



July 2010



Good Shepherd KidZone

God Is Faithful in Tough Times

In the KidZone this summer your children are learning all about God's faithfulness. It's evident even during times of crisis, stress, and change. Difficulties such as illness, job loss, relationship troubles, and natural disasters bring uncertainty and anxiety. Even positive changes such as a new baby or a planned move can disrupt schedules and affect family members' relationships with each other and with God.

During life's darkest moments, we can trust God to work out every situation for good. He's in control when life turns upside-down. Although you can't control everything that comes your family's way, you can minimize the impact of stress and change. During uncertain times, children have three primary needs:



Consistent Relationships—When life gets scary, your children need reassurance and familiarity. Model the positive qualities of God, who's not only faithful but also consistently present, unconditionally accepting, attentive, and affirming.

Lots of Boundaries and Structure—Keeping the same rules and schedules, as much as possible, helps children feel safe. When new or different situations arise, let kids know ahead of time what to expect. Then provide extra attention during transitions.

A Safe Place—Children need an accepting place where they can talk about what's happening in their lives. Be real and encourage kids to open up about their thoughts and feelings.

Read on for more insights and ideas about relying on our faithful God during life's difficulties.

Stressed-Out Children

A 2009 survey of more than 1,200 children ages 8 to 17 found that many kids worry a lot—much more than their parents realize.

- Nearly half of children say they're worried about school.
- Almost 40% of preteens report difficulty sleeping.
- Almost 30% of children say they worry about their family's financial struggles.
- 27% of preteens report eating too much or too little.

(American Psychological Association)

PowerSource



Ask God:

1. To assure you of his love and faithfulness during life's difficulties.
2. To protect your family members and their faith when challenges come.
3. To help you and your children trust Jesus and avoid worry.

Parenting Insights

In *Children's Ministry Magazine*, Greg Baird, founder of Kids in Focus ministries, offers five simple principles to give stressed-out children a **B.R.E.A.K.**

Be an example. Minimize any unnecessary stresses and learn to handle stress in a God-pleasing manner (see Philippians 4:6).

Relate. Spend time with children, share an interest, listen, and cheer them on.

Educate yourself. Learn what stressors your children face each day. What goes on at school and with their friends?

Ask questions. Concerned questions help you understand what children need—and show that you really care.

Keep praying. Jesus works in kids' lives. Pray fervently for children facing challenges.

OpenTheBook

"God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him."

James 1:12

Troubles come to everyone, even Christians. But God is with us during trials and, because of Jesus' victory over death, we'll spend a trouble-free eternity with him in heaven.

Teachable Moments

1. **Lick Life's Problems**—When life gets messy, it's more important than ever to spend one-on-one time with your children. If possible, take each child on a simple outing. Let your child air what's on his or her mind. Share solutions and ways you can stick together.



2. **Play Hide-and-Seek**—With younger children, unwind by playing Hide-and-Seek as a family. Then talk about how God always faithfully comes looking for us and always watches over us.
3. **Create a Smile File**—Stress is exhausting and removes our focus from life's many joys. During challenges, create a file, box, or journal where family members can put pictures or notes about God's blessings. Then look through it together when your family is discouraged or overwhelmed.



"So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. Teach them to your children. Talk about them when you are at home and when you are ON THE ROAD, when you are going to bed and when you are getting up." Deuteronomy 11:18-19, NLT

God puts other people in our lives to remind us of his faithfulness and to help bear our burdens. Encourage children to open up by asking them these discussion-starter questions:

1. Why do you think God lets us all face problems in life? When have you seen God's faithfulness during a tough time?
2. What has been your biggest worry lately, and how does it make you feel?
3. How can we know and trust that God will always take care of us?
4. What are some ways that God can use us to help other people who are struggling?

Family Experience: No More Fears or Tears

Use these activities from Group's Hands-On Bible to focus on how our faithful God takes away our burdens.

- **Give God Your Worries**—Gather some paper, pencils, and modeling clay. Read aloud 1 Peter 5:7. Say: "This verse sounds simple, but is it?" Have family members each make a list of all the things that are worrying them right now. Then have them add all the things that worried them last week. Say: "Go through the list and see which worries you can solve on your own." Next, have each family member form a lump of clay into a person shape. Say: "For each worry on your list, press down a little on your clay person's head." Then say: "All those worries pressed your person flat! Don't let that happen to you. Most things we worry about are out of our control. So it makes sense to give them to God."
- **Tears Be Gone**—Gather open boxes of tissues, bright wrapping paper, scissors, tape, index cards, and markers. Say: "We all experience sadness and pain here on earth. But things will really be different in heaven." Read aloud Revelation 7:16-17. Ask: "What do you think the best thing about heaven will be? How does it feel knowing that our problems are only temporary?" Wrap the boxes like presents, carefully cutting the wrapping paper away from the opening for the tissues. Assist younger children. Then write Revelation 7:16-17 on index cards in your own words (for example, "There will be no tears in heaven!") and tape one card to each box. Say: "The next time you reach for a tissue, remember that heaven will be a happy place!" Set the boxes around the house as reminders that you won't need tissues when you get to heaven.





What's Playing at the Movies

Movie: *Ramona and Beezus* (July 23)

Genre: Family comedy

Rating: G

Cast: Joey King, Selena Gomez, John Corbett

Synopsis: Ramona Quimby is the rambunctious third-grade protagonist from Beverly Cleary's beloved children's books. Ramona, known for her accident-prone antics, constantly defies other people's expectations. Big sister Beezus admires Ramona for being her own person and for not caring what other people think.

Discussion Questions: What kind of relationship do you have with your siblings? How are you alike or different? How do you get on each other's nerves? If you're an only child, what do you like or dislike about that? Read Colossians 3:12-14. How do you cope with other people's faults? How do you cope with your own faults? How can families live in unity?



What Music Is Releasing

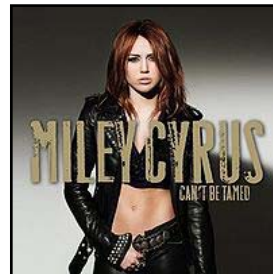
Artist: Miley Cyrus

Album: *Can't Be Tamed*

Artist Info: Cyrus is the pop star who gained fame as Hannah Montana on the Disney Channel. Now 17, Cyrus is aiming for an adult image, with more provocative lyrics and outfits.

Summary: *Can't Be Tamed*, Cyrus' third studio album, contains a lot of dance-pop music influenced by Lady Gaga and Britney Spears. Cyrus says the first single, "Can't Be Tamed," is about being trapped in a cage, having to act a certain way for others but wanting to be your real self.

Discussion Questions: What makes you feel trapped? What pressures or expectations would you like to shed, and why? Read 2 Timothy 1:7-8. Where can you find courage and strength to go against the flow? What might make you feel "caged" as a Christian, and how can you go free?



What Games Are Out

| Title | Content | Rating & Platform |
|-------------------------------------|--|--|
| <i>LEGO Harry Potter: Years 1-4</i> | In the most detailed LEGO game location ever built, players navigate through Harry's first four years at Hogwarts. | E10+; Wii, PS3, PSP, Xbox 360, Nintendo DS |
| <i>City Builder</i> | Players solve puzzles and overcome funny obstacles to build cities across a planet's four continents. | E; Wii |
| <i>Snoopy: Flying Ace</i> | <i>Peanuts</i> characters star as World War I pilots who engage in aerial combat. Contains cartoon violence. | E10+; Xbox Live |

RATINGS: EC=Early Childhood, E=Everyone (ages 6+), E10+ (ages 10+), T=Teen (ages 13+)



Culture & Trends

What's happening right now that may affect your children and family:

- Togetherville.com wants to introduce children to safe social networking. The free site is intended to be used with parents.
- The race is on to name the next generation, even though they're still in grade school. Ideas include Generation Z, Generation Net, iGen, and Homelanders.

Quick Stats

- A whopping 99% of parents reported that their children prefer playing with electronics to playing outside. (Colorado State University)



- Boredom is healthy for kids. Author Kim John Payne says one-third of a child's life should be busy; one-third, creative time; and one-third, downtime. (Simplicity Parenting)

- Forty-three percent of parents favor year-round schools. (Parenting.com)

July 2010

| Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
|--|-----|-----|-----|------------------------------|-----|--|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| No Sunday school INDEPENDENCE DAY | | | | 6 pm WOW Summer Picnic | | 9:30 am VBS volun- teer training |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 9:30 am Sunday school- The 23rd Psalm 1:30 pm VBS Volunteer Training 3-5 pm Life in the Church 5 pm 2nd Sunday potluck and Germany slide show. | | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9:30 am Sunday school- The 23 Psalm | | | | | | |
| <p>EXPLORE THE MIGHTY LOVE OF GOD AT VBS THIS WEEK!</p> <p><i>High Seas</i> EXPEDITION.</p> <p>Children 2-years-old to grade 5 are invited. SUNDAY THROUGH THURSDAY, 6 PM TO 8:45 PM Dinner for families each night at 5:30 pm PARENTS: DON'T MISS PASTOR JAMES "THE SHACK" CLASS EACH NIGHT FROM 7 TO 8 PM.</p> | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| No Sunday School | | | | | | |

Coming Events

- August 1: Summer Sunday School
- August 8: No Sunday School
All Church Picnic/Luau
- August 15: Summer Sunday School
- August 22: Summer Sunday School
Sunday school registration
begins for 2010-11
- August 29: No Sunday School
- Sept. 5: No Sunday School
- Sept. 12: Rally Day

Watch for Fall parenting classes to be announced soon!



During VBS your children will be watching for God in every day life. Join them each day and help them prepare to share their God Sighting each night at VBS.

**Post your God Sighting at
www.goodshepherdutah.com**