

Faith and Families

New research confirms what you've known all along: Religion is good for your kids!
By the Editors

Need a little more motivation to get everyone out of bed and off to church? New research shows that in the long run, regular religious activity is one of the best ways to keep your family strong.

An ongoing study at the University of North Carolina at Chapel Hill has found that teenagers whose families were involved in frequent religious activity—which includes parental prayer—five to seven days a week were much more likely to have good relations with their parents and participate in family activities such as eating dinner together, and less likely to run away from home. An earlier report from the same project found that religious teenagers argued less with their parents, skipped school less, exercised more, and were less likely to engage in risky behavior.

The study also found that your commitment to church also has a tremendous impact on your children. The teens in the study with a parent who attended worship services at least one a week were considerably more likely to have the following than teens whose parents did not attend church:

- ❖ mothers who were strict but also offered praise
- ❖ mothers who knew who their children were with when they weren't at home
- ❖ fathers they admired and wanted to be like
- ❖ fathers who were supporting and did not often cancel plans with them
- ❖ fathers who knew something about their school lives, close friends, and friends' parents

The bottom line? Being part of a family where faith is taken seriously has an incredible impact on every part of a child's life. Learn more at www.youthandreligion.org.

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