



February 2019

parenting CHRISTIAN kids



Compliments of the
Tracy SDA Church!

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How to Delight in God's Loving Laws

POWERSOURCE

ASK JESUS:

1. To give you hearts willing to obey God and his commands.
2. To show your family that obedience brings blessings, not burdens.
3. To help you lovingly obey other authority figures.

The words “love” and “law” are rarely used in the same sentence these days. Yet the Old Testament psalmists express great delight in God’s commands: “Oh, how I love your law! I meditate on it all day long” (Psalm 119:97) and “See how I love your commandments, Lord. Give back my life because of your unfailing love” (verse 159).

In the New Testament, Jesus also connects the concepts of love and obedience to the law. In John 14:15, he tells his followers, “If you love me, obey my commands.”

Love is at the “heart” of all God’s laws, from the Ten Commandments in Exodus 20 to the two great commandments Jesus gives: “Love

the Lord your God with all your heart and with all your soul and with all your strength and with all your mind” and “Love your neighbor as yourself” (Luke 10:27). The golden rule—“Do to others as you would like them to do to you.” (Luke 6:31)—also is based on love.

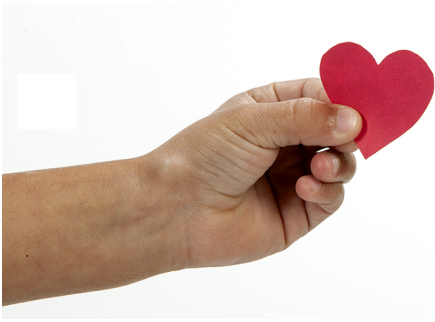
As with any rule or law, we humans repeatedly fall short when it comes to obedience. That’s why it’s important to emphasize the forgiveness that Jesus freely offers to us—and that we are to freely offer to other people.

Throughout the Bible, it’s clear that disobedience is serious and has big consequences. Yet our loving God longs to forgive us, restore us, and reconcile us to himself. Continue reading for high-impact ways to share these messages with your kids.

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TEACHABLE MOMENTS

#1 in Our Hearts

Tape a red heart shape onto a pitcher. Gather cups of water, small rocks, and markers.

Say: **This pitcher is like a heart. Let's fill it with God.** Take turns pouring in water and saying why God deserves first place in your heart; for example, "God deserves first place in my heart because he made me."

When the pitcher is full, say: **Our hearts are full of God's goodness, but sometimes other things try to crowd into our hearts.** Have family members each draw on a rock one thing that takes up their time and attention. One at a time, add rocks to the pitcher until water starts to overflow.

Ask: **How is this like what happens in our hearts? How can we keep our hearts full of God so he has first place?** Read Exodus 20:3. Say: **God tells us not to have any idols. An idol is anything that crowds God out. God wants and deserves first place in our heart!**

Commandments for Kids

The Ten Commandments can seem intimidating—not just because they set a high standard but because they include some archaic language. Bring the law to children's level with these age-appropriate adaptations: #1: God is the one true God. #2: Worship only God. #3 Be careful with God's name. #4: Set aside the 7th day for God and for rest. #5: Respect your mom and dad. #6: Don't kill or hurt anyone. #7: Keep your marriage promises. #8: Don't steal or take what isn't yours. #9: Don't tell lies. #10: Don't feel jealous of other people and what they have.

In Synch Give each person two paper plates. Practice "skating" around a room on them. Then form pairs and have partners try to do the same moves. Switch partners for more synchronized fun. Then ask: "As you skated, how did you get to know your partner?" Read aloud 1 Corinthians 8:3. Ask: "How does knowing and following God's laws and rules help us stay in sync with him?"

No More Hard Hearts Hand out hardboiled eggs. Decorate them with markers as you discuss how the outside of the eggs feel. Read aloud Psalm 95:6-9. Say: "God wants our hearts to be soft toward him so we obey out of love, but sometimes our hearts get hard and are closed to God." Ask: "What might make people's hearts hard?" Crack the eggs, peel the shells, and discuss how the inside of the eggs feel. Say: "When our hearts are hard, God can crack away the outer shell to reveal something soft on the inside." Ask: "What helps make your heart soft toward God?" End with prayer—and eat the eggs.

Focused Followers Have family members form pairs. Whisper a strange instruction to one person in each pair; for example, put socks on your hands or sit on your head. Each instruction recipient must then silently get his or her partner to do the task. Switch roles.

Love means doing what God has commanded us, and he has commanded us to love another, just as you heard from the beginning.

—2 John 1:6

MEDIA MADNESS



MOVIE

Title: *The Lego Movie 2*

Genre: Animation, Action, Adventure

Rating: Not yet rated (likely PG)

Cast: Margot Robbie, Chris Pratt, Elizabeth Banks, Channing Tatum

Synopsis: Five years after the original blockbuster hit theaters, everything is *not* awesome. Bricksburg has become a post-apocalyptic wasteland because of destructive space invaders (i.e., Lego Duplo characters). Emmet's building skills are put to the test when Lucy is kidnapped by a villain (who, interestingly, is female).

Our Take: Like the original, expect this movie to offer nonstop action and fun. The violence and peril are cartoonish, with lots of humor to entertain viewers of all ages. Of course, the movie also contains a built-in marketing plug.

Games, Podcasts & Apps

Kingdom Hearts 3

Set in a variety of Pixar and Disney worlds, this game features Sora, who doesn't know he's inherited great power. Cartoon characters such as Donald Duck and Goofy help Sora battle against the dark, evil force known as Heartless. The game, rated E10+, also involves magical spells.

Ear Snacks

This free musical podcast features Andrew & Polly, winners of two Parents' Choice Awards. With young helpers, they explore science, art, and culture. Topics range from getting glasses and caring for teeth to silly subjects such as talking like pirates. Kids of all ages—and parents—will enjoy listening.

GooseChase

Send family members on virtual (or actual) scavenger hunts with this app. During setup, you decide if participants need to check in at certain locations or submit photos, videos, or text responses. Use the missions to encourage self-directed learning. Best for ages 8+. Free for recreational use only.

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This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions about what your children watch, read, listen to, and play.



CULTURE & TRENDS

Flip Phones Make a Comeback

For their children's first phones, more parents are choosing flip phones. Not only are the devices much cheaper than "smart" phones, but they don't come with internet access or social media. Parents say it's an ideal way to keep in touch with kids without exposing them to dangers. (abc13.com)

"Humanizing"

Homelessness To impact people's perceptions of the issue, *Sesame Street* added a homelessness storyline for pink puppet Lily. Previously, she was described as having food-security issues. About one in 20 kids under age 6 experiences homelessness each year. (cnn.com)

QUICK STATS

Pricey Preschools

American parents spend an average of \$5,008 on preschool tuition for their children. In Washington, D.C., the average is almost \$17,000. (nieer.org)

Fluency Deadline By age 10, research shows, a child's chances of becoming fluent in a second language plummet. (*Cognition*)

Young Love? Among surveyed parents, 23% admit to having a favorite child. Among those, 56% say it's their youngest. (inews.co.uk)



February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
3	4	5	6	7	8	9 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
10	11	12	13	14 Valentine's Day	15	16 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
17	18 Presidents Day	19	20	21	22	23 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
24	25	26	27	28		

Saturday Mornings Cave Quest VBS/Bible Adventures' Children's Program (Ages 5-12)

Each Saturday morning beginning at 10:45 am until 12:00 noon, our Bible Adventures program is designed to introduce kids to God in interactive and engaging ways through the Bible – not to mention they have lots of fun! Each week's themed program includes singing, team activities, healthy snacks and getting kids into the Bible using the award-winning children's "**Hands On Bible**"! Parents/Guardians are also invited to observe the program anytime, and if you would like more information about our Bible Adventures' Program or volunteering (let us know!), please contact Kimberly at 209-481-9205.

Free Nursery Care and Toddler Program – Every Saturday during our 11:00 am church service!

February's Health Tip – Did you get your 10,000 steps in today? If not, now's the time to start as research shows we all need to average 10,000 steps each day for good health. Research also has shown that even though we work out each daily, it doesn't make up for all of the time we may sit during the day – especially if we a job where we sit much of the day. Too much sitting can lead to heart issues among other conditions. We need to get up and move each hour to keep our blood pumping through our body and our muscles working. Sitting is said to be the new smoking – so get up and move! A simple pedometer can track your steps or an inexpensive fitness tracker (I love my FitBit Flex 2!) can help you stay on track with your steps, exercise program, weight loss program, sleep patterns and also let you set hourly alarms to remind you to move!