



WEEK ONE

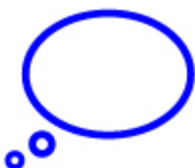
EPHESIANS 2:8-9

Grace is a Gift



SAY THIS:

Jesus is a gift for everyone.



REMEMBER THIS:

"God's grace has saved you because of your faith in Christ. Your salvation doesn't come from anything you do. It is God's gift."

EPHESIANS 2:8, NIV



DO THIS:



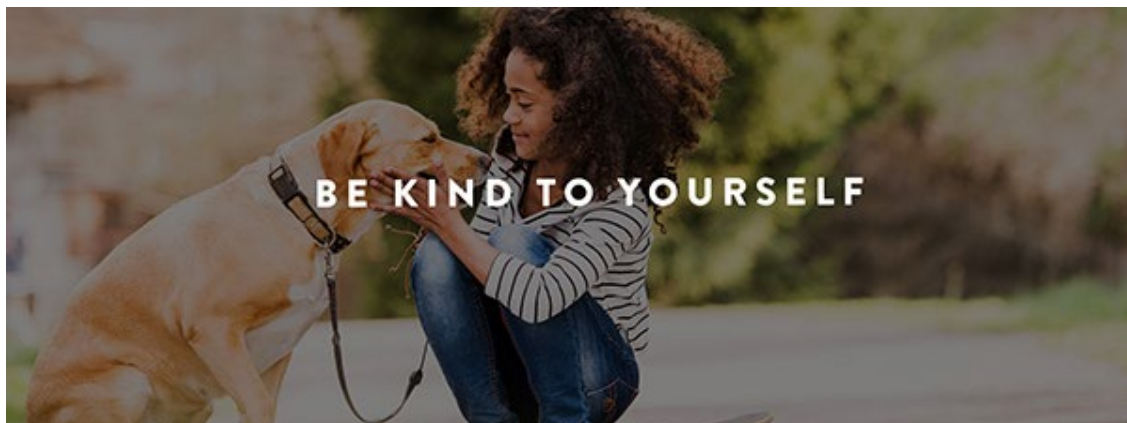
MORNING TIME

Wrap up a special gift or treat and give it to your child. Tell them, "Use this gift as a reminder that Jesus is the greatest gift of all."

FAITH:

TRUSTING IN WHAT YOU CAN'T SEE BECAUSE OF WHAT YOU CAN SEE

FROM PARENT CUE:



BE KIND TO YOURSELF

By Sarah Bragg

ÒÏm a failure.Ó

ÒÏll never get it right.Ó

ÒÏm unlovable.Ó

These are statements we would never say to someone we love, yet we freely say them to ourselves. And our kids do, too.

It's important for to help our kids learn how to speak to themselves like they would to a close friend. We need to help them learn compassionate self-talk.

Self-compassion can be learned and developed over time. You can start by helping your kid retrain the voice in their head—which honestly, may begin with you retraining the voice in your own head.

Here's a simple phrase:

ÒBe kind to yourself.Ó . . .

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