

I WILL DAILY

TAKING ONE STEP CLOSER TO JESUS DAILY

TAKING ONE STEP CLOSER TO JESUS DAILY

TAKING ONE STEP CLOSER TO JESUS DAILY

PARENTING

TAKING ONE STEP CLOSER TO JESUS DAILY



WEEK 1

QUALITY TIME



SUNDAY

RECAP & REST

RECAP

Either on the ride home or at lunch engage your family in conversation about your worship experience. Whether that be talking about a song that was sung or something said during the sermon. Ask your kids what they learned in their class.

REST

Genesis 2:2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had

MONDAY

MEMORY VERSE

MATTHEW 5:16

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."





TUESDAY PARENT DEVOTIONAL

So much of a child's identity is found in their parents. And so many parents want their children to love other people. It seems like a fairly simple math equation, right? If $A=B$, and we want $B=C$, then maybe we should stop trying to do math in a devotional. Let's make this simple, we get to see your kids every week, and many of those kids are spitting images of you in appearance and in actions. If we want our kids to be loving people, we have to show them what that looks like. Because the reality is, the biggest influence on your kids is you. You are their example of what a grown up should look like. You are the person that they look up to. You are the person that they strive to look, act, and talk like.

Our memory verse this week is Matthew 5:16, to let your light shine before others, and that may not seem to make much sense for spending quality time with your family. I think that many times when we hear of the term quality time, we focus much more on the time portion. It is vital for busy families to make sure that they can spend time together, but that doesn't necessarily make the time "quality".

I remember when my wife and I started dating, that the best quality time wasn't spent when we set aside the most time, but instead when we set aside the most intentional time. When was the last time you thought through what your family spends time doing together? Your kids are looking up to you each and every day. How could you intentionally spend time doing things that help you grow closer as a family? And how could you intentionally spend time doing things that help them to become the young adult that you want them to become? Lastly, how can you intentionally spend time as a family doing things that helps grow closer to God?

The first step for many of us is finding time in our busy schedules to get our family all together, but I want to encourage you to focus more on the quality of the time. Try to make that time intentional. Instead of sitting down and watching a show together, have some real dialogue with them. Instead of small talking with them, or talking at them about what is next on the calendar, maybe take some time to listen to them. Maybe your family could even go serve somewhere together, and intentionally do activities that put other people first. We have to be intentional about instilling what we want our children to be in ourselves, because I promise you, your kids are watching.

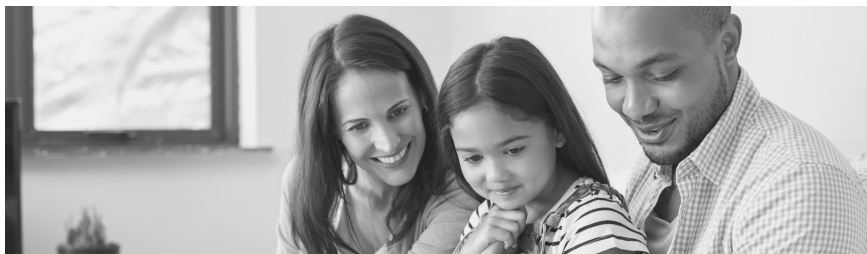


WEDNESDAY

work it out

Spend quality time with your family today, focusing on quality not quantity. If all you have is 15 minutes before bed, then make it count, ask your kids what their high or low for the day was. Ask if they have had something on their mind that you could spend a few minutes praying about.

Ask what their favorite worship song is and blast it in the house or car. If you have time in the afternoon or evening, take a walk, grab an ice cream cone, have a meal together. Cancel out as many distractions as possible (put your phones away) and focus on your family.



THURSDAY

words of wisdom

"To ensure that we get quality time with our kids, we make them a priority. To the extent that we did not hang out or have adult friends. Our kids were our life, so we would always carve time out for our kids each night. And if multiple kids as in our case, we do things individually with them". Eric & Salena Pavey

"At the beginning of the week, we talk about everyone's upcoming schedules and plan when we will all be together again for that week."
Kevin & Jessi Nance



FRIDAY

family fun

With quality time in mind, pick an activity that your family enjoys doing together and do it. Family movie night, bike ride, plan a meal together and get the whole family involved in cooking it.

SATURDAY

serve day

Find a way to serve someone else as a family. What is your family passionate about? Those who are needy in your community, elderly, the environment, etc. Pick your passion and be a blessing to others today.



WEEK 2

FAITH



SUNDAY

RECAP & REST

RECAP

Either on the ride home or at lunch engage your family in conversation about your worship experience. Whether that be talking about a song that was sung or something said during the sermon. Ask your kids what they learned in their class.

REST

Genesis 2:2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had

MONDAY

MEMORY VERSE

PROVERBS 22:6

Start children off on the way they should go, and even when they are old they will not turn from it.





TUESDAY PARENT DEVOTIONAL

One of the go to phrases in our student ministries here at First Capital is "owning your faith." Our biggest fear is that our children would get a driver's license, get some freedom, come to graduation, and have a shallow faith that doesn't stand as they move on from student ministries into college or the workforce. As the number of students leaving the church after graduation rises, there isn't just one reason for it. But one way to combat it is to help our children own their own faith.

I think most parents can relate to having mornings where their kids don't want to come to church, and of course we make them go. But when does it change? Does it ever? If we are still forcing our kids to go to youth group as a senior in high school, what do we expect would happen when they have the freedom to choose if they would like to be a part of a local church or not?

As our memory verse Proverbs 22:6 says, if you train up a child in the way they should go, even when they are old they won't depart from it. It would seem that this verse isn't true, as kids keep leaving the church. But what are we training them up to do?

The challenge today is to take a moment to think about what we are training our children to do. Are we training them that showing up to church on Sunday is what it means to follow Jesus, or are we training them what it looks like to follow Jesus each and every day? Are we training them to show up to church on Sundays, or are we training them to be a pastor to their friends and everyone in their community?

If we want to train up our kids to be lifelong followers of Jesus, we have to help them figure out their own beliefs, help them own their faith, and help them to truly fall in love with Jesus.



WEDNESDAY

work it out

Challenge your kids in their faith to take the next step. Maybe it's finding a Bible verse that speaks to them and memorizing it, following a devotion (Bible apps have devotions on topics to meet anyone's interest). They could step out of their comfort zone to pray out loud with their family or at church.

They might have a friend who is struggling that they could invite to church, pray with or spend time just listening to them talk about what is going on in their life. Ask your kids the question, "What is one thing you can do that would bring you one step closer to Jesus today?"



THURSDAY

words of wisdom

How can you encourage kids to grow their own faith? "I would encourage parents to always know their children's friends, and foster good healthy friendships. Encourage your child to reach out to the "least of these" within their classroom. Be a friend to the friendless. This provides a symbol of who Jesus is! Growing in faith can look different with each child. See what they are interested in and find a way to serve within that capacity." Kevin & Jessi Nance

"The most important thing I can do is prepare my kids for eternity" Randy Kirk

How can you encourage kids to grow their own faith? By giving them opportunity to spend their own time with God and pray. Allowing them to pick out devotional books. Encouraging them to serve.

What tips would you give other parents? Stay in community. Parenting can be hard and it's helpful to have others on the journey with you.

How have you seen your own growth or shortcomings in faith impact your family? It's hard to lead when you're struggling spiritually. A strong connection with God is essential to be able to impact the family spiritually. Joe & Rachel Hergenrath



FRIDAY

Family Fun

Family movie night with a faith based film that you can talk about after.

Facing the Giants, God's Not Dead, God's Not Dead 2, I Still Believe, Courageous, Soul Surfer

SATURDAY

Serve Day

Putting others first is an excellent way to grow in faith, Jesus Himself came to serve and not to be served. Help your kids find a way to put your neighbors first. This could be bringing a neighbor a small gift to bring them joy, asking an elderly neighbor if they need help with something around the house, or maybe going through a drive thru and paying for the person's meal behind you. Anything that helps them to see the joy that comes from putting other people first.



NOTES



WEEK 2

COMMUNICATION



SUNDAY

RECAP & REST

RECAP

Either on the ride home or at lunch engage your family in conversation about your worship experience. Whether that be talking about a song that was sung or something said during the sermon. Ask your kids what they learned in their class.

REST

Genesis 2:2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had

MONDAY

MEMORY VERSE

JAMES 1:19

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.





TUESDAY

PARENT DEVOTIONAL

As a parent of a six month old, many times I find myself wishing that my child could communicate with me. As I hear from parents with older children, many of them wish their kids forgot how to speak. All jokes aside, my baby truly does try to communicate with me even though she can't speak. But the question really is, how well do I listen?

We are trying to teach her a few different words of sign language so that she can communicate a little bit, but those aren't working that well. The truth is, if I take the time to be observant I can learn what my child is trying to communicate with me. The sign for eat, she uses for some reason after she is done eating. My daughter thinks that the sign for "eat" means that she wants something to chew on. Without observing when she does that, I would have thought she wanted more food after eating. She also rubs her eyes when she is tired, and without taking the time to observe her actions, I would have never picked up on it.

Communicating as a family can be quite difficult. Let's be honest here, we spend so much time with the people in our homes that confrontation is inevitable. Every person has such a different personality and responds to this tension in the home in their own way. But maybe if we took time with our family to work on communication like we do with a baby, we could have these times of confrontation be more of a growing experience.

I remember growing up that the quality of communication in our home depended on what type of mood my parents were in. When they were too busy or frustrated, they wouldn't explain or communicate through any issues. I heard the phrase "because I said so" more than I would like to admit. But when communication went well, not only did my parents give advice, but we talked through why I was being told to do something. Our memory verse this week is crucial for every member of a family when trying to communicate, and that was James 1:19, which says to be quick to listen, slow to speak, and slow to become angry. Imagine the growth in reasoning, social skills, and capacity to have empathy our kids would gain if we implemented this verse into our lives instead of becoming frustrated at them.

If we truly want our children to love others, that begins in our homes. And the easiest way to show them how to love others is through the way we communicate with them. The next time your child is getting on your nerves, try to genuinely listen to them and see how much it means to them, because many times they simply want to be heard.



WEDNESDAY

work it out

This would be a great time to sit down, with no screens, and have a conversation with your child. Actively listening to your child when they want to talk involves physically turning your body to face your child, making eye contact and engaging in what they are saying.



It may be a serious, deep conversation, or they could want to share something silly they saw on youtube or about their favorite video game, the content doesn't matter, your response does.



THURSDAY

words of wisdom

"Each family member needs to be respected, but a parent-child relationship shouldn't really be one of friendship until the child is an adult. A loving parent gives advice and discipline as needed. Each child is different and the way you talk and respond to them is also equally different. One child can be reasoned with, encouraged and talked to while another needs strict guidelines and boundaries and fewer words." Brian & Evalina Pinnick

"Being a friend isn't the top priority at this stage of life. However, I, (Rachel) work hard to keep the lines of communication open and take advantage of opportunities where they want to talk." Joe & Rachel Hergenrather



FRIDAY

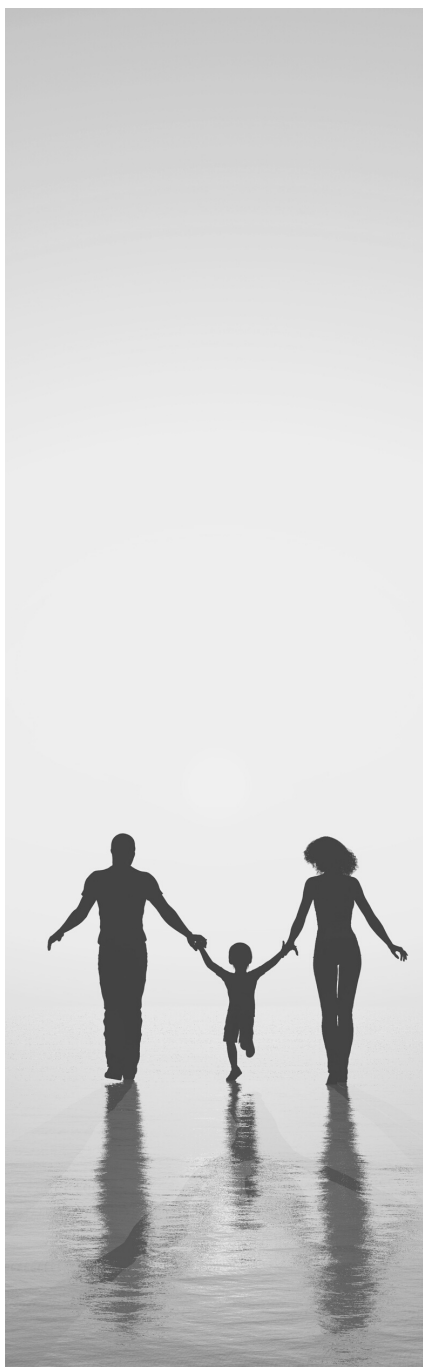
Family Fun

Play a game as a family that requires communication; charades, fish bowl, anything that makes you communicate with one another as you play.

SATURDAY

Serve Day

Many times we forget how much of a service we do for others by simply praying for them. As a family, pray for another family that either doesn't know Jesus, or is going through a tough time. Help your children see what it looks like to communicate with God while presenting other families to God in prayer.



NOTES



WEEK 4

PHASES



SUNDAY

RECAP & REST

RECAP

Either on the ride home or at lunch engage your family in conversation about your worship experience. Whether that be talking about a song that was sung or something said during the sermon. Ask your kids what they learned in their class.

MONDAY

MEMORY VERSE

HEBREWS 5:12-14

12 In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! 13 Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. 14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.





TUESDAY

PARENT DEVOTIONAL

If I have learned anything from middle school ministry, it is that not all kids are the same. Every kid learns, grows, and matures at such a different rate. There are sixth graders that look like high school volunteers, and there are eighth graders that I ask if they are old enough to come to Quest. Every kid is so different. But one thing that they all have in common is that they are all constantly changing.

But they aren't just changing physically. They are also growing in maturity mentally, and many of them spiritually. So how are you doing at helping your child develop in the stage they are in? None of us are perfect at this. Many times I have used things like sarcasm and metaphors with middle schoolers that none of them understood, and received nothing but blank stares in return.

Hopefully the church is doing well at getting your kids something that helps them develop mentally and spiritually at their age level, but the responsibility to help them grow in these areas falls on us as parents too. We need to understand where our kids are at and keep helping them to take steps to grow, all the while helping them understand the changes going on with their mind and bodies.

That is why I think this image of Hebrews 5:12-14 is so crucial, because the idea that many people should be eating spiritual food but really can still only handle spiritual formula is spot on. Of course, I don't expect parents to be biblical scholars and theologians, but if we want our kids to develop spiritually we have to be pushing ourselves towards maturity in that area as well.

I remember my parents teaching me how to play sports and develop physically. I naturally caught on to mental development because I'm so smart (obviously). But spiritually I was completely lost. I spent time around people at a church, but nobody ever checked in to see if I was actually learning anything or maturing in this area. We need to be facilitators of spiritual growth for our kids as well, teaching them biblical principles in a way that they can process at their age.



WEDNESDAY

work it out

For this activity we are going to look more inwardly. Take into account all of the expectations that you have for your kids, and different ways that you parent them. What are ways that you parent your children that they may have grown out of? What are new parenting strategies you need to add to help them develop maturity mentally, physically, and spiritually?

This could be helping your teenager to understand money more by having them develop a budget. Maybe this could be having your preteen pray for your family before a meal. If you have a small child, it could mean helping them to look from other people's perspectives. Let's be intentional to help our kids grow in the stage they are in.



THURSDAY

words of wisdom

How did your parenting style change through the different phases?

Discipline/consequences change. When they are older and choosing wisely, they get more freedom." Joe & Rachel Hergenrather

"Kevin and I parented within the "funnel". (upside triangle) When our children were young, we only gave them few decisions to make on their own, and very little freedoms. Allowing our children more freedoms and choices as they grew based on earlier training. But facing the consequences of their choices was not always easy to implement or observe." Kevin & Jessi Nance



FRIDAY

family fun

Spend some time doing something fun that your child can teach you to do. Play their favorite video game or board game, learn a TikTok dance from them. Get a glimpse of their world from their perspective.

SATURDAY

serve day

Help your kids find a way to show their friends the love of Jesus. Maybe that is through sending them an encouraging message, or writing someone a letter. Help them to see that they don't need to be a specific age to have an impact on the people around them.



NOTES

