

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: Worship (Exodus 20:3-4, Psalm 95:1-6)

WEEK 2: Godly Submission (Genesis 3:1-7, Mark 4:10)

WEEK 3: Serving Others (Luke 10:25-37)

WEEK 4: Sabbath Rest (Exodus 20:8-11, John 15:5)

PARENTS:

This month our theme, *I Can Follow Jesus*, continues. This month your children will learn four new spiritual disciplines. They will learn to worship, submit to God, serve others, and take a Sabbath rest. Spiritual disciplines are things we do, like praying and worshiping, that help us get to know God. We practice spiritual disciplines to help us grow in our walk with Christ and learn to follow Him.

AT-HOME ACTIVITIES:

- As a family, choose several of your favorite worship songs and sing them together throughout the month. YouTube has a lot of great kids worship videos that you can sing and dance to. Talk about how important it is for us to worship God not only through worship and dance, but also through obedience and serving.
- Play a game or two of Extreme Simon Says as a family. Challenge the kids to run to different rooms in the house to retrieve specific objects, run around the house outside two times, etc. Talk about how sometimes God asks us to do really hard things, but when it is hard, we can ask Jesus to help us.
- Serving others together as a family is a great way for your family to grow closer to God and to each other. Find elderly neighbors or church members that may need help in their yard, cleaning an extra room, etc., and volunteer to help them as a family. Be sure to discuss how God has called each of us to serve others and love others the way God loves them.
- Sabbath Rest is perhaps the hardest spiritual discipline to implement in our world today. Grab a picnic blanket and take your family outside Sunday afternoons. Take time to lay outside, look at the clouds and thank God for all of His blessings.

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