Commitment to the principles of the Christian faith is declining in America. One factor suspected of contributing to this decline is the lack of biblically based family rituals practiced at home. Faith training through daily rituals as recorded at the command of God in the book of Deuteronomy provides the biblical basis for their importance. Furthermore, theologians, Christian educators, and pastors have emphasized how essential the spiritual disciplines practiced in faith rituals are to the formation of Christian character. Additionally, psychologists and sociologists recognize the advantages of rituals to the healthy identification and stability of the family unit. Drawing upon the insights from the Bible, theology, and family ministry as well as the social sciences, this applied dissertation project developed a rationale for parents to implement biblically based rituals at home and included a field test that introduced the Heart-Head-Hands Disciple Training (3HDT) model for parents to use in preparing their children to be Christian disciples. The field test had two main goals: (a) equip parents to prepare their children to be disciples of Jesus Christ by implementing biblically based rituals on a consistent basis at home and (b) effect behavioral changes in children that indicate their application of Christ-like character in everyday situations. The results of the families field test showed that parents in six of 10 participating families did increase the consistency with which biblically based rituals were implemented at home after the introduction of the 3HDT model. Additionally, parents in nine of 10 of the families reported a strong sense of value for rituals, and they credited the 3HDT model
with helping them to train their children to be disciples of Jesus. Furthermore, parents noted more than 14 positive behavior changes in their children that related to the targeted dimensions of Christian disciples. Finally, parent participants in the field test identified both factors that facilitated and factors that hindered the use of family rituals in faith training. These results provide information relevant to improving future parent efforts in preparing their children to be disciples of Jesus.