



Winter 2023

Dear Families,

Raising children in the faith doesn't happen just at church, but at home and in everyday life. As parents, you have the unique role to walk alongside your children every day and teach them about Jesus. In order to help promote and encourage faith development at home, I have included several resources for you to use in your homes:

- Family Devotions
 - CPYU Family Table Talk Devotions
 - Allstars Kids Club
- Talking to Your Children
 - Grief
- Family Traditions
 - New Years
- 16 Table Talk questions to use at the dinner table
- Word of the Year
- Build Your Own Advent Prayer Star

“Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up” (Deuteronomy 11:18-19).

Blessings,

Jen Roettjer, DCE

Director of Youth and Discipleship





[FAMILY DEVOTIONS]

LEARN

CPYU Family Table Talk Devotions

<https://cpyu.org/resource-category/devotionals/>

Each devotion contains a Bible verse, story, and application questions for your family.

SHARE

Highs and Lows from the day
What are you thankful for today?

PRAY
Confess
Honor
Ask
Thanks

MUSIC

Allstars Kids Club

Search for Artist on Spotify or Amazon Music.
Visit the Allstars Kids Club YouTube Channel for music videos.



[FAMILY DEVOTIONS]

LEARN

CPYU Family Table Talk Devotions

<https://cpyu.org/resource-category/devotionals/>

Each devotion contains a Bible verse, story, and application questions for your family.

SHARE

Highs and Lows from the day
What are you thankful for today?

PRAY
Confess
Honor
Ask
Thanks

MUSIC

Allstars Kids Club

Search for Artist on Spotify or Amazon Music.
Visit the Allstars Kids Club YouTube Channel for music videos.



[FAMILY TRADITIONS]

NEW YEAR'S

Thoughts to Consider

A new year has come upon us. What a great time to start a new tradition with your family. Some traditions reflect on the previous year. Other traditions look forward to the year to come. No matter the tradition, the new year provides us with a time to remember that God is at work in our lives.

New Year's Traditions

- Slumber Party – Spend the night with a family slumber party filled with games and snacks. Consider hosting your family slumber party in a hotel room.
- Put regrets in the fire – Write down the regrets from the last year and then burn them
- Eating Chinese food (or whatever kind you want to make it unique) – If you're tired of the traditional holiday foods, here is your chance to mix it up with something new
- Create a Family Bucket List for the upcoming year
- Remembering God's blessings – Each person needs to find items throughout the house that represent a blessing from God during the past year. Put them in the center of the room to share.
- Family Photo Booth – Set up a photo booth with a variety of props to take pictures with
- Write down your prayers for the upcoming year. Then next year on New Years, open them up and reflect on how God answered those prayers.
- Send Thank You Notes – Pick a person who has influenced you and tell them thank you
- Put a surprise inside a dessert
- Movie Marathon – Pick your favorite movie series and watch away!
- Late Night Waffle Bar – Set out a variety of waffle toppings to create your ultimate waffle
- Balloon Pop – Pop a balloon each hour with a different activity inside



[TALKING TO YOUR CHILDREN]

GRIEF

Thoughts to Consider

Grief can impact our families and our children very suddenly or might be well known in advance. Regardless of the timing, grief makes itself evident in each person differently. Oftentimes for children, they are not accustomed to the intense feelings that come from a loss, so their grief might come out in other ways. The following resources and lists provide ideas and ways for parents to help their children navigate grief when the time arises.

Books

- "Wherever You Are My Love Will Find You" by Nancy Tillman
- "The Invisible String" by Patrice Karst
- "God Gave Us Heaven" by Lisa Tawn Bergren
- "When I'm With Jesus: For Any Child with a Loved One in Heaven" by Kimberly Rae
- "Feelings to Share: From A to Z" by Todd and Peggy Snow
- "Tear Soup: A Recipe for Healing After Loss" by Pat Schwiebert and Chuck DeKlyen

Websites

- How I Feel: A Coloring Book for Grieving Children
<https://www.centerforloss.com/bookstore/how-i-feel-a-coloring-book-for-grieving-children/>
- 100 Ideas for Dealing with Grief
<https://www.centerforloss.com/bookstore/healing-your-grieving-heart-for-kids/>

Children Dealing with Grief

General Tips:

- Be honest with your children
- Answer their questions with simple, clear answers
- Do not use words like "sleep" instead of "death"
- Encourage children to identify and express their feelings
- Share your feelings with your children
- Find ways to express grief through talking, play, coloring, etc.
- Recall the good memories of the person
- Stick to your routines as much as possible
- Expect some sort of unusual behavior

Faith Tips:

- Explain that sometimes God answers prayers with a "yes" and a "no"
- Even if a loved one dies, we know that Jesus defeated death to give us eternal life
- Discuss the reality of Heaven

Activities:

- Exercise
- Find a "grief hide-out" spot
- Play games with a friend
- Cry
- Laugh and be silly on purpose
- Try something new
- Create a memory book
- Give someone a hug
- Do something nice for another person
- Talk with an adult about how you are feeling
- Be creative: write, draw, or color
- Hang out with friends you feel comfortable around



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]

WHEN YOU ARE UPSET, WHAT HELPS YOU TO CALM DOWN?

SET 10

IF YOU COULD VOLUNTEER YOUR TIME TO HELP ONE CHARITY, WHAT WOULD YOU CHOOSE?

SET 10

WHAT IS YOUR FAVORITE PLACE IN THE WORLD TO SIT QUIETLY?

SET 10

WHEN YOU RECEIVE TWO INVITATIONS AT A TIME, HOW DO YOU CHOOSE WHICH TO ACCEPT?

SET 10

WHAT IS THE CRAZIEST THING YOU HAVE EVER EATEN?

SET 10

WHAT IS THE FIRST THING YOU WOULD DO IF YOU WERE PRESIDENT?

SET 10

WHAT DO YOU DO TO RECHARGE AFTER A LONG DAY? DO YOU GET TO DO THIS EVERYDAY? WHY OR WHY NOT?

SET 10

WOULD YOU RATHER BE ABLE TO FLY OR TO TURN INVISIBLE?

SET 10



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]

WHAT DO YOU THINK ABOUT RULES? DO YOU THINK THEY ARE IMPORTANT? WHAT ARE SOME RULES AT HOME OR SCHOOL?

SET 10

DESCRIBE IN DETAIL A DAY IN WHICH YOU WOULD LIKE TO LIVE OVER AND OVER AGAIN.

SET 10

IF THERE WERE NO KIDS YOUR AGE TO PLAY WITH, WOULD YOU RATHER HANG OUT WITH OLDER OR YOUNGER KIDS?

SET 10

TALK IN DETAIL ABOUT SOMETHING OR SOMEONE YOU HAVE SEEN CHANGE, LIKE A SIBLING, THE MOON, OR A CATERPILLAR.

SET 10

WHEN IS IT OKAY TO LIE?

SET 10

IF YOU COULD GO TO THE OLYMPICS IN ONE SPORT, WHICH WOULD YOU CHOOSE?

SET 10

IF YOU COULD CHANGE ONE THING ABOUT YOUR FAMILY OR SCHOOL, WHAT WOULD IT BE?

SET 10

HOW CAN YOU HELP ANOTHER PERSON PUT A "SPRING IN THEIR STEP" TODAY?

SET 10

Advent Prayer Star

This interactive prayer activity will guide you through the steps of building your own Moravian star and challenge you to pray throughout the season of Advent for people and situations that are in need of the light of Christ.

The Moravian star was first seen in Germany nearly 200 years ago at a school. It is thought that this complicated star began as a geometry lesson. The star is a symbol for Jesus who came into the world and who declared “I am the Light of the World.”

The points of the star radiating out from the center represent Jesus’ love for us and the world. The traditional Moravian star has 26 points, but the star that we are constructing has 20 points. It will take nearly all of Advent to construct your star and with each point that is added you will be praying.



When author and pastor Eugene Peterson was speaking about Jesus coming as the light of the world, he asked, “As Christ followers, how are each one of us pushing back against the darkness?” This Advent season, push back against the darkness through prayer and asking Jesus to shine through you!

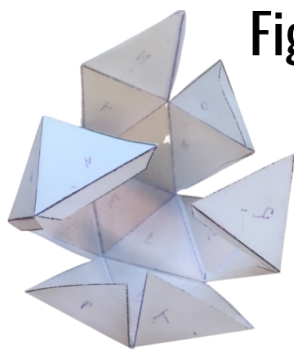


Figure 1

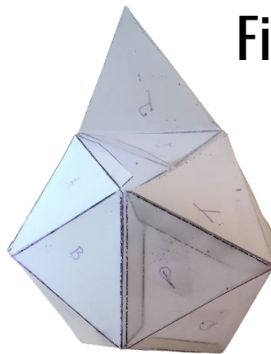


Figure 2



Figure 3



Figure 4

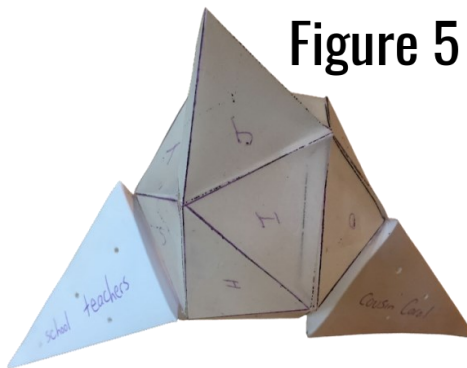


Figure 5



Finished Star



Advent Prayer Star Scriptures

- A. Ephesians 5:8:** At one time you were in the dark. But now you are in the light because of what the Lord has done. Live like children of the light.
- B. 1 John 1:5:** Here is the message we have heard from him and announce to you. God is light. There is no darkness in him at all.
- C. John 1:7:** But suppose we walk in the light, just as he is in the light. Then we share life with one another. And the blood of Jesus, his Son, makes us pure from all sin.
- D. John 8:12:** Jesus spoke to the people again. He said, "I am the light of the world. Anyone who follows me will never walk in darkness. They will have that light. They will have life."
- E. John 1:1-2:** In the beginning, the Word was already there. The Word was with God, and the Word was God. He was with God in the beginning.
- F. John 1:4:** Life was in him, and that life was the light for all people.
- G. John 1:5:** The light shines in the darkness. But the darkness has not overcome the light.
- H. John 1:14:** The Word became a human being. He made his home with us. We have seen his glory. It is the glory of the One and Only, who came from the Father. And the Word was full of grace and truth.
- I. Luke 1:79:** God will help those who live in darkness, in the fear of death. He will guide us into the path that goes toward peace.
- J. Revelation 22:5:** There will be no more night. They will not need the light of a lamp or the light of the sun. The Lord God will give them light. They will rule for ever and ever.
- K. Isaiah 9:2:** The people who are now living in darkness will see a great light. They are now living in a very dark land. But a light will shine on them.



Advent Prayer Star Scriptures

- L. Isaiah 60:1:** Arise, shine, for your light has come, and the glory of the Lord rises upon you
- M. 1 Peter 2:9:** But God chose you to be his people. You are royal priests. You are a holy nation. You are God's special treasure. You are all these things so that you can give him praise. God brought you out of darkness into his wonderful light.
- N. Matthew 5:14-15:** You're the light of the world. A town built on a hill can't be hidden. Also, people do not light a lamp and put it under a bowl. Instead, they put it on its stand. Then it gives light to everyone in the house.
- O. Matthew 5:16:** In the same way, let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven.
- P. Psalm 119:105:** Your word is like a lamp that shows me the way. It is like a light that guides me.
- Q. Isaiah 49:6 (The Message):** [God says] I'm setting you up as a light for the *nations* so that my salvation becomes *global!*
- R. 1 Thessalonians 5:5-6a:** All of you are children of the light. You are children of the day. We don't belong to the night. We don't belong to the darkness. So let us not be like the others.
- S. Philippians 2:14-15:** Do everything without complaining or arguing. Then you will be pure and without blame. You will be children of God without fault among sinful and evil people. Then you will shine among them like stars in the sky.
- T. 2 Corinthians 4:6:** God said, "Let light shine out of darkness." (Genesis 1:3) He made his light shine in our hearts. His light gives us the light to know God's glory. His glory is shown in the face of Christ.



Advent Prayer Star Directions

(1 of 2)

Supplies:
Star template
Star points (20)
Tape
Glue dots
Finishing nail
LED light
Scissors*
Pen*
Ruler*
*Home supplies

1. Cut out star body (vellum) on solid lines.
2. Cut out 20 star points on solid lines.
3. Score the star body and all the star points. It is much easier to get clean folds on your star if you score the paper by going over the dashed lines with a pen (you can use a ruler to help keep the lines straight). If you have small children, you might want to do this prep work without them.
4. Put together the star base by folding all the lines you have scored and taping the sides together. It is easier if you make all the folds, before you start taping (See Figure 1).
5. Place a small piece of tape on one flap and tape to the side near it so that all the tape is on the inside of the star body. Leave one flap not taped down so it looks like Figure 2. This flap you've created will allow you to access the LED light in order to turn the light on and off.



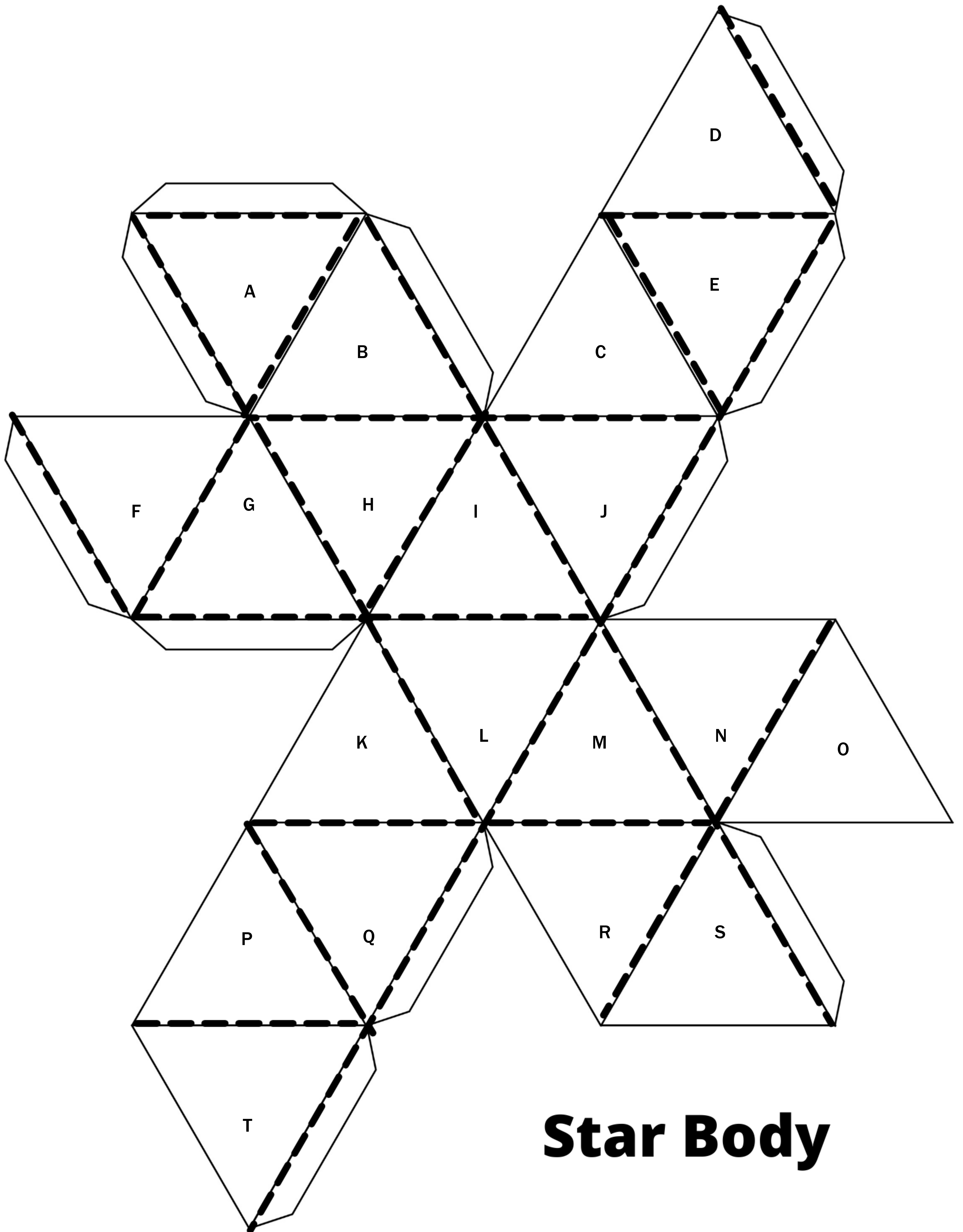
Advent Prayer Star Directions

(2 of 2)

Each day of Advent, add one star point to your base. Don't be stressed if this doesn't happen daily for your family; there are a few more days during Advent than there are star points. If you get behind, just add several star points when you can.

1. On a star point, write something or someone that you want the light of Jesus to shine on. Have each family member add something to the star point. Pray together and finish with "may the light of Jesus shine on _____."
2. Use your finishing nail to poke some holes in the paper (see Figure 3). As you do this, ask God to show you how the light of Jesus might shine through you onto this person or situation. Pray "Light of Jesus, shine through me."
3. Tape your star point closed by folding into a 3 sided pyramid and then taping it closed (Figure 4). Fold in the bottom flaps.
4. Select a letter on your star body. Read the Scripture that corresponds to that letter. Add 3 glue dots to the 3 triangle points of that letter and then attach your star point (Figure 5).
5. Turn on your LED light by twisting it and place it inside the star body by opening the flap you did not tape. Pray "Lord Jesus, we need more of your light in our world. Please shine through me. Amen."
6. Repeat these steps throughout Advent until your Prayer Star is complete.





Star Body

