



For parents and grandparents with birth, step, adopted, and foster children

On the Go Faith for On the Go Families

READ ... this passage from the Bible two times out loud.

Paraphrase this passage as needed for the age of your child:

"Can worry make you live longer? If you don't have power over small things, why worry about everything else?"

—Jesus in Luke 12:25-26 (CEV)

TALK ... together use these questions to get you started.

#1 What are the top three stressors for kids from the list below. (You can add stressors not on the list.)

- Homework
- Bad grade
- Parent losing a job
- Losing a best friend
- Parent divorce
- Losing a best friend
- Worrying about what others think of me
- Being picked on
- Busy schedule
- Having to be alone
- Moving to a new school
- Getting yelled by a parent
- School shooter

#2 Below find normal reactions to stress. What are the top five reactions that both kids and grown-ups experience when they are stressed? (a) keeps me up at night, (b) upset stomach, (c) frustration, (d) headaches, (e) short-temper, (f) nervous, (g) sad, (h) forgetful, (i) distracted, (j) scared, (k) stuck, (l) quiet, (m) discouraged.

#3 What are ways your family could make your lives less stressful? (Choose the one you are willing to do now.) (a) decrease the commitments on our family calendar, (b) pray together more, (c) reduce screen time, (d) eat at least five meals together each week, (e) look for how God is present in our lives, (f) make a weekly gratitude list.

PRAY ... this prayer or your own prayer.

"Lord Jesus, help us to slow down. Give us the wisdom to prioritize our lives in such a way that we make more room for you and less room for the unimportant things. Give us an eternal perspective on life's priorities. Amen."



"Our God says, "Calm down, and learn that I am God!" Psalm 46:10 (CEV)

Family MomenTip: Always think about safety when playing any game or doing any activity with your family.



FAITH FORWARD FAMILIES

with Little ones

Ball Conversations: *It's not so much what you are saying but that your child is sitting down, talking about Jesus with you.*

Sit on the floor facing your child. Begin rolling a ball back and forth with your child. As you do so, start a faith conversation. Depending on the age of your child, he can add his own thoughts. Roll the ball and say, "Jesus loves you." Your child may then say, "I love Jesus."



Continue on with statements such as, "Jesus loves Grandma," "Jesus loves your teacher," "Jesus likes it when we obey," or any other statement you or your child choose to say.

Additional Statement Ideas:

- Jesus likes us to be kind.
- God is good.
- Jesus likes it when we laugh.
- Jesus forgives us when I do something wrong.
- Our family trusts Jesus.
- Jesus cares when you're sad.
- Jesus likes us to be thankful.

Make Mealtime Family Time

Have fun choosing one of the answers in each of the three questions: *Are You More Of...*

- a meat-eater or a veggie-eater?
- a morning or night person?
- glass half-empty or glass half-full?

just for Grandparents

Are you a gardener? You can pass on your love of plants to your grandchildren in a fun, simple way. Start simply with a package of seed (flower or veggie). If you are near your grandchild plant the seeds together in a pot or in the ground. When you visit tend to the plants as you watch them grow. If you are distant from your grandchild, with parent permission, ask your grandchild to plant the seeds either in pots or in the ground. Your grandchild can send you photos of how their little plants are doing.

This can also be done on a video call. Say often as you observe the plants how God created a beautiful world for us and that he cares for them just like he cares for the plants.

Say something like, "2 Peter 3:18 tells us that we can grow like the plants. We can get to know Jesus more and more. We can pray, read the Bible, go to church, and talk with others about growing as a follower of Christ. As we grow we will appreciate more and more that our salvation is by grace alone."

