



First United Methodist Church Children & Family Ministry
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Donna Lewis, Director of Children & Family Ministry

Upcoming Events

Kidz Klub 1 Starts January 18, 2012 6:00 – 7:00 p.m.
Kidz Klub 2 Starts January 19, 2012 6:00 – 7:00 p.m.
(Can't get your child here on Wednesday? We now have a Thursday option)
Dads and kids campout Friday, January 20, 2012 5:00 p.m. Church Property

SELF-CONTROL

Choosing to do what you should do instead of what you want to do.

MEMORY VERSE

WEEK 1:

A Broken-Down Wall
Proverbs 25:28

BOTTOM LINE:

God can give you the power to control yourself.

WEEK 2:

Slow to Anger
Proverbs 16:32

BOTTOM LINE:

Pause before you lose your temper.

WEEK 3:

Reckless Words
Proverbs 12:18

BOTTOM LINE:

Select your words carefully.

WEEK 4:

Too Much of a Good Thing
Proverbs 25:16

BOTTOM LINE:

Know when to stop.

WEEK 5:

What You Think About
Philippians 4:8

BOTTOM LINE:

Use the Bible to guide your thoughts.



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MEAL TIME

WEEK 1:

Ask a kid: What are some examples of how self-control protects you from getting hurt?

Ask a parent: Tell about a time that you felt strong because you used God's power to have self-control.

WEEK 2:

Ask a kid: What can happen when your anger boils over and you lose self-control?

Ask a parent: How can you raise your boiling point—make yourself slower to get angry?

WEEK 3:

Ask a kid: What is something you need to show self-control with?

Ask a parent: When was a time that you hurt family or friends with your lack of self-control?



PARENT TIME

Do you still have your kid's baby book? Remember recording the date of every sweet milestone? Grabbing the video camera to capture the first time they rolled, smiled, or walked?

Do you still celebrate your child's milestones with the same enthusiasm? I have to admit, I tend to approach the older child milestones with a tiny bit of sadness. How is he already old enough to be losing teeth? Is she really grown-up enough for an overnight camp? Weren't they just babies?

While we may be sad to recognize that our babies are growing up, it helps to imagine the adults they are becoming.

WEEK 4:

Ask a kid: How can you know when to stop?

Ask a parent: Why does God want us to have self-control even with the "good" things in life?

WEEK 5:

Ask a kid: What are some things that you should think about? (See Philippians 4:8 for hints.)

Ask a parent: How have you learned to guide your thoughts?

We need to celebrate each milestone, appreciating their new independence and welcoming their maturity. After all, we're not really raising kids, we're raising adults.

To hear more about how you can celebrate your kid's growth and imagine the end, check out this month's Parent Link Live podcast on www.OrangeParents.org.

And for more mealtime questions, and great activities that you and your child can do at other times of your week, check out www.Studio252.tv and the Parent Cue app for your smartphone.

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