



WEEK FIVE
JOHN 13:34-35

Jesus tells us to love one another the way
He loves us so everyone will know we follow Him.



REMEMBER THIS:

“Come and follow me,
Jesus said.”
MATTHEW 4:19, NIrV



SAY THIS:

Who can you follow?
I CAN FOLLOW JESUS.

BASIC TRUTH:

JESUS WANTS TO BE MY FRIEND FOREVER.

A SAFE PLACE TO LAND

By Sarah Bragg

My oldest daughter is 10, and for the past year and a half, she spends most of her free time at the farm. She has always had a great affinity for horses. When she isn't riding, she's working at the farm—cleaning stalls, catching horses in the field, or bathing them.

Normally, she's all smiles after the farm. But recently, I arrived to pick her up, and as she sat down in the car, she broke down in tears. The work had been hard. She had to oil saddles for over two hours. It had to be redone and took up all her time—which meant no time to ride. I think it was a combination of exhaustion, disappointment, and embarrassment. Unmet expectations at any age can sometimes leave us in tears.

I normally don't handle emotions well. I like to breeze right on past them with quick fixes. And often times, I'm running at full speed between work obligations and family needs. So I'm not usually in a place to sit still with their emotions. But for once, I was in a restful, ready place to meet her sadness with gentleness. Handling your child's emotions isn't easy, and it is most definitely exhausting and never convenient. But in that moment, she needed a safe place to land. No fixing. Just safety. Gentleness.

So, she sat in the seat beside me and cried. And I sat in the seat beside her and listened and offered empathy. And

then when we arrived home, I sat with her while she ate dinner late. And then instead of homework, we played a few rounds of the game, "Speed."

That night as we said goodnight, I asked her the question I've been asking each night: **"What are you thankful for? What made you happy today?"** Her usual answer involved a horse, but this time she thought about it for a minute. And then she looked at me and said, "You." It wasn't a trite answer. It wasn't a generic answer. I knew it was true. That night, I showed up. I gave her what she needed from me. I gave her a gentle place to land.

When we give our kids our presence, we are choosing to be a gentle place for them to land. Because here's what I know to be true: You can't multitask presence. You can't be thinking about your agenda while trying to comfort a child. It never works well.

You can't prevent your children from feeling disappointed, sad, embarrassed or exhausted; but you can show up in those moments and be fully present, and safe.



For more blog posts
and parenting resources, visit:
ParentCue.org



DO THIS:



Cuddle with your child this month and pray, "Dear God, we want to follow Jesus and love people the way He loves us, but sometimes it's hard. Sometimes we don't want to share or be kind or forgive. Please help us love people like Jesus, even when we don't feel like it. We really do want to follow Jesus. We love You, God. In Jeus' name, amen."



JESUS WANTS TO BE MY FRIEND FOREVER.

Sing the following to the tune of "Mary Had a Little Lamb" as you rock or change the baby.

**I can follow, yes I can, yes I can, yes I can.
I can follow, yes I can.
I can follow Jesus.**

WORDS FOR BABY

"Baby, you can follow Jesus! Yay! Jesus wants to be your friend forever!"





grace
KIDS

March 29, 2020

Toddlers/Early Pre-K (Ages 1-3)

Bible Words: "'Come and follow me,' Jesus said." Matthew 4:19, NIV
The Twelve • *The Gospels*

Bottom Line: You can follow Jesus.

Basic Truth: Jesus wants to be my friend forever.

Parent Tip

You will need some painters tape (for easy removal and no damage to the floor) to make a tape path for toddlers to follow. Have fun having your toddler follow the line around the room. You be the leader first and then let them be the leader as you walk the path you have prepared ahead of time.

As you tell the story in your own way, tell it BIG. Toddlers like to see you get excited. Use your hands and body to show emotion and excitement. Make sure you smile a lot and really emphasize how much Jesus loves them.

For one-year olds, you will need to simplify the story. For 2's and 3's, the activity should be okay, but if you need to simplify and tell it in your own way or shorten it, that is perfectly fine as well.

Story Time

Are you ready to celebrate Jesus' 12 special friends by playing a game today? Okay, so before we do that, let's talk about Jesus' 12 special friends.

Many people followed Jesus. Many people listened to him teach. Many people believed in God. A crowd of people followed Jesus wherever He went. One day Jesus said, "I am going to choose some special helpers. These helpers will be my closest friends." Jesus chose twelve men and He called them his disciples. They stayed with Jesus all the time. Jesus taught these men many things about obeying God. Jesus gave these men special jobs to do for him. And now he wants you to follow Him. Will you follow Jesus? Jesus loves you and wants you to be His special friend too.

Look at this path. (*Stand close to one of the ends of the tape path.*) I wonder where it leads. Come follow me. (*Encourage your child to walk behind you along the tape path.*) Wow! We walked all along the path and it took us all around the room. Now you do it. You be the leader. Show me how to walk on the path (*Follow your child if they understand what this means. If not, stick to having them follow you.*)

So just like that Jesus' friends followed Him and saw Him do so many amazing things, we can follow Jesus too. His special helpers saw Jesus make sick people better. They saw Him feed people who were hungry. They saw Jesus be kind and loving to everyone. They watched Jesus. They followed Him. And when Jesus went away, the disciples did what Jesus had done. And that's what we can do, too. We can follow Jesus and do what He did! ***[Bottom Line]***
You can follow Jesus."

Say a simple prayer with your child at the end of the activity and story time.

PARENT RESOURCES



The Parent Cue App—Partnering with you as a parent is important, especially helpful in times of uncertainty. Consistent communication between our church and you builds trust between us, and it also equips you to have spiritual conversations at home. This free app gives you weekly cues that are aligned with the content of what your child has been taught or experiences in our classrooms each week. <https://bit.ly/2wTCNtG>

Helping Kids Navigate Anxiety Podcast—On this episode, Sissy Goff, Director of Child and Adolescent Counseling at Daystar Counseling Ministries in Nashville, Tennessee, shares tools for leaders helping kids process anxiety. <https://bit.ly/2TZx1OR>

Managing Fear and Anxiety During a Health Pandemic—a blog post for parents on managing anxiety during any number of life disruptions: <https://bit.ly/2Q6kJTG>

Anxiety Conversation Guides – These can help you if you have a child with anxiety. You can download these age-appropriate resources to find tips and practical ways to help your child.

Preschool - <https://bit.ly/33eSacq>

Elementary - <https://bit.ly/38LkjZs>

*We will be adding to this list as we gather more resources to help our kids and families.