it says."

**John 14:15** "If you love me, keep my commands."

**Deuteronomy 5:33** "Walk in obedience to all that the Lord your God has commanded you..."

# Creating a Faith-Filled Home

Faith grows best in an environment where it is lived out daily.

This does not require perfection. It requires consistency.

When your son sees truth lived out—through your words, your actions, your responses—he begins to understand that faith is not just something we talk about. It is something we live.

Joshua notices when his parents respond with patience, honesty, and humility. Nicholas watches, learns, and begins to follow those patterns.

Over time, these repeated moments shape what feels normal.

And what feels normal becomes what your sons begin to live.

## Story: “I’m Sorry”

One evening, Dad spoke too sharply when the boys were being noisy.

The room went quiet.

A moment later, Dad took a breath and said, “I shouldn’t have spoken like that. I’m sorry.”

Joshua looked up.

Nicholas watched closely.

Later that week, Nicholas bumped into Joshua and knocked over his blocks.

Joshua started to react—but paused.

“It’s okay,” he said.

Nicholas blinked. “Really?”

Joshua nodded.

Something had been passed on—not through instruction, but through example.

## Talk About it

- **What did Dad do in the story?**
- **Why was that important?**
- **What did Joshua learn from it?**
- **How can you show kindness or forgiveness like that?**

## Simple Prayer

“God, help us to live in a way that shows your truth to others. Amen.”

**Deuteronomy 6:7** “Impress them on your children...”

**1 Corinthians 11:1** “Follow my example, as I follow the example of Christ.”

**Joshua 24:15** “As for me and my household, we will serve the Lord.”

*As your son begins to move from knowing truth to living it, it becomes clear that what you are building is not just understanding—but a foundation for life.*

# Conclusion: You Are Closer Than You Think

What you are doing matters more than you can see. It may not feel dramatic. It may not feel like you are getting everything right. Some days may feel messy, rushed, or incomplete. But that does not mean nothing is happening. Something is happening. Every time you pause to share a simple truth, every time you ask a thoughtful question, every time you guide your son back to what is right—you are building something that lasts. You are shaping how he understands the world. You are helping him see who God is. You are laying a foundation that will support him for years to come. And that kind of work is often quiet.



## Start Small. Stay Consistent.

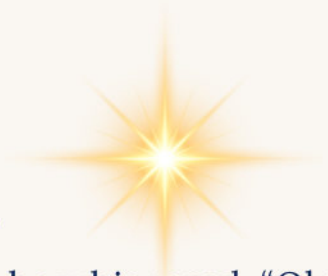
It's easy to believe that bigger efforts will produce better results. But when it comes to faith, consistency matters more than intensity. A short story at bedtime. A calm response in a difficult moment. A simple prayer before sleep. These things may seem small—but they are not. They build patterns. They shape thinking. They form habits.

And over time, those habits become part of who your son is.

Joshua is beginning to think, pause, and choose more carefully. Nicholas is learning through repetition, guidance, and example. Both are growing—step by step. And that is exactly how it should be.

# Story: God Is Here Too

One night, after the lights were off, Nicholas whispered into the darkness, “Dad... are you still there?”  
“I’m here,” Dad said softly.  
There was a pause.  
“Is God here too?”  
Dad smiled in the quiet. “Yes. God is always with you.”  
Nicholas didn’t say anything else. But after a moment, he whispered, “Okay.”  
Across the room, Joshua lay still, listening.  
Nothing dramatic had happened.  
But something had settled—something quiet, steady, and real.



## Talk About it

- What was Nicholas wondering about?
- What truth did he learn in that moment?
- Have you ever wondered if God is with you?
- Why does it matter that God is always with us?



## Simple Prayer

“God, thank you that you are always with us. Help us to trust you, even when we cannot see you. Amen.”

**Galatians 6:9** “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

**Proverbs 22:6** “Start children off on the way they should go...”

**Isaiah 55:11** “My word... will not return to me empty, but will accomplish what I desire...”

## You Are Already Doing More Than You Think

If you are showing up—even imperfectly—you are doing something meaningful.

If you are speaking truth—even simply—you are building understanding.

If you are guiding your son—even in small moments—you are shaping his future.

You do not need to do everything.

You need to keep going.



## A Simple Next Step

You can begin tonight.

One truth.

One story.

One question.

One prayer.

That is enough.

And if you do that again tomorrow—and the next day—you will begin to see something grow.

Not all at once.

But steadily.

# A Clear Way Forward

Even with a simple plan, the hardest part is often knowing what to say each day. Thinking of a story. Finding the right words. Keeping it consistent. That's where having something ready can make all the difference.



**Systematic Theology for Boys 6–8** was created to make this simple. It gives you:

- Short, clear bedtime stories
- One truth at a time
- Natural opportunities for conversation
- A consistent way to build faith without overthinking it

So instead of trying to come up with something each night—you can simply open the book and begin.

## What This Leads To

Over time, something powerful begins to take shape.

Your son begins to:

- ♥ Understand what is true.
- ♥ Think about what is right.
- ♥ Choose differently.
- ♥ Grow in confidence and faith...

You may not notice it all at once.

But one day, you will see it.

In a decision. In a question.

In a quiet moment of trust.

And you will realize—

***Those small moments were never small at all.***

