

# PARENT GUIDE

## I CAN FOLLOW JESUS

### BIG IDEA

I can follow Jesus

### FOCUS VERSE

“He said, ‘I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life.’” John 8:12 (ICB)

**WEEK 1:** Becoming A Disciple (Matthew 22:34-38)

**WEEK 2:** Growing in God’s Word (Luke 2:52)

**WEEK 3:** Fasting (Matthew 4:2-4)

**WEEK 4:** Prayer (Luke 5:16, Mark 1:35)

### PARENTS:

This month our theme is, *I Can Follow Jesus*. We are going to discover that a disciple of Jesus learns from Him and then tells others about Him. As you teach and disciple your kids this month, we encourage you to emphasize reading God’s Word together, fasting and praying as a family.

### AT-HOME ACTIVITIES:

- At the dinner table, take turns listing the attributes of God. Discuss how knowing the attributes of God remind us of some amazing things about Jesus. Name opportunities where you can tell friends, family, or strangers about these amazing words that describe our God.
- Plant a flower in a pot. Throughout the month, watch it grow together as a family and talk about how we can grow to be more like Jesus by reading His Word.
- Fasting is sometimes a hard spiritual discipline to teach young kids. Don’t shy away from it because of this, instead teach by example. Discuss things you as a family can fast throughout the month to spend more time with Jesus.
- Gather as a family one night and create a prayer wall with yarn, clothespins, and postcards. Each day encourage your kids to write their prayer requests on a post card and hang it on the yarn with a clothespin. When a request is answered, flip the card over and write “Thank You Jesus” or “Praise Jesus,” then hang it back up. This is a great reminder of how Jesus is faithful.

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