

# ZION'S FAITH AT HOME MINISTRIES NEWSLETTER

## theParentLink<sup>SM</sup>

October 2009



GOD cares about YOU!

### Develop Christ-Centered Self-Esteem

Many parents and programs focus on boosting children's self-esteem, or helping them feel good about themselves. Children with high self-esteem work happily alone, are responsible, tolerate frustration, accept new challenges, and display a range of emotions. Children with low self-esteem make self-demeaning

comments, feel insecure about others' opinions of themselves, blame others for personal weaknesses, are easily influenced by others, and avoid situations that produce anxiety.

One problem with the world's view of self-esteem, though, is that beliefs based on other people's praise may vary from day to day. Yet God's views remain constant. So for children to have a Christian self-concept, they must see themselves from God's viewpoint: as unconditionally loved and accepted. Here are ideas for rooting worth, not in kids' looks or performance, but in their relationship with God:

#### Let children know that God loves and values them.

Remind kids that God loved them enough to pay the highest price for them—his Son's life. Say things such as, "You're special to God."

**Celebrate each child's God-given strengths.** When children display their talents, point them to the giver. Say things such as, "I thank God for giving you a beautiful voice."

**Teach children to accept failure.** When problems arise, don't jump in and save the day. Instead, pray together for guidance. Also, remind children that God loves them even when things don't turn out as they had hoped or planned.

### PowerSource



#### Talk to God with your kids:

- ✝ To assure your children of God's love and care for them.
- ✝ To help your children base their worth on God's view of them and not the world's.
- ✝ To help your children know that their gifts and talents come from God.

#### Your children's perceptions of themselves may seem to change from day to day or even hour to hour. Use these questions to start a conversation about self-concept and self-worth.

- What are your favorite things about yourself, and what are you most proud of? Why do you think God gave you those things?
- If you could change one thing about yourself, what would it be, and why? How would you explain that change to God?
- What makes you valuable and special? How does God view you?
- How can you have positive self-esteem without being stuck up?

# Elementary Youth

## SWIMMING PARTY

October 11<sup>th</sup>, 2-3pm  
Covington Aquatic Center  
(Tahoma High School)  
18230 SE 240<sup>th</sup> ST  
Covington, 98042

Bring the whole family for  
swimming, waterslides,  
snacks & fun!

**Cost is free!**

Please sign up in the church  
office, or call Danielle Acay.

Under age 6 needs adult in water.



**Join Us!**

# Living Word

## Sixth-Eighth Graders

The focus of *Living Word* is to make Jesus the center of your life.

We can do that through:

**inWord:** Digging deeper into God's Word,

**upWord:** Living life in daily worship and prayer,

**outWord:** Serving others in Christ's name and

**forWord:** Sharing Jesus Christ with other people.

During the month of October we will be looking at the 2nd and 3rd Commandments and helping lead the Reformation classes for Godly Play!

### Stuff to think about!

- ✝ We are commanded to use God's name in prayer, praise and thanksgiving—never to curse, swear, lie or deceive. What does this mean to God's people in a world where cursing is common?
- ✝ The God who gives us seven days to live each week commands that we save one out of seven to worship, rest, focus and remember who we are and whose we are. How do we honor God on this day?
- ✝ A single voice (Martin Luther!) protested and spoke up for God and truth, and a world was shaken. A man who desperately wanted to find peace with God searched the scriptures and discovered that it was faith in Christ—not faith in his own perfection—that brings peace with God.

*What do you risk when you stand up for God and truth?*

*What do you risk when you remain silent?*

### Fall Retreat

**What:** Living Word Fall Retreat

**When:** October 3<sup>rd</sup> and 4<sup>th</sup>

**Who:** 6<sup>th</sup>-8<sup>th</sup> Graders

**Where:** Camp Berachah

**Cost:** \$75 (scholarships available)

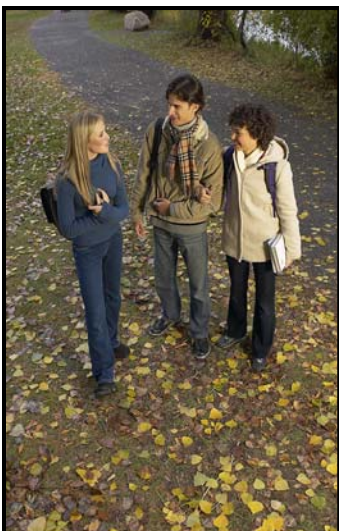
**Please pick up a registration form from Kelly Mullin and  
turn it in to the Faith at Home office!**

## October Sunday School Offering focus

We're collecting PET FOOD! The pet food will go to the Kent Animal Shelter. ANY kind of pet food is welcome—dog, cat, hamster, rabbit, etc!

**Help feed us!**





## Help Teenagers Live Out Their Christian Faith

It's one thing to say you believe in Jesus, yet quite another to reflect that faith in your everyday life. Teenagers may have been raised as Christians and readily claim that title. But, according to a recent survey by Group Magazine, a big chunk of Christian teenagers switch back and forth between several identities, depending on their particular environment.

Being a Christian is more than an identity; it's a relationship that needs to be nurtured, applied, and lived. Knowing biblical facts and names is good, but it isn't enough. Teenagers need to hear that Christ wants to be at the center of their lives—and reflected in everything they think, say, and do. As kids (and adults) get to know Jesus better, they'll also discover more about themselves and their God-given purpose.

This newsletter explores some ways to show your teenagers that true faith is meant to be owned and experienced. As you read the material, consider your own faith and how you, too, can live it out loud. Then sit down with your kids to find out how they feel about this important topic.

Jesus answered, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." Mark 12:30

## Senior High Youth

**SUNDAY SCHOOL** 9<sup>th</sup> – 12<sup>th</sup> graders come to the Faith Café to:

**GATHER** and welcome one another,  
**PRAY** sharing concerns & joys, and to get into  
**SCRIPTURE** so that God's word is a part of our lives!

### October topics

4<sup>th</sup>: "Loving Yourself as a child of God," with guest speaker Paul Heric from Habitat.

11<sup>th</sup> & 18<sup>th</sup>: "What are Your Giants?" What is a giant? Come and find out!

25<sup>th</sup>: Reformation, movie *Luther*.



**SMALL GROUPS** have formed but there's still time to become a member. Do you want to grow in your faith? Be a part of learning, connecting, fun, and service. Applications for Small Groups are available on Zion's website.

Try these ideas that will start growing some "legs" on your teenagers' faith:

- **Help kids "own" their faith.** Talk about your faith often, using conversations, not lectures. Apply what you hear in church by building bridges between teachings and kids' real lives.
- **Use teenagers' culture to spark talks about how to live as a Christian.** Become familiar with who and what your kids like. Then get kids thinking critically about all these outside influences.
- **Share faith stories within your family.** Give people each an opportunity to talk for five minutes about their life with Christ and what it means to them.
- **Walk the walk.** Set an example by living out your faith each day. Model service—and give kids opportunities to serve, too.



## Focus on Prayer

**PRAY THAT:** *God will become real to your teenagers and nurture their faith, making it active, alive, and real. Your teenagers desire a strong relationship with Jesus and they will become lifelong disciples of Christ, reflecting him in all they do.*

## Great Questions to Ask Your Kids

Ask teens some questions from the “Fuel for Discipleship” survey to jump-start conversations about faith-filled living.

1. In five years, do you see yourself being even more committed in your relationship with Jesus? Why or why not?
2. When you pray, do you feel like you’re having a conversation with God or just reciting a list of requests?
3. When you read the Bible, do you feel more energized than before you read?
4. Are the best people you know followers of Christ? What “fruit” do you see in people’s lives (and your own life) that shows their faith?

## TEACHABLE MOMENTS

**Compliment Class**—Genuine compliments are priceless and contagious, but they can feel awkward. During daily interactions, help your family learn how to comfortably give and receive compliments.

**Positioned for Success**—Create tasks for kids that are achievable, yet challenging. If your child is shy, for example, help him take some brownies to a new neighbor. Gradually encourage your kids to try increasingly difficult tasks. You can create opportunities for kids to share their God-given talents with someone else!

## Parenting Insights

Self-esteem takes a hit during early adolescence. But you can help meet preteens’ unique needs.

**Preteens aren’t at home in their bodies.** Rapid growth can cause clumsiness. Promote teamwork and acceptance, not competition. Allow down-time for bodies that tire easily.

**Preteens want to be treated as young adults.** Seek kids’ opinions and surround them with adults who can help them navigate any rejection from peers.

**Preteens are socially conscious.** Ban all putdowns, and model this behavior, too.

**Preteens need to be loved unconditionally and forgiven frequently.** Be quick to express forgiveness and to ask for forgiveness yourself.



## Family Experience: You’re Important to God

*When we remember to place God first, our self-worth becomes empowered and eternal. Use this fun experience from IT: Innovative Tools for Children’s Ministry (Group) to help family members understand that they must rely on God.*

**Crowned With Glory**—Gather a Bible, garland, and Mylar streamers. At dusk, go outside and ask: “When you look at the world around you, what reminds you of God’s greatness?” Read aloud Psalm 8:3-5. Ask: “Why do you think people are important to God? How has God shown you that you’re important to him?”

Say: “Our value comes from God. Psalm 8:5 lets us know how much God values us.” Repeat the verse together. Say: “God must think pretty highly of us to treat us this way.” Make shiny crowns. Then say each person’s name, followed by “...is important to God.”



- ✦ October 3<sup>rd</sup>-4<sup>th</sup>: Living Word retreat at Camp Berachah
- ✦ October 11<sup>th</sup>: Elementary Swimming Party, 2-3pm
- ✦ October 25<sup>th</sup>: Reformation Sunday. Middle schoolers will be hosting workshops for the preschool – 5<sup>th</sup> graders during the education hour.

Coming in November...**H.O.M.E.** sign-ups! (**H**omeless **O**utreach **M**obilization **E**ffort)