

LifeKids News

OCTOBER 2020



Family life brings plenty of challenges—and also plenty of opportunities to practice trusting in Jesus. Even positive changes can disrupt our schedules and affect relationships with each other and with God. Although you can't control everything that comes your way, you can minimize the impact of stress, change, and uncertainty. Read this newsletter for ideas about how to keep focused on Jesus no matter what's happening around you.

Always Rely on Jesus

POWERSOURCE

ASK GOD:

1. To guard your children and their faith during good times as well as challenges.
2. To make Jesus' love real to all your family members.
3. To help you trust God no matter what you're facing.

Family life brings plenty of challenges—and also plenty of opportunities to practice trusting in Jesus. Even positive changes can disrupt our schedules and affect relationships with each other and with God. Although you can't control everything that comes your way, you can minimize the impact of stress, change, and uncertainty.

Whether children are experiencing good times or facing challenges, they have three primary needs:

1. Consistent Relationships

When life gets tough, kids need reassurance and familiarity. Model the positive qualities of Jesus, who's consistently present, unconditionally accepting, attentive, affirming, and reliable.

2. A Safe Place Children need an accepting place where they can talk about what's happening in their lives. Be real with kids and encourage them to open up about their thoughts, fears, and emotions.

3. Boundaries and Structure When new or different situations arise, maintain the same rules and routines, as much as possible. Let children know ahead of time what to expect. Then provide extra attention during changes.

The good news is that Jesus is *always* trustworthy, no matter what we're facing. Read on for active ways to share that important truth with your children.



TEACHABLE MOMENTS

Powerful Protection

Say: **God's special people were slaves in Egypt and were tired from working so hard. Moses told the Egyptian king, "Let my people go!" but the king didn't listen. So God sent plagues, or troubles, to the land—but God kept his people safe each time!**

Re-enact the first nine plagues:

1. Blood to water—Drop red food coloring into water.
2. Frogs—Hop around the room.
3. Gnats—Buzz in a high pitch.
4. Flies—Buzz in a lower pitch and zoom around the room.
5. Diseased livestock—Moo and moan; lie on the floor with arms and legs sticking up.
6. Boils—Put dots on your skin with washable red marker.
7. Hail—Throw paper wads.
8. Locusts—Nibble on some snacks.
9. Darkness—Turn off the lights.

After each plague, shout, "Let my people go!" Take turns sharing times you've seen God's power in action. Close in prayer, asking God to help your family trust in his protection.

Jesus Won't Let You Down

When life spins out of control, children need reminders of Jesus' complete trustworthiness. They also may need skills to cope with anxiety or uncertainties. Use these tips to offer kids a much-needed B.R.E.A.K.:

- Be an example.** Minimize any unnecessary stresses and cast all of your own cares on Jesus (see 1 Peter 5:7).
- Relate.** Spend time together, share interests, listen, and cheer kids on.
- Educate yourself.** Learn what stressors your kids face each day. What goes on at school, at daycare, or with their friends?
- Ask questions.** Inquiries show you care—and help you understand.
- Keep praying.** Talk to Jesus regularly about what your kids are facing.

Trust Fall Have one partner stand behind the other and catch the standing partner as he or she falls back. **Ask:** "How did it feel to trust someone? How did it feel to be trusted—or not trusted?" **Read (or summarize) Genesis 22:1-14. Ask:** "Why did Abraham trust God? How did God reward Abraham? When is it easy or difficult for you to trust God? What does this Bible passage reveal about God that will help you trust him?"

Always Found With younger kids, unwind with a fun family game of Hide and Seek. After playing for a while, talk about how God looks out for and watches over us—at all times and in all circumstances.

Create a Smile File Not only is stress exhausting, but it removes our focus from life's many joys. Make a file, box, or journal where family members can put pictures or notes about God's blessings. Look through it together when you feel discouraged or overwhelmed.

Lick Life's Problems When life gets messy, spending one-on-one time with your children is crucial. If possible, take each child on a simple outing (for example, to an ice cream shop). Let your child air what's on his or her mind. Then

share ways you can stick together, trust God, and address any issues.

It's Stickin' Place an index card on each person's shoulder, and see if they can shake it off. Next, clip a clothespin on each person's shoulder, and see if they can shake it off (no hands allowed!). **Ask:** "Which was easier to lose, the card or clothespin? Why?" Read aloud Hebrews 13:5b-6. Say: "God is always with us. He's like the clothespin, not the card. We can trust God to stay with us wherever we go." **Ask:** "How does it feel to know that God never leaves you? When is a good time to trust that God is with you?"

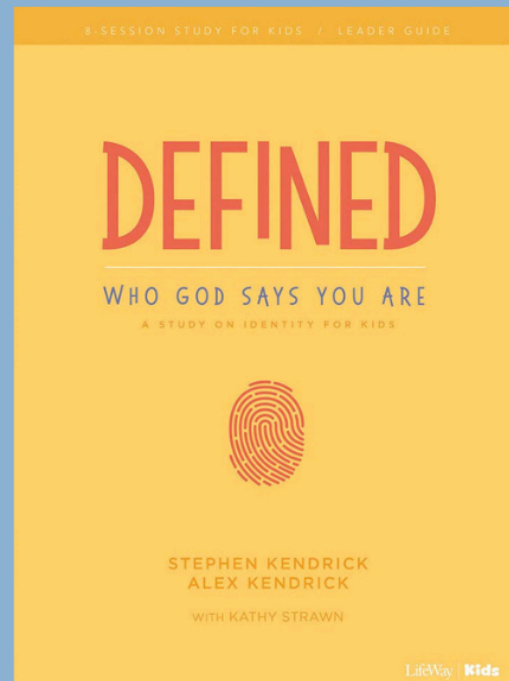
Synchronized Skating "Skate" around a room, either with socked feet on a carpet-less floor or by placing paper plates under your feet. Then have pairs skate together, trying to do the same moves without talking. Change partners every two minutes. Afterward ask: "As you skated, how did you get to know your partners?" Read aloud 1 Corinthians 8:3. **Ask:** "How does it feel to hear that God knows you? How can you stay synchronized with God and always trust him?"

"He is the faithful God who keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands."
 —Deuteronomy 7:9, NLT

4TH & 5TH GRADERS
JOIN US FOR

Tween Life

SUNDAY, OCT. 18
4-5PM



“Who am I?” is a question that many kids are being challenged to answer. To answer this question, we must first ask: “Who does God say I am?” Beginning in Genesis, the Bible tells us that we are each made in God’s image, but that image has become distorted by sin. The only way to restore what was broken is through a relationship with Jesus. Beginning Sunday, October 18th, all 4th and 5th Graders are invited to join us the third Sunday of every month from 4-5pm as we get together for some fun and games, small group time, and study together selected passages from Ephesians. Through *Defined: Who God Says I Am*, kids will discover who God created them to be and what is true about their identity because of their relationship with Jesus.



On the Go begins Sunday, October 18th. As we travel the globe in this 6-week series, we’ll discover different names for God and how we can know Him in these different ways. We will also explore new places and meet new people as we are On the Go!

Preschool Verse: “Those who know Your name trust in You...” Psalm 9:10a (NTL)

Elementary Verse: “Those who know Your name trust in You, for You O Lord, do not abandon those who search for you.” Psalm 9:10 (NLT)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 The Great Outdoors Week 4	5	6	7	8	9	10
11 The Great Outdoors Week 5	12	13	14	15	16	17
18 On the Go Week 1 TweenLife 4-5pm	19	20	21	22	23	24
25 On the Go Week 2	26	27	28	29	30	31

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