

## What are devotionals?

Sammy got up early one morning and saw his dad at the altar which was on the floor in front of him. He was saying things, lighting candles, and sitting still with his eyes closed. Sammy was quiet as he watched and tried to understand what he was doing. It took a while for his dad to blow out the candle and stand back up.

“What were you doing?”, asked Sammy

“I was doing my daily devotional.” Replied his dad.

“What is that?”, Sammy asked.

“Well,” said his dad, “each day it is important to look forward to a good day. Pagans do this by giving thanks to spirits, Gods, Goddesses, and other beings as well as ask for a good day. I usually give an offering to the Gods’ or Goddesses, meditate to clear my mind, offer the lighting of a candle to burn to the spirits like my soul and a few other things.”

“What does it do for you?”, asked Sammy.

“Well, it makes me feel good as well as connects me to those that are closest to me in my religion.” Sammy’s dad told him.

### Activity-

- Sit with your child and tell them about how you do your daily devotional. Allow them to try a few things that you do. Make the tasks age appropriate.
- Ask your child if he/she would like to do a devotional themselves. If they would then help them comprise one.
- Spend some time in the coming mornings with them as they do their own devotional. Give them space once they understand what is going on to do their own devotional each and every morning. This might mean you need to wake them up a little early and close their door so they can have space to do so.