



Growing
FAITH
moments

Losing Your First Tooth

INTRODUCTION

At the heart of equipping people for their lifelong faith formation are these four key faith practices: **Caring Conversations, Devotions, Service, and Rituals and Traditions**. Enjoy the excitement that comes with losing a first tooth. Let this Losing Your First Tooth **Growing Faith Moment** be a time to celebrate how amazing their bodies are.

This moment can take place in a small group or around the family table.

Caring Conversations

Invite the young person to share their answers to one or a number of the following questions:

- Share where you were when you lost your first tooth.
- How did it feel?
- Do you know what is going to happen now?
- Anyone else can share if they remember losing their first tooth.

Devotions

Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. Psalm 139:14

Discuss how amazing our bodies are.

We are born (usually) without teeth and then we grow baby teeth. They need to fall out to make way for our adult teeth. We need to look after our adult teeth because we'll have them for the rest of our lives.

Service



What things do we need to take care of our teeth? Make a list, draw pictures, cut out pictures from magazines of healthy food, brushing our teeth morning and night, flossing and having regular dentist check ups.

Rituals and Traditions



Gather the people present around the young person. Invite them to place their hands on the young person's head or shoulders for the following prayer and blessing.

Pray:

Dear God, Please bless (name) as her/his new tooth grows in. Remind him/her how amazing her/his body is and help him/her to take good care of it. Help her/him to make good choices to keep her/his body healthy and able to do all the wonderful things you have planned for him/her. Amen.

Bless:

May your new smile be a blessing to all you meet.

Gift:

A new toothbrush.

For more information about the Growing Faith Moments and other resources for ministry to children, youth and their families, please contact:

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