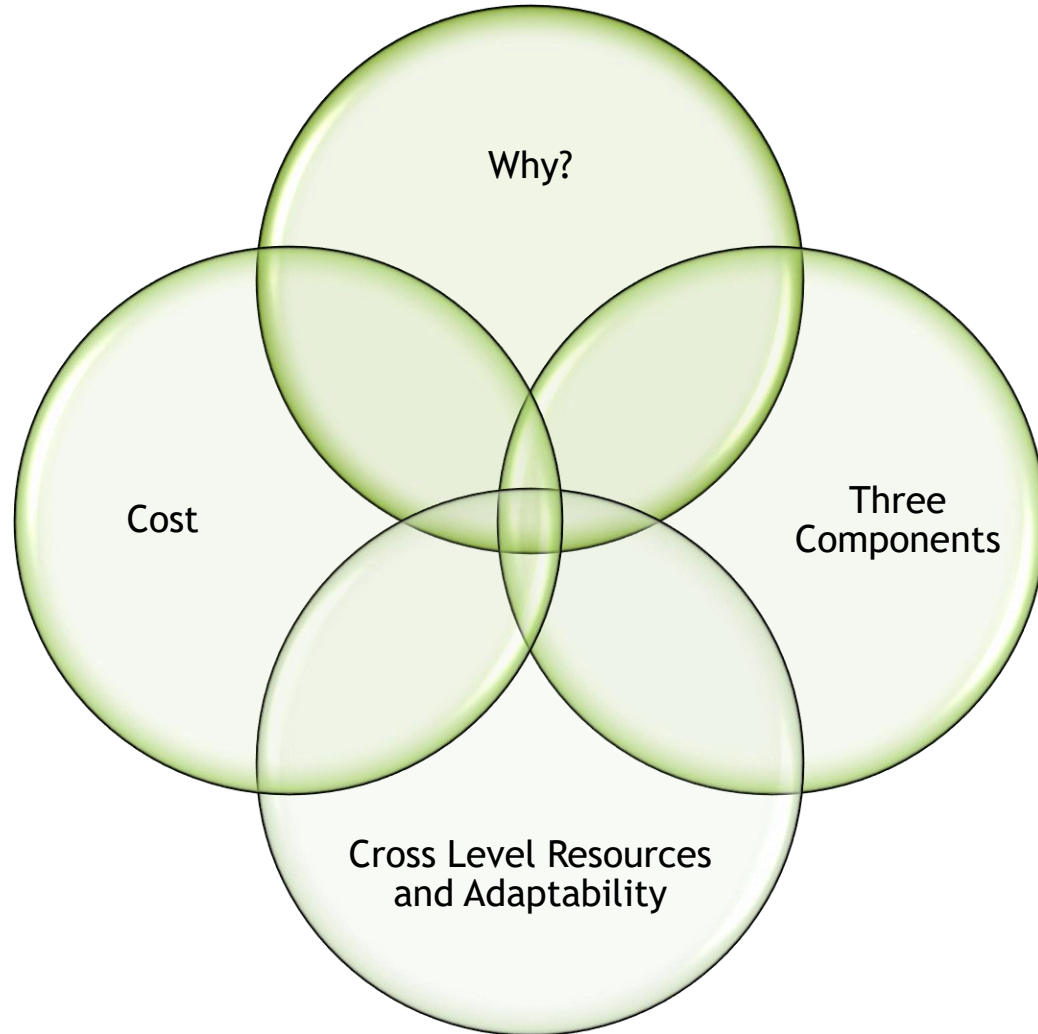




#BuildLife

Build Life : A Family Sustainment Mission



Influences

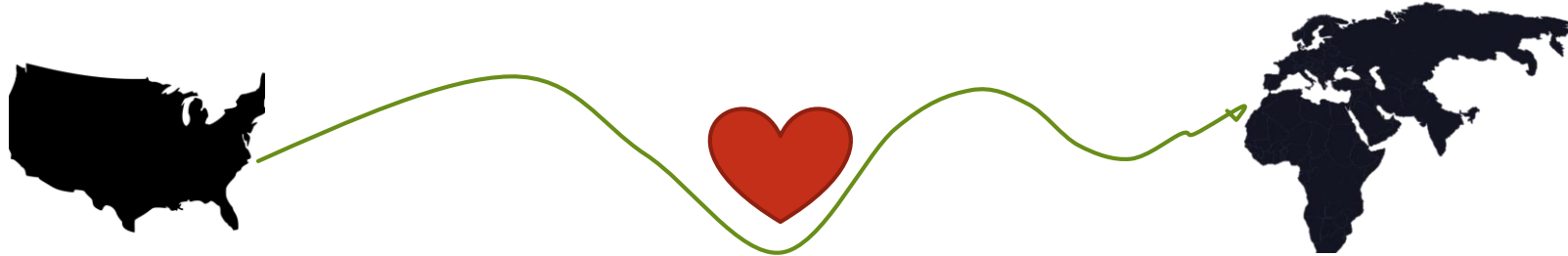


- ▶ Vibrant Faith (vibrantfaith.org)
 - ▶ Faith is formed through **intergenerational “family” relationships** - in families and through church communities.
 - ▶ **Lifelong** - the Spirit forms us at ALL stages and ages of life.

- ▶ Sticky Faith Research (Powell and Clark, 2011)
 - ▶ Parent as facilitator
 - ▶ Encouraging faith conversations between parents and children
 - ▶ **Quality time** focused on faith
 - ▶ Intergenerational approach
 - ▶ Rituals



Build Life



- ▶ Rising up to the challenge of caring for our soldiers and families in a highly **mobile** environment
 - ▶ Families have the freedom to engage when it suits their schedule
 - ▶ Can be utilized when a parent is deployed via Facetime/Skype
- ▶ Strengthening family bonds and faith utilizing intergenerational approaches
 - ▶ Focused on family connection (Identify)
 - ▶ **Building** bonds (Conversation)
 - ▶ **Strengthening** faith (Scripture)
- ▶ Addressing six resiliency themes in a faith context
 - ▶ **Resiliency** themes coupled with faith perspectives
 - ▶ Parent as primary teacher of faith to their children





Connection to Community & Support Systems



- ▶ Participants are supported through:
 - ▶ Visual Faith Practice (online community)
 - ▶ Resources
 - ▶ Weekly Contact- More work, but important to build relationships with each family
 - ▶ Sharing of Ideas
 - ▶ Beyond the What - focused on making scripture applicable and meaningful for their children (this is in their devotion book)





Build Life Program Components

Kick Off Event- Fellowship dinner followed by introduction and 4 mini-sessions (2 hours)

Devotions- Families will take home kits to engage with weekly (12) devotions centered on the six resiliency themes. All devotions will include scripture, prayer, story, discussion, a family build activity each week, and extending activities. Support given to families weekly. Incentive awards via FB and IG for families who submit pictures for each build.

Culminating Experience- A scavenger hunt at the post museum (a documented history of resiliency) will take place followed by a BBQ. Families will find components of a build at each scavenger hunt point. They can then engage in a final build together. Recommend Blackhawk build (side). Families will be able to take home the customized mini-figure.



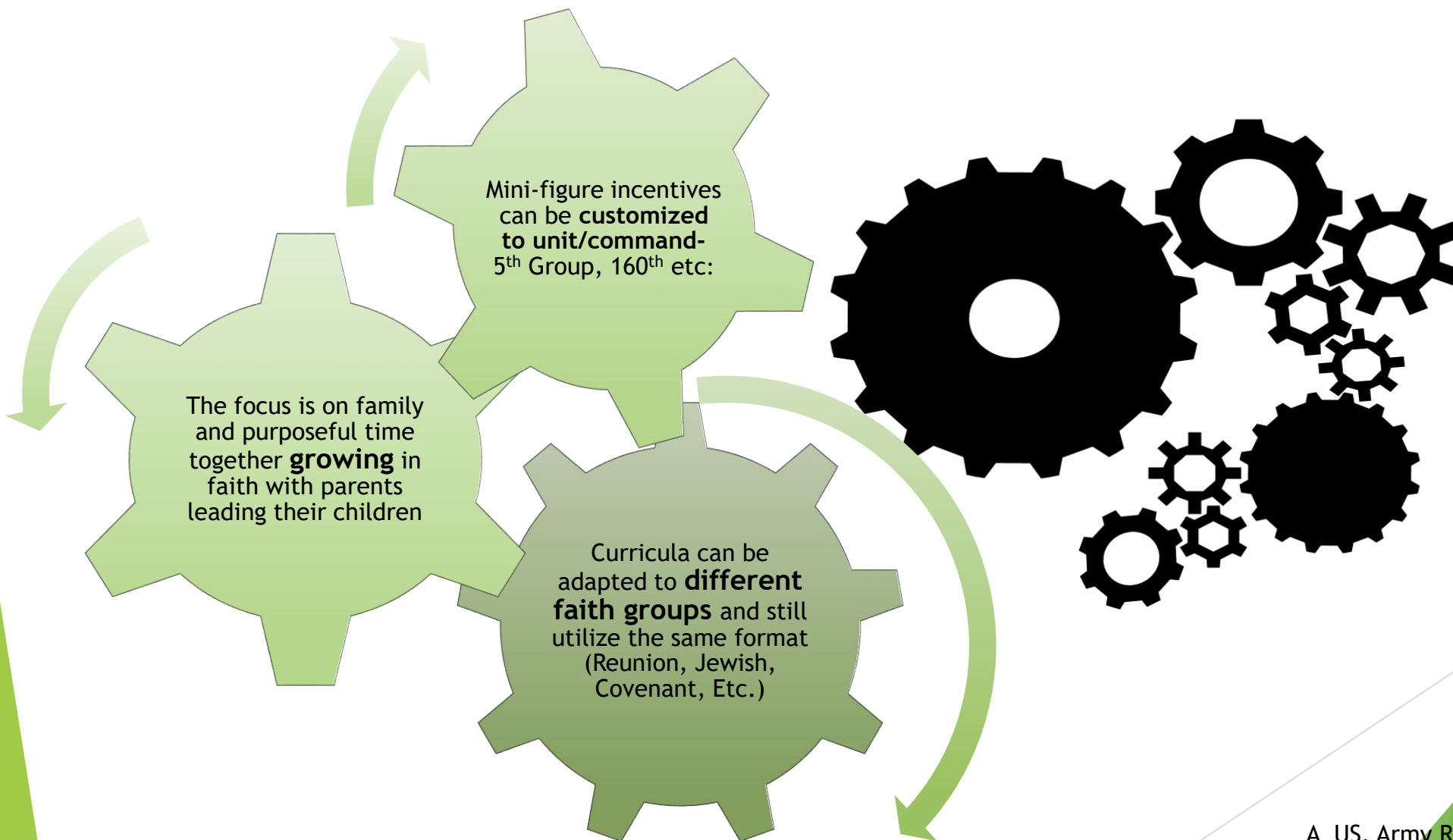
Effect



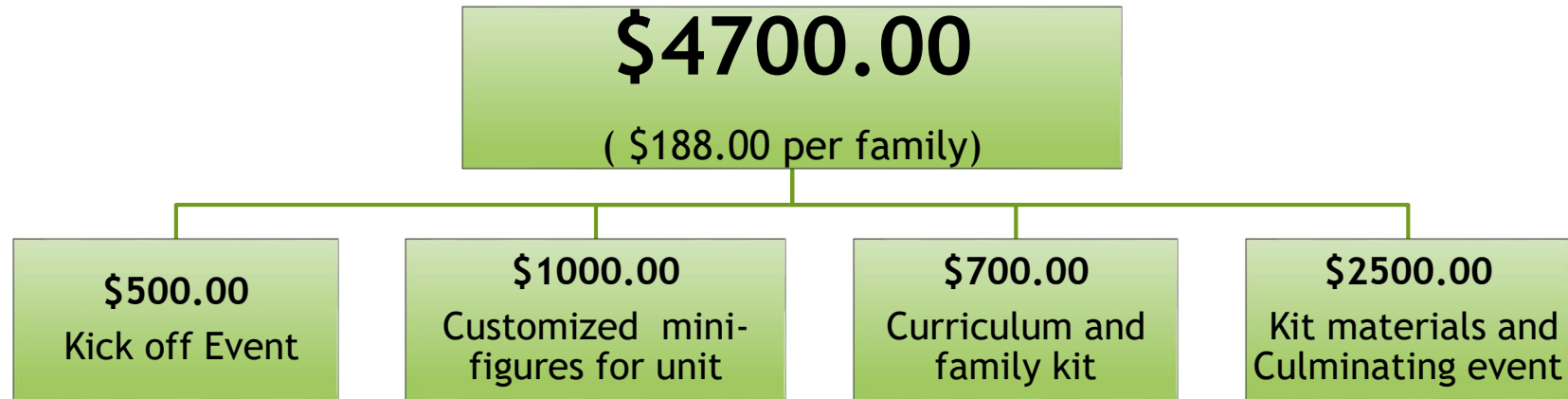
- ▶ Based on **proven**/researched **principles** that build faith (Merhaut, 2013) (Powell and Clark, 2011) (Roberto, 2018). Outcomes of IFF-
 - ▶ Stronger Families
 - ▶ Sense of Community
 - ▶ Safe Place
 - ▶ Motivated Learners
 - ▶ Increased faith practice
- ▶ Positive correlation between religion/spirituality and resilience
- ▶ IFF= stronger families who have children who are more likely to carry out discipleship into their adult years (Merhaut, 2013)
- ▶ Locations interested: Ansbach and Ft. Polk
- ▶ **Opportunity** (you get what you put in)
- ▶ Possible to test with single families.
- ▶ This is a **pilot**; it has not been implemented.



Capability to Customize



Expense



Scholarly Research Links Spirituality to Resiliency

- ▶ Lassi, S. & Mugnaini, D. (2015). Role of religion and spirituality on mental health and resilience: There is enough evidence. *International Journal of Emergency Mental Health and Human Resilience* 17 (3), pp. 661-663.
- ▶ Mackay, R. (2003). Family resilience and good child outcomes: An overview of research literature. *Social Policy Journal* 20, pp. 98-118.
- ▶ Sharma, V., Marin, D.B., Koenig, H.K., Feder, A., Iacoviello, B.M., Southwick, S.M., & Pietrzak, R.H. (2017). Religion, spirituality, and mental health of U.S. military veterans: Results from the national health and resilience in veterans study. *Journal of Affective Disorders* 214, pp. 197-204.
<https://doi.org/10.1016/j.jad.2017.03.071>
- ▶ Smith, B. W., Ortiz, J. A., Wiggins, K. T., Bernard, J. F., & Dalen, J. (2012). Spirituality, resilience, and positive emotions. In L. J. Miller (Ed.), *Oxford library of psychology. The Oxford handbook of psychology and spirituality* (pp. 437-454). New York, NY, US: Oxford University Press.

Fort Polk



L.E.G.O Chapel Camp



Mission: L.E.G.O Chapel Camp's mission was to facilitate a week of faith focused camp for Pre-K through 6th grade school age children stationed at Fort Polk, 15-19 July.

Agenda: Twenty nine hours of activities during the week, facilitated through the work of over 50 adult and 11 youth volunteers serving 112 campers.

Observations:

- Registration for Camp was filled within 30 minutes.
- Local agencies, such as The Fort Polk Commissary, The Fort Polk Spouses Club, Toys for Tots and Operation Home Front assisted in supplying the resources necessary to develop, sustain, and operate camp.
- Campers interacted daily engaging in music, free time, outdoor games, crafts, snacks, skits, bible time, and small group time.
- Developing curriculum around "L.E.G.O" assisted in a well-known, pop-culture spiritual marker for students, families, and volunteers.
- Skit curriculum developed to offer biblically based solutions for common military dependent challenges were effective.
- Family engagement with memory scripture was impactful, and resulted in students and parents receiving Lego bricks for the all camp site build and after camp biblically based conversations.



References



- ▶ Merhaut, J. (2013). Intergenerational faith formation today: Its impact and sustainability. *Lifelong Faith Fall*, 28-37.
- ▶ Powell, K.E. & Clark C. (2011). *Sticky faith: Everyday ideas to build lasting faith in your kids*. Grand Rapids, MI. Zondervan.
- ▶ Roberto, J. (2018). *Faith formation with a new generation*. Cheshire, CT. Lifelong Faith Publications.
- ▶ www.vibrantfaith.org