



April 2019

parenting CHRISTIAN kids



Compliments of the
Tracy SDA Church!

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Easter Reveals Jesus' Strength and Power

POWERSOURCE

TALK TO JESUS:

1. Thank Jesus for being all-powerful and for defeating sin and death.
2. Ask Jesus to remind your family that he controls all things.
3. Ask Jesus to help you share the meaning of Easter with your kids.

"We are weak, but he is strong." That's a line from one of the first Christian songs many kids learn, "Jesus Loves Me." For young children, strength is a physical concept associated with big muscles. As kids become abstract thinkers, they understand concepts such as moral strength and divine power.

Because God is omnipotent, or all-powerful, all things are under his control. As Luke 1:37 (NCV) says, "God can do anything!" During his earthly ministry, Jesus stood up to Satan's temptations, calmed a raging storm, healed sick people, and rose from the dead.

Jesus' power is especially evident at Easter, when we celebrate his

victory over sin and the grave. Death is no match for Jesus, who lives forever and offers us eternal life in heaven.

To share Easter's good news—and Jesus' power—with your children, emphasize that Jesus wants us to be his friend and have the power to live forever, too. That happens when we believe that Jesus is alive, tell him we love him, and say we're sorry when we mess up. We ask Jesus for forgiveness and promise to follow and love him every day.

Doing this means we've put our faith in Jesus. It also means we have Jesus' power with us every day to help us. And, like Jesus, we'll live forever.

Use the ideas on these pages to enhance your Easter celebrations.

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TEACHABLE MOMENTS

Packed With Power

Read aloud Ephesians 3:20. Ask: **What does it mean to have God's power working in us?**

Hand out rulers and measuring tapes. Say: **Measure your foot.** (Pause.) **Now measure a chair.** (Pause.) **Now measure this wall.** (Pause.) **Now measure the distance from here to Mars.** (Pause.)

Say: **That's right—we can't measure that distance, can we? That's what God's power is like! It's so big and wonderful we can't measure it. But we know it's there because God tells us he's powerful, and God showed his power by raising Jesus from the dead. That power can help us every day with any hard things.**

Say: **Think of one area where you need God's power. Silently ask God to use his power to help you.** (Pause.) After a minute of silence, close in prayer, thanking God for using his power to raise Jesus from the dead and to help and strengthen us.

He Is Mighty to Save

In our sinful world, we're bombarded by problems and fears. That may be one reason kids gravitate toward superheroes and crime-fighters. Knowing we're protected is comforting. Yet no animated character is a match for Jesus' strength. Throughout the Bible, he solves dilemmas from feeding large crowds with just a little food to casting demons out of suffering people. Jesus also calms people's fears, serving as a good Shepherd who protects his sheep. Today Jesus continues solving the toughest problems and easing our fears, reminding us daily of his goodness, mercy, and might.

You Can't Keep Jesus Down!

Place five or six inflated helium balloons (with long strings) inside a laundry basket, and cover the basket with a blanket. Say: "On Easter, nothing could keep Jesus in the grave. This basket is like a grave. The blanket is the stone. When God rolled away the stone, Jesus rose from the dead." Remove the blanket. Say: "Try to get the balloons back into the basket while keeping one hand behind your back." After playing, read Luke 24:1-6. Ask: "What does it mean to you that Jesus used his power to rise from the dead?"

Parade of Strength Make some homemade instruments and crepe paper streamers. Ask: "What things are hard for you to do? Who helps you do those things?" Read aloud Philippians 4:13. Say: "Jesus gives us strength to be kind, to forgive, and to serve. He helps us do anything. Let's celebrate with a parade!" Play music and march around, waving streamers and playing instruments. Repeat the Bible verse as you march.

Power Drawings Form two teams and take turns drawing (and guessing) things that remind them of Jesus' power, like an empty tomb, a volcano, lightning, or any answer to prayer. Afterward, ask:

"What are some new or different things you learned about Jesus' power? What else can you think of that's tough to draw? How can we keep a lookout for Jesus' power?"

Resurrection Relay Read aloud John 20:1-18 and talk about the disciples' excitement on Easter. Have family members form two groups, and have groups line up on different sides of a room. Give one group a hula hoop or large ball. Say: "Let's pretend this is the stone that was rolled away from Jesus' tomb. Take turns rolling it back and forth, and each time shout, 'Jesus is alive!'" Afterward, say: "Easter news about Jesus' resurrection is powerful. Because Jesus rose from the dead, we can live with him forever. Who can you tell that Jesus is alive?"

Super Strength Have family members play Freeze Tag while you play a song. Say: "While the song plays quietly, the person who's It will have normal strength to tag people. When the song gets loud, the person who's It will have super strength, so everyone else has to hop on one foot." After playing, read Judges 16:4-30. Ask: "What was it like to play this game with normal strength? What was it like with super strength? Where did Samson get his strength? Where do we get ours?"

**"The Lord is my strength and my song; he has given me victory. This is my God, and I will praise him."
—Exodus 15:2**

MEDIA MADNESS



MOVIE



TV

Title: *Missing Link*

Genre: Animation, Adventure, Comedy

Rating: PG

Cast: Zoe Saldana, Hugh Jackman, Emma Thompson, Zach Galifianakis

Synopsis: Sir Lionel Frost, self-proclaimed expert on monsters and myths, tries to bolster his reputation by proving that a legendary creature tied to early man really exists. After Frost and his partner Adelina find Mr. Link in the Pacific Northwest, the trio embarks on a global search for the creature's long-lost relatives.

Our Take: This film's "fear factor" is quite low, as Mr. Link turns out to be a lovable dimwit. The title implies a "link" to evolution, but the movie's theme is about finding the place where you belong. The trio discovers that family can be found in unexpected places.

Title: *Sydney to the Max*

Network: Disney Channel

Synopsis: On this new family sitcom, rated TV-G, a middle schooler lives with her overprotective single dad and her grandma, who used to be a single mom. As the dad copes with modern-day parenting dilemmas, flashbacks to the '90s reveal what he was once like. Misbehavior and rebellion are played for laughs, without much focus on consequences.

Our Take: The intergenerational aspect of this show adds perspective to common conflicts. Subjects are kid-friendly, such as wanting a dog or a new hairstyle and pushing back against rules. Watching the episodes with your preteen can lead to conversations about your changing relationship.



CULTURE & TRENDS

\$7.09 That's the difference between what boys make on average for a weekly allowance compared to girls. \$13.80 is the average weekly allowance for boys, while for girls it's only \$6.71. The gender gap in allowances sheds interesting light on this aspect of family life. (busykid.com)

Earworm Alert! Following its "Baby Shark" music video sensation, the South Korean company Pinkfong is planning a penguin-related follow-up. Also watch for content for older kids (ages 5 to 8), a Netflix cartoon series, and games for Alexa and Google Home. (bloomberg.com)

QUICK STATS

Principal Concerns In a survey of 900 K-8 principals, 74% say their top concern is an "increase in the number of students with emotional problems." That's followed by "student mental-health issues" (66%) and "students not performing to their level of potential" (62%). (wallacefoundation.org)

Parental Priorities Sixty-five percent of parents say they'd prefer a night of uninterrupted sleep to a night of intimacy. And 81% would choose a totally clean home over a piece of expensive jewelry. (today.com)

Games, Podcasts & Apps

Melbits World

In this puzzle game for PlayStation, two or more players guide cute creatures through levels. Teamwork is key, and young kids can master the moves. The only "violence" is when Melbits fall off a ledge. By downloading an app, you can play on various devices. Rated E for Everyone.

Noodle Loaf

A dad trained in music education created this 10-minute interactive podcast for kids ages 3 to 9. Families will enjoy listening to the songs and games, which feature rhyming, rhythm and patterns, movement awareness, trivia, and a bunch of silly fun. Kids can submit material to the show.

Gorogoa

This award-winning app takes the puzzle genre to an artistically intricate level. The story is told through very detailed illustrations with multiple layers. Players point and click to guide a boy through encounters with a monster as well as times of war and rebuilding. Rated E for Everyone. \$4.99

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Real. Bold. Love.

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.



April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
7	8	9	10	11	12	13 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
14 Palm Sunday	15	16	17	18 Maundy Thursday	19 Good Friday	20 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
21 Easter	22	23	24	25	26	27 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
28	29	30				

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!

April's Health Tip – How old are your pillows? Experts from the NYU Medical Center suggest changing your pillows out every 3-5 years as it is estimated that up to 10% of our pillow's weight after 5 years is made up of allergy or asthma-provoking pollen, bacteria, fungi, mold and dust mites! Yikes!!!! To help allergy-proof our pillows, buy pillow covers that seal out allergens and wash them periodically in hot water along with weekly hot water washes for your pillowcases). After 3-5 years, it is also recommended we toss our pillows and buy new ones! 😊