



Summer 2024

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
  - Bible Project
  - Bethel Music Kids
- Talking to Your Children
  - Self Image
- Family Traditions
  - Morning
- 16 Table Talk questions to use at the dinner table
- Mother's Day and Father's Day Activity Sheets
- Bullying Conversation Guide

"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

Bible Project

<https://bibleproject.com/explore/>

The Bible project videos provide excellent summaries of Bible stories and themes in a easy to understand format.

### SHARE

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

**PRAY**  
Confess  
Honor  
Ask  
Thanks

### MUSIC

Bethel Music Kids

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



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## [ TALKING TO YOUR CHILDREN ]

### SELF IMAGE

#### Thoughts to Consider

We are all created in the image of God. However, because of our sinful human nature, that image has been broken. When Jesus came to die for our sins, he restored that image. Even though we have been restored, our self image needs to be reminded of God's love for us and the wonderful ways he has created us in his image.

#### Books for Younger Elementary

- "How Much is a Little Girl Worth?" and "How Much is a Little Boy Worth?" by Rachael Denhollander
- "Faces: A Love Story" by Roger Hutchison
- "God Made Me in His Image: Helping Children Appreciate Their Bodies" by Justin and Lindsey Holcomb

#### Books for Tweens

- "Love Made: A Story of God's Overflowing Creative Heart" by Quina Aragon
- "My Work in Progress: A Journal for Self-Discovery and Creative Expression" by Zonderkidz
- True Girl Bible Studies Series by Dannah Gresh
- "Who Am I and Why Do I Matter?" by Chris Morphew

#### Websites

- How to teach children to treat others as image bearers of God  
<https://youtu.be/no7loJGGYY>

#### Podcast

- Bible Project – Image of God Series  
<https://bibleproject.com/podcast/series/image-of-god-series/>



# [ FAMILY TRADITIONS ]

## MORNING

### Thoughts to Consider

Morning routines are filled with busyness and getting ready for the day. Yet in the middle of the routine, we can find time to enjoy together as a family and with God.

### Morning Activities

- Play a Wake-Up Song
- Saturday Morning Breakfast – make something special and eat together
- Prepare the night before for the day ahead
- Create a checklist of morning activities
- Listen to the Christian music, an audio version of the Bible, or a devotion while driving to school or activities
- Daily Fruit of the Spirit – write the each of the fruit of the spirit on a piece of paper and put them in a container. Every day each person chooses which “fruit” they need to take with them to get through the day (feel free to use other character traits as needed)
- Snuggle time – take five minutes to take some deep breaths and give a big hug to start the day
- Memory Verses – Whether it’s a family verse or part of your homework, say the verses out loud together
- Prioritize Breakfast time to connect before heading out for the day
- Share one thing you are looking forward to during the day
- Take a day which does not have any routines to relax
- Daily Devotions – Read a Bible passage or devotion together
- Gratitude Café – Set aside one morning, make everyone a special drink, sit down together to share everything you are thankful for
- Pray with and for your children to start the day



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]

HAVE YOU EVER REVEALED A FRIENDS' SECRET AND HAD THEM FIND OUT?

SET 12

WHAT DOES THE STATEMENT "WITH GREAT POWER COMES GREAT RESPONSIBILITY" MEAN? WHAT POWER DO YOU HAVE? WHAT RESPONSIBILITIES COME WITH THAT POWER?

SET 12

SHARE YOUR FAVORITE STORY ABOUT OUR FAMILY. WHY DO YOU LIKE THIS STORY IN PARTICULAR?

SET 12

WHAT'S YOUR FAVORITE DESSERT?

SET 12

WHAT WOULD HAPPEN IF THE SUN WAS ALWAYS SHINING AND IT NEVER RAINED?

SET 12

HOW DO ANIMALS SHOW THEIR LOYALTY? IF YOU HAVE A PET, HOW DO YOU SHOW LOYALTY TO EACH OTHER?

SET 12

MANY FAMOUS WRITERS, ATHLETES, AND POLITICIANS DID NOT FIND SUCCESS UNTIL LATE IN LIFE. WHO DO YOU ADMIRE FOR NOT GIVING UP ON THEIR DREAMS?

SET 12

WHAT IS YOUR FAVORITE THING TO SHARE WITH FRIENDS? WHAT IS THE HARDEST THING TO SHARE?

SET 12



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]



[ TABLE TALK ]

DO YOU KNOW ANY STORIES  
ABOUT YOUR GRANDPARENTS  
WHEN THEY WERE KIDS?

SET 12

WHO IS ONE OF YOUR HEROES  
AND WHY DO THEY INSPIRE YOU?

SET 12

WHICH NEW PERSON WOULD  
YOU LIKE TO HAVE AS A FRIEND?

SET 12

IF YOU WERE A FRUIT, WHAT  
FRUIT WOULD YOU BE? WHY?

SET 12

WHAT ARE YOU HOPING TO DO  
THIS WEEKEND?

SET 12

WHICH HOUSEHOLD CHORES DO  
YOU LIKE TO DO AND WHICH DO  
YOU TRY TO AVOID?

SET 12

IF YOU COULD REDECORATE  
YOUR ROOM, WHAT  
DECORATIONS WOULD YOU USE?

SET 12

IF SNOW COULD FALL IN ANY  
FLAVOR YOU CHOOSE, WHAT  
FLAVOR WOULD IT BE?

SET 12



# ALL ABOUT MY DAD

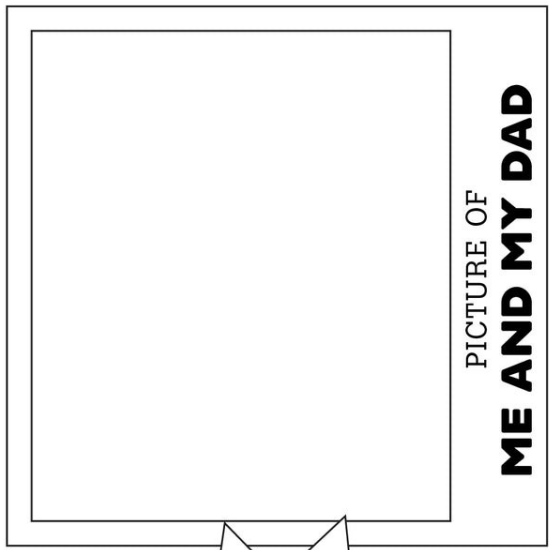
My favorite memory with my dad

His Name is: <

he is

years old.

4 REASONS WHY I LOVE MY DAD



PICTURE OF

ME AND MY DAD

HIS FAVORITE FOOD

LOVE

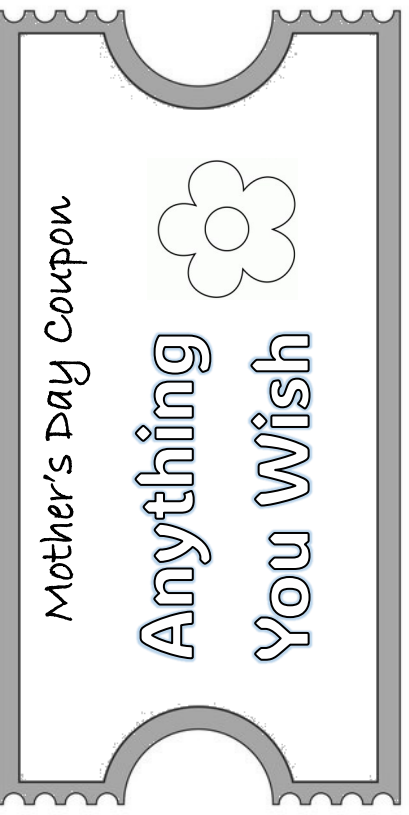
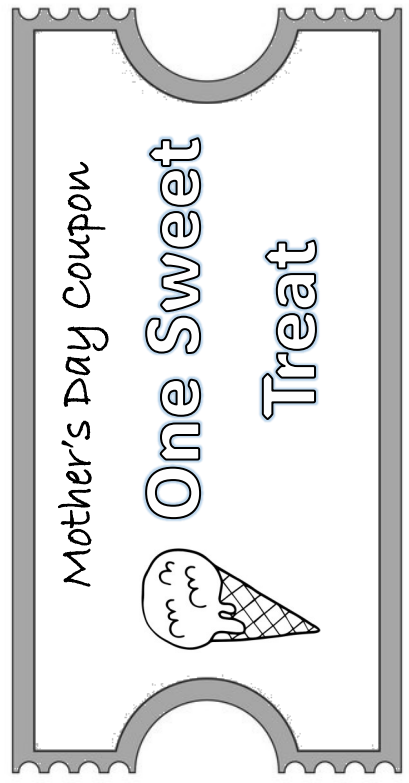
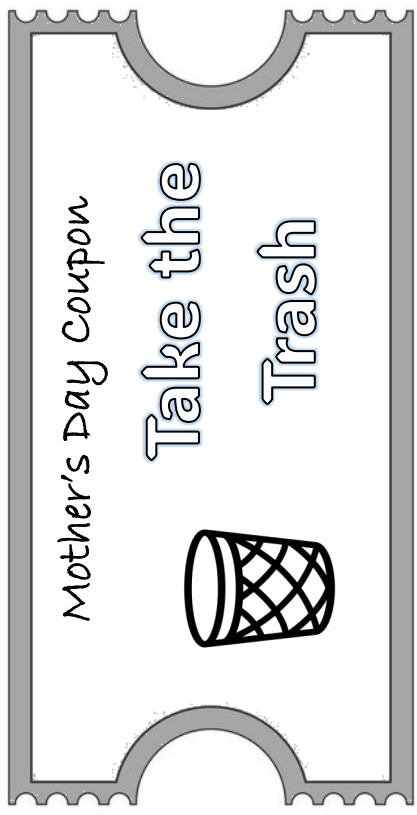
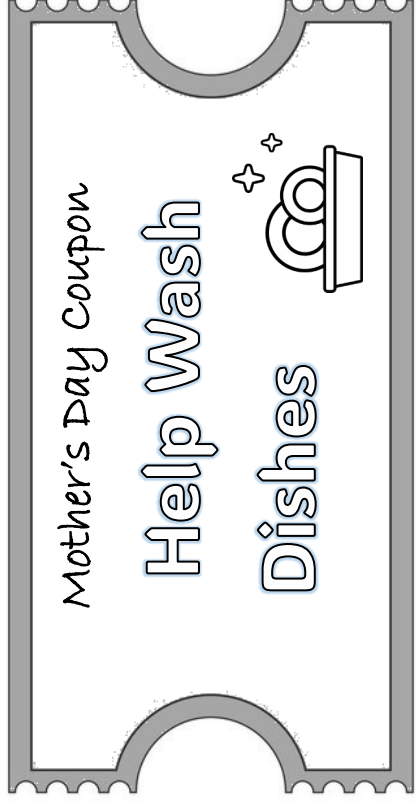
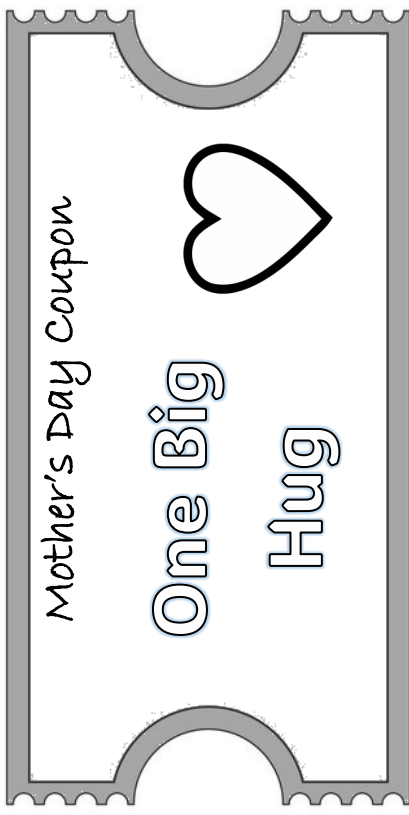
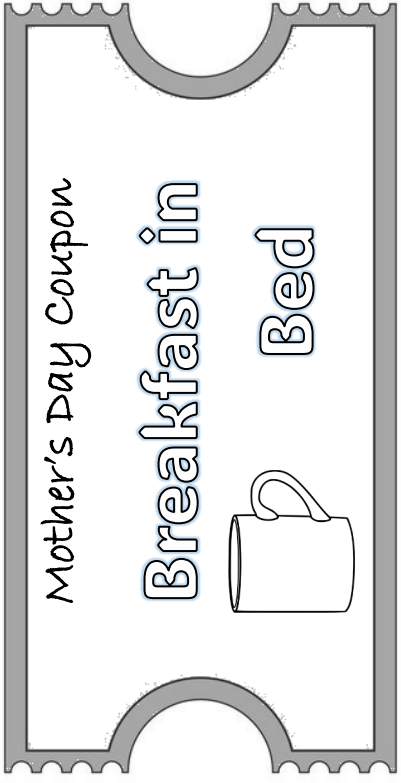
My favorite thing to do with my dad

My dad always says....

- 1
- 2
- 3
- 1

MY DAD'S FAVORITE SPORT

MY DAD'S FAVORITE HOBBY



Mother's Day Coupons to Color and Decorate

# BULLYING

## CONVERSATION GUIDE ... for parents

Bullying is defined by unwanted or repetitive behavior that is intended to cause physical or emotional harm. Bullying may be physical (hitting, punching), verbal (teasing or name-calling) or relational (social exclusion or cyberbullying). Bullying occurs in every community, and in every school setting—religious or secular, public or private.

Bullying is hurtful and can have serious and sometime long-term mental health consequences, which can be unique to each individual.

If your child is being bullied, or if you even suspect bullying, let them know that they are not alone and that they are not at fault. If they are the bully, it's important to dig a little deeper and take some action. And even if bullying is not on the radar, talk to kids about what to do if they ever experience it or witness it in any way.

\*\*These conversations aren't always easy to have. Make sure to involve professional counselors, as needed, as well as your ministry leader.\*\*

### WHAT TO SAY

#### STARTING THE CONVERSATION ABOUT BULLYING:

- "Have you ever felt threatened by someone or teased to the point where you thought it might be bullying?"
- "Tell me what happened."
- "How did this person make you feel?"
- If not, "What would you do if you were ever bullied?"
- "What would you do if you saw someone else being teased or bullied?"
- "It's important to tell someone if you ever feel bullied or threatened by anyone."
- "Who is someone you would tell at your school?"
- "The quicker you tell someone, the quicker things will change."
- "Have you ever seen people make fun of others or say mean things online?"
- "Has anyone made mean comments to you?" If so, "What did you do?"
- "Have you ever said mean things online that you didn't know might be bullying?"
- "Let's take some steps to protect yourself online."

#### IF YOU FIND OUT YOUR CHILD IS BEING BULLIED:

- "Thank you for telling me. This is a safe place."
- "This isn't your fault."
- "Who else feels like a safe person to tell?"
- "Bullies count on the fact that you won't tell anyone."
- "Here are some things you can say to someone who is teasing you . . ."
  - » "I didn't appreciate that."
  - » "I'm not sure if that was meant to be a joke, but I didn't find it very funny."
  - » "Stop." (Stand tall and say it in a strong, confident voice.)
- "If you ever feel unsafe, go find an adult right away."
- "There is nothing to be ashamed of."
- "Who are some people you enjoy being around who make you feel good about yourself?"
- "I care about you and I need to tell someone who can help us so we can stop this from happening again."

- "Sometimes hurt people, hurt people. Do you think this person might be hurting in any way?"
- "Let's pray for this person. That's hard to do sometimes, but God loves this person as much as He loves you and wants to help you both."
- "A bully wants to make you feel bad about yourself to feel better about themselves. What is something kind you can say or do for them?"
- "Let's talk about some things that are great about your life."
- "Here's what I love about you . . ."

#### IF YOU FIND OUT YOUR CHILD IS THE BULLY:

- "I need to talk to you about something important because I care about you."
- "Have you ever felt threatened by someone or felt bullied?"
- "Have you ever witnessed someone else experience bullying? How about online?"
- "Can you remember a time when someone was mean to you or when you were left out? How did that make you feel?"
- "Jesus reminds us to treat others the way we want to be treated. That's a good principle. Are you treating this person the way you would want to be treated?"
- "Adults sometimes send wrong messages without realizing it. Have I ever done anything to make you think this was okay behavior?"
- "Is there something at school or in our home life that feels stressful to you?"
- "Those behaviors are bullying behaviors. It's not who you are."
- "What can we do to make this right?"
- "We might need to bring other people into the conversation."
- "This doesn't change the way I feel about you. I love you."

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