



parenting CHRISTIAN kids



through excellence in
ministry to children.

St. Luke UMC
www.stlukeumc.org

Wholeness and Holiness

POWERSOURCE

ASK GOD:

1. To help you find time for a Sabbath.
2. To help you in areas where you're not whole.
3. For opportunities to teach your kids about being spiritually healthy.

Most people ignore the safety spiel before takeoff, but those flight attendants have something important to say. When they mention the oxygen masks dropping down if the cabin loses pressure, they always tell you to put on your own mask before helping others. Why? You're no good to anyone if you succumb to the pressure.

Sometimes we get so busy being everything for everyone else that we forget to take care of ourselves. This is especially hard for parents. Your kids need you—and the younger they are the more they need your constant attention.

But what does "health" look like? It's not just physical—though it is that. It's not just spiritual—though it is that. And it's not just mental—though it is that, too. It's all of it. And all of it ties back to our relationship with God.

Just think about how you react to others when you're tired, hungry, or not connecting with God. You're not you—or at least not the *you* you want to be.

Take care of yourself, and you'll be able to take better care of your loved ones. If you're connecting with God in mind, body, and soul, it will permeate everything you do.

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TEACHABLE MOMENTS

Weekly Walks

Here's an easy way to grow closer as a family and work on the "body" part of mind, body, and soul.

Commit to taking a walk with your family once a week for a month. If it becomes a habit, that's great!

Discussion Topics:

Week 1—What's your favorite Bible story? Why is it your favorite?

Week 2—What's the hardest thing about following Jesus? What's the best thing?

Week 3—What do you want to pray about?

Week 4—If you could ask God one question, what would it be?

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Securing Our Oxygen Masks

Being healthy starts with our walk with Jesus. Jesus said, "Apart from me you can do nothing," and we see that truth all the time. So as you're thinking about ways to get and stay healthy—how to secure your own oxygen mask—ask yourself these crucial questions.

When was the last time you had a day of rest?

Our bodies were designed to work in a rhythm of six days of work and one day of rest. Find time to rest.

Are our kids any different? Just because they're young doesn't mean they can go without a time of rest. That might mean they shift around homework. Or they only play one sport. Or you make time to get the family to bed early before church the next day. Kids need rest, too.

You're really, really busy. But remember the beginning of Jesus' ministry? People were lined up outside the door, but he was "in a solitary place." In a sense, Jesus was securing his own oxygen mask. If Jesus needed rest, so do we.



How did you intentionally move into the presence of God yesterday?

Our prayer life is often the first thing affected by the busyness of life.

Prayer isn't something you should be checking off a list. However, if it's been a long time since you've spent time in prayer, maybe a list is the best way to start.

Get up a few minutes earlier. Go to bed just a little later. Whatever it takes.

How recently have you prayed, "Lord, show me myself"?

Read Psalm 139:23-24 and ask God to reveal something about yourself. It probably won't be something that's a surprise to you, but getting it out in the "light" means you can deal with it.

It's easier to see the deficiencies in other people at times. But if we're open to God showing us our own deficiencies, we can intentionally move into those and address them. And when we grow spiritually that helps our spouse and kids also.

(Adapted from Group Magazine.)

"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him."—Romans 12:1

MEDIA MADNESS



MOVIE

Title: Legends of Oz: Dorothy's Return

Genre: Family

Rating: PG (for some scary images and mild peril)

Cast: Lea Michele, Martin Short, Dan Akroyd

Synopsis: An all-star cast stars in this animated chapter in the Oz franchise. Dorothy is whisked back to Oz to save her friends Lion, Tin Man, and Scarecrow from the clutches of The Jester. The film includes songs from singer/songwriter Bryan Adams.

Our Take: The promotional material emphasizes this will be family-friendly, and there's no reason to suspect otherwise.



MOVIE

Title: Maleficent

Genre: Family

Rating: PG (for sequences of fantasy action, violence, frightening images)

Cast: Angelina Jolie, Elle Fanning

Synopsis: The untold story of the evil witch from Sleeping Beauty. She was once a pure-hearted girl, but a betrayal leads her to a path of revenge, and a heart turned to stone.

Our Take: Though it's based on a beloved Disney franchise, this take on the story looks very dark. And Jolie as Maleficent would scare most young children. You could talk to your kids about how someone's heart can change—for the worse and for the better—and how a desire for revenge can tear us down.



CULTURE & TRENDS

Preschoolers who get to choose to share rather than be rewarded for sharing are more likely to share in the future. Making the choice to share lets children see themselves as caring people, a trait they desire to replicate. (*Astro Awani News*)

QUICK STATS

Running on Empty: On average, it takes kids 90 seconds longer to run a mile than it did 30 years ago. Heart-related fitness has declined 5 percent per decade since 1975 for kids ages 9 to 17, and the World Health Organization data shows 80 percent of kids globally may not be getting enough exercise. (*latino.foxnews.com*)

Be Happy: Two percent of children across the globe, when asked, "What makes you feel safe and happy?" responded with "religious beings/places/God." The majority (56 percent) said being with family makes them feel safe and happy. (*childfund.org*)

Games, Sites & Apps

Kirby: Triple Deluxe

With Nintendo's 3D technology, Kirby can move both left and right, and between the foreground and background. Kirby can still inhale his enemies and take on their powers. The Kirby games are always imaginative and very clever. **Rating: E;** *Nintendo 3DS*

kids.nationalgeographic.com/kids

This companion site to the prestigious magazine has kid-friendly games, photos and features. It's full of the award-winning photography National Geographic is known for.

Stack the States app

This 99-cent iPhone/iPad app helps kids learn the U.S. states; their capitals; and their shapes, locations, and abbreviations—through flash cards, puzzles, and quizzes. You can create six different accounts, so the whole family can play. Available in the App Store.

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This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions about what your children watch, read, listen to, and play.



May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Star Wars Day 5th Grade Club	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16 National Bike to Work Day	17
18 Teacher Appreciation Day & 5th Grade Club	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31