



September 2020

parenting CHRISTIAN kids



Compliments of the
Tracy SDA Church!

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Address Rebellion with Love

POWERSOURCE

ASK JESUS:

1. To help you deal with rebellion in a loving, calm, and positive way.
2. For guidance as you set age-appropriate boundaries and rules.
3. To forgive you when you rebel against God and his laws.

After a summer of “freedom” and relaxed rules, September’s return to school and schedules often poses a challenge for children. On top of that, 2020 has been filled with new restrictions and limits that are tough for everyone to comply with and comprehend.

As the pandemic drags on, kids are likely to have more questions about why they need to stay home or wear masks, and why they can’t enjoy certain activities or venues that are temporarily shut down.

Although rules are set for our own good, following them isn’t always fun or easy. Because of sin, all humans rebel against authorities and against God. Children are no exception, as new parents quickly

discover. From a surprisingly young age, little ones begin asserting their independence by pushing back against limits and saying “no!” Just as God deals with our rebellion out of love, he instructs parents to raise and discipline children lovingly. That approach molds them into followers of Jesus who strive to obey God and respect other people.

Rebellion takes different forms as children grow (see the next page), so you’ll need to adapt your approach to rule-setting and discipline. No matter your children’s age, however, one of the most important things you can do is pray for them—and for yourself in the vital role of parent. Thank Jesus for each of your children by name, and ask Jesus to work in their hearts and lives, giving them a strong desire to always follow God faithfully.

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Staying on the Right Path

Use these strategies for dealing with rebellion as children grow:

Birth to 2 years: Accept that God gives even infants and toddlers unique temperaments. Provide lots of comfort, physical touch, and warmth.

3 to 4 years: Listen carefully, and respond to physical and emotional needs. Explore what upsets children. Model Jesus' love through affection.

5 to 7 years: Offer choices and clear consequences for disobedience. Balance your growing demands with warmth and reason.

8 to 12 years: Be consistent. Express trust, and praise kids for jobs well done. When kids fall short, ask what they can do differently next time.

Commandments 2.0 As a family, work to reword each of God's Ten Commandments as a loving rule with positive purposes; for example, "Because I want you to be protected from religions that would mislead you, don't worship any other god besides me."

Walking with God Either trace one another's feet on paper or make footprint impressions with plaster of Paris. As prints dry, read Joshua 22:5 (NIV) and discuss what it means to "walk in obedience" with God. Also talk about what it's like to veer from God's path—and how he brings us back to his ways.

Grace Abounds During family devotions about people in the Bible who rebelled, address not only the consequences each person faced but also God's abundant grace. For example, King David paid a hefty price for sinning, but he asked for—and received—forgiveness.

Going God's Way Beforehand, use tape to mark start and finish lines at opposite ends of a room. Share times you've done the opposite of what you should have done. Gather on the starting line and say: "See how fast you can get to the finish line—but you must crawl or crabwalk backward. Go!" Read John 1:35-40. Ask: "How was

this game like or unlike following Jesus? When it's tempting to do the opposite, how can we live God's way?"

Rules Roulette Search online for outdated rules that were in communities and schools years ago—or that might still remain today. Share some funny rules with family. Then read Luke 16:17. Ask: "Why do rules exist? Why do they sometimes need to change? How does it feel to know that God's rules will never change?"

Starting Over As a family, choose an item to draw on an Etch-A-Sketch. Every 60 seconds, pass the toy to someone else. When it returns to you, start drawing and say, "Oops, I messed up!" Shake the toy. Say: "Sometimes we mess up by not following God's rules, but he lets us start over." Read Luke 15:11-32. Discuss how the prodigal son rebelled against his father but got a second chance.

Map Treks Hand out paper and pencils. Say: "Keeping your eyes closed, draw a map from our house to school, church, or a friend's house." After comparing maps, read Psalm 119:10. Ask: "How is the Bible like a map for our lives? How can the Bible keep us from wandering away from God?"

"So why do you keep calling me, 'Lord, Lord,' when you don't do what I say?"

—Luke 6:46



TEACHABLE MOMENTS

A Muddy Situation

Set out a dishpan full of mud with some coins mixed in. Tell family members to dig for coins, which they can keep.

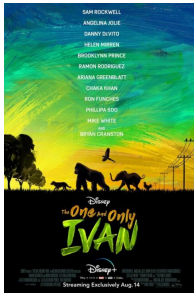
Don't let anyone wash up. Ask: **How did it feel to dig for treasure? Now that our search is over, how do your hands feel?**

Say: **Jesus tells about a boy who left his father to hunt for a better life. As I read, stand when you hear good actions and attitudes, and sit for bad actions and attitudes.** Read Luke 15:11-32. Review by asking people to describe times when they stood or sat.

Ask: **What's so special about this father's love? What happened when the son wouldn't receive that love? How is that like the way your muddy hands feel? Who loves you the way this father loves his son?**

Say: **God loves us even more than this father loved his son.** Ask: **What's one way you know that God loves you?** Pray and then wash your hands.

MEDIA MADNESS



MOVIE

Title: *The One and Only Ivan*

Genre: Animation, Adventure, Comedy

Rating: PG

Cast: Sam Rockwell, Angelina Jolie, Phillipa Soo, Bryan Cranston

Synopsis: In this CGI/live-action film streaming on Disney+, Ivan the gorilla ponders life in captivity. He and other animals kept at an Atlanta mall form unexpected friendships while plotting an escape plan. The movie is based on Katherine Applegate's middle-grade novel, which won the Newbery Award.

Our Take: *Ivan* explores themes such as hope, freedom, one's sense of home, and new perspectives. It also can spark conversations about when to question or challenge one's situation. Because the movie is inspired by a true story, the concept of animal abuse could upset some viewers.



MUSIC

Title: *Smile*

Artist: Katy Perry

Synopsis: Perry's fifth album—and her first since 2017—coincides with the birth of her first child. Though the title track has an upbeat sound and lyrics, the pop singer says it emerged from “one of the darkest periods” of her life, when she'd lost her smile. “This whole album is my journey toward the light,” she says, “with stories of resilience, hope, and love.”

Our Take: “Daisies,” the lead single, talks about overcoming odds and defying expectations. On “Smile,” Perry expresses gratitude for renewed happiness, noting that “every tear has been a lesson.” Perry has been vocal about bouts with depression. Be aware: Some lyrics contain profanity or suggestive phrases.

Games, Podcasts & Apps

Jump Rope Challenge

This simple Nintendo Switch game, inspired by pandemic-related lockdowns, is free on the eShop until Sept 30. Using the Joy-Con, players make a bunny jump in time with them. Jump Rope Challenge makes a noble yet limited attempt to get gamers moving.

Music Box

Using interactivity, this music-education podcast teaches children about fundamentals in fun ways. Episodes explore concepts such as meter and pitch, songwriting basics, and what different instruments sound like. Host Faith Murphy and special guests introduce listeners to a wide range of musical styles.

WideOpenSchool

From the nonprofit Common Sense Media, this app offers a vast, organized collection of educational resources. Parents new to online learning or home-schooling will appreciate all the subject matter—for pre-K through grade 12—from sources such as Scholastic, National Geographic, and PBS.



CULTURE & TRENDS

Back to School? Experts predict a sharp uptick in homeschooling this fall, with many parents leery of health risks or unhappy with hybrid-learning options. Only 3% of kids were homeschooled in 2016, but that's expected to rise significantly—and possibly become a lasting trend. (*Washington Post*)

At-Risk Educators Kids who *do* return to classrooms should be prepared to see new people at the helm. Almost one-third of U.S. teachers are 50 or older, putting them at higher risk for Covid-19. Those with pre-existing conditions or at-risk family members may sit out this year, and more than usual are expected to retire. (*various sources*)

QUICK STATS

On the Move More than one-fifth (22%) of Americans moved or know someone who moved due to the pandemic. Of the people who have moved, three-fifths (61%) relocated to a family member's home. (*Pew Research*)

COVID Conundrum Though 59% of parents worry that their kids are falling behind academically during the pandemic, only 44% of adults with school-age children are willing to send them back to school this fall. (*ABC News/Ipsos*)

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Group
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.



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 11:00 am Sermon through Streaming (church website)
6	7 Labor Day!	8	9	10	11 Patriot Day!	12 11:00 am Sermon through Streaming (church website)
13 Grandparents Day!	14	15	16	17	18	19 11:00 am Sermon through Streaming & 7 pm Outdoor Vespers program in school yard
20	21	22	23	24	25	26 11:00 am Sermon through Streaming (church website)

When we resume meeting together again ... Saturday Mornings VBS/Bible

Adventures' Children's Program (Ages 5-12) - We definitely miss not being able to provide our weekly children's program during this crazy, unprecedented time we are all experiencing. When we get past this period and are able to worship indoors again, we will begin to resume our Saturday morning program beginning at 10:45 am until 12:00 noon with safety protocols in place.

Once we resume, our Bible Adventures program will continue to be designed to introduce kids to God in interactive and engaging ways through the Bible – not to mention they always have lots of fun! Each week's themed program will include singing, team activities, healthy snacks and getting kids into the Bible using the award-winning children's "***Hands On Bible***"!

Once Bible Adventures resumes, parents and guardians will be once again 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 – Once our church services resume, we will once again offer a free nursery and toddler care program every Saturday morning during our 11:00 am church service!

September's Health Tip – Americans love soda, right? I love Diet Coke with pizza! However, we all know that soda does not have any health benefits ... and is actually not good for us, but it tastes great, right, so it is a challenge to give it up. Below are three steps to giving up soda ... or at least cutting back significantly. 😊

- 1) Wean off slowly – If you drink multiple sodas each day, try to decrease to one soda per day. Then you can go to one every other day until you get to one or none per week.
- 2) Substitution – As you cut back on soda, you may find yourself craving something sweet or carbonated. There are sparkling waters you can have on hand or flavored drinks (ie, Bai or Vitamin Water – Zero Sugar) that are sweetened with Stevia (natural 0 calorie sweetener).
- 3) Fill Fridge with Good Stuff – Once you have some new, health drink options in your refrigerator, you will be less likely to look for a soda.

It's all about creating new habits – and healthy ones! Good luck and enjoy good health!