



# Parenting CHRISTIAN Kids

June 2017



## Guard Children's Minds and Hearts

### POWERSOURCE

#### ASK GOD:

1. To help you and your children effectively manage life's stresses and challenges.
2. To help your kids avoid trying to strive for perfection.
3. To strengthen your trust in God, who's in control of everything.

Anxiety and depression—two mental-health conditions that often overlap—are on the rise among America's children and preteens, experts say. Anxiety, one of the earliest-developing behavioral disorders, can interfere with children's ability to think, interact, and function at home and school.

Contributing factors include fears about personal safety, terrorism, social media, bullying, isolation, perfectionism, parental pressures, and more. In today's stressed-out world, how can you raise resilient, fearless kids who trust Jesus?

Here are some practical tips:

**Monitor your own stress.** Take time to relax and find social support.

**Model coping skills.** When problems arise, keep calm and set a positive, faith-filled example for your kids.

**Help children identify their feelings.** Just naming emotions can lead to relief.

**Nurture a capacity to trust.** Respect children's feelings and provide an environment that encourages honesty.

**Control exposure to fearful stimuli.** Be aware of—and limit—media use that can be frightening or confusing (news programs included).

**Identify underlying reasons for fear.** Help children get Bible-based facts about who they are—and who God is.

**Know when to seek help.** When stress turns to panic, consult a professional.

# Help Kids Become Unshakable



## TEACHABLE MOMENTS

### Balancing Act

Align the edges of a book exactly along a table edge. Ask: **What are some of your responsibilities and stresses? What makes you worry? Say: Each responsibility and worry puts us a bit closer to being over the edge.**

Place a second book atop the first so it hangs one inch beyond the edge of the first—and over the table edge. List responsibilities and worries as you keep placing three more books in the same manner.

Ask: **How could I place each of these books without any of them falling? What would happen if I moved the bottom one?** Move it and watch the books fall.

Read aloud Matthew 6:33-34. Say: **A priority is something that's more important than another thing. Ask: What could happen if we don't keep our priorities in order? How can focusing on Jesus and putting him first help us deal with worries?**

Close in prayer, asking for Jesus' help to always seek him first.

When the whole world seems to be shaking, children—and adults—can feel shaken, says “VeggieTales” creator Phil Vischer. Yet the Bible says God is a steadfast rock and fortress (Psalm 62:6), and “we are receiving a Kingdom that is unshakable” (Hebrews 12:28). Vischer asks, “Have we really made the unshakable One real” to children? “While the world stumbles,” he says, “we can stand unmoved. What more inspiring a sight is there for an anxious child in a shaky world than that of the grown-ups in his or her life standing unshaken? The only way our kids will see the kingdom of God is if they see it in us. And the only way they'll see it in us is if it's more real to us than the Tweet-drenched, anxiety-ridden chaos we swim in every day. We have received a kingdom that cannot be shaken. Why would we want to spend our lives anywhere else?”

**No Lion!** Talk to children about their fears. Then read about Daniel and the lions' den in a children's Bible. Share how Daniel prays to God when he is afraid, and God protects Daniel from the lions. To the tune of “If You're Happy and You Know It,” sing “If you're scared and you know it, pray for help...”

**Built to Last** Use blocks to make the tallest tower possible. Talk about why your creation always falls down and why our efforts to be perfect always fail. Discuss ways that Jesus is our sturdy foundation and how we can stand tall in him.

**Lift Your Hearts** With permanent marker, draw a heart on a hard-boiled egg. Pour cup salt into a paper cup with “Jesus” written on the side. Fill a clear jar half full of water. Hold up the egg and say: “Sometimes our hearts feel heavy with worries. What worries do you have?” Drop the egg into the water and say: “Worries make our hearts sink inside us. But Jesus takes away those worries.” Pour the salt into the jar and stir the water. Read aloud Matthew 11:28-30. When the egg rises and floats, say: “When we give our worries to Jesus, our hearts become lighter.”

**Under Pressure** Give each family member an inflated balloon. Slowly step on the balloons as everyone calls out stresses and pressures. When all balloons have popped, read aloud Philippians 4:6 and share ways that Jesus helps us deal with our worries.

**Puzzled** Work on a jigsaw puzzle together and talk about the challenges of putting all the pieces of a puzzle—and life—together. Read Luke 1:37 and discuss how Jesus helps us solve even the toughest problems.

**Give It to God** Have family members list (or draw) all their current or recent worries. Ask: “Which of these worries can you solve on your own?” Read aloud 1 Peter 5:7. Say: “Most things we worry about are out of our control, so it makes sense to give them to Jesus.” Give each family member a lump of clay to use to form a person shape. Say: “For every worry on your list, press down on your person's head a bit.” After the clay people are flat, say: “Don't let that happen to you! Give your worries to Jesus.” Close in prayer, taking turns giving your worries to Jesus.

**“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.”**  
—John 14:27

# MEDIA MADNESS

# Culture & Trends

## MOVIE



**Title:** Captain Underpants: The First Epic Movie

**Genre:** Animation, Action, Comedy

**Rating:** PG

**Cast:** Jordan Peele, Kevin Hart, Ed Helms, Kristen Schaal

**Synopsis:** George and Harold, two creative tricksters, hypnotize their principal, making him think he's a gung-ho yet not-so-bright superhero. This film is based on Dav Pilkey's popular book series, which is geared toward children ages 7 to 10.

**Our Take:** Children will find plenty of laughs in this movie, even if they aren't yet fans of the books. As the title implies, though, the humor is often potty-related and crude. Talk with children about the differences between innocent and mean, hurtful humor.



## Shows

**Title:** 13 Reasons Why

**Network:** Netflix

**Rating:** TV-M

**Synopsis:** This newly popular series for and older audiences features a teen boy who discovers a series of tapes that reveals why a classmate chose to take her own life.

**Our Take:** This dark series has had the opposite effect from what its shows creator intended. Instead of informing teens on the dangers of suicide, it has caused many who were never even considering suicide to start thinking about it. Within our local areas of Rock Hill, Fort Mill, Tega Cay, and Gastonia, we have been made aware of more suicide attempts during the release of this show than any other time we can recall. Many parents have been completely unaware their child is or has watched the show. Based on what we have already explained, do NOT let your child watch this show. Turn off the autoplay feature, and closely monitor which shows your preteens are actually watching.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions about what your children watch, read, listen to, and play.

**Co-Parenting on the Rise** More divorced couples in the U.S. are sharing joint custody of children. Experts say co-parenting leads to more meaningful relationships with both parents as well as with grandparents. States are starting to pass laws making joint custody the default ruling in family court.

**Archery Meets Martial Arts** A hot new sports trend for kids combines bows and arrows with various fighting techniques and outdoor survival skills. Experts who train kids in "martial archery" say it's a good choice for athletes who don't prefer team sports. (martialarchery.com)

## Quick Stats

**How Grand!** New Census Bureau data reveals that grandparents make up a larger proportion of the U.S. population than ever before. In 2014, grandparents accounted for 37% of adults ages 30 and up. (nytimes.com)

**Silent Suffering** An estimated 80% of kids with a diagnosable anxiety disorder aren't getting treatment. (Child Mind Institute)

**Are You Game?** Calling it a "good opportunity to socialize," 75% of parents say they play video games with their children. (theesa.com)

## GAMES, SITES & APPS

### Hoot Owl Hoot!

In this award-winning, earth-friendly board game, players work together to help owls fly back to their nest. If they're successful, everyone wins. Children learn simple strategy and social skills. No reading is required. The game is for ages 4+ and can be played by two to four people.

### AutoDraw.com

This new free artificial-intelligence tool from Google is like an arts-and-crafts version of autocorrect. Just start drawing, and the tool will "guess" the image. It also offers various versions of that particular image to use, if desired. Editing tools allow young artists to unleash and develop their creativity.

### Build With Grandpa

The latest app in the popular "Grandpa and Grandma" series offers mini-games about construction and design that appeal to young builders. Players learn about safety while "operating" trucks and machinery. The brief, often-repetitive activities are geared for ages 3 and up.

# Q&A With Pastor Jenny

**Q: How do you successfully operate Children's Ministry across 3 campuses?**

**A: Goldfish, Jesus, Candy, and People** - in no particular order! We could NOT do what we do without prayer as well as our amazing servant leaders who dedicate their time, energy, and love Sunday after Sunday. Our team is truly making an impact in the lives of children and families that reaches beyond the Sunday or Wednesday service time in which they serve. Most of our volunteers serve once a month, but we have a few key leaders serving 2-3 times a month and are responsible for caring for their teams on their campus. Please take a look below at who they are and be sure to thank them for their continual investment!

-- Pastor Jenny Dirmann



## Volunteer Highlight Way To Go Wendy!

Wendy has been a part of our LCF Family for 4 years. She attends our Catawba Campus where she serves in our 1st-5th grade classroom.

In addition to faithfully serving each month, she was one of the first to sign up to serve at BOTH of our Easter Outreaches for 2016 AND 2017.

Furthermore, when an opening arose for additional teachers on Wednesday nights, she did not hesitate to step up and be a part of the solution.

THANK YOU Wendy for faithfully serving each month and for going above and beyond to make an impact in the lives of our children at Lakeshore.

"For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love him by caring for other believers, as you still do." Heb. 6:10 - NLT



**Kelsey Jefferson -  
Catawba Team Lead**

In LCF Family for 10 years.

**Fun Fact:** "My favorite food is pizza."



**Madeline Tillery -  
Children's Ministry Assistant /Tega Cay  
Team Lead**

In LCF Family for 12 years.

**Fun Fact:** "My favorite type of movies are superhero movies."



**Rick Parra -  
Gastonia Team Lead**

In LCF Family for 14 years.

**Fun Fact:** "I cried when Jane Erso died in Star Wars Rogue One"



**Tina Littlefield -  
Early Childhood Team Lead Tega Cay**

In LCF Family for 4 years

**Fun Fact:** "I love playing card games and putting puzzles together."

## JOIN THE TEAM!

As we continue to ask God to send us the people who are to partner with us in making an impact, would you join us in praying about joining the team yourself?

"The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field." - Lk. 10:2



# Check Out What's Happening

For the month of June, check out below some fun family friendly events happening around our communities!

## JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Greenway Summer Concert 6:30a-8:30a	<b>2</b>	<b>3</b> National Trails Day 10a-12p
<b>4</b> Food Pantry Give	<b>5</b>	<b>6</b> \$1 Movies	<b>7</b> \$1 Movies	<b>8</b>	<b>9</b>	<b>10</b> Sounds Of Summer Concerts Bessmer City 6p-9p
<b>11</b>	<b>12</b>	<b>13</b> \$1 Movies	<b>14</b> \$1 Movies	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> Father's Day	<b>19</b>	<b>20</b> \$1 Movies	<b>21</b> \$1 Movies	<b>22</b>	<b>23</b> Rock Hill Food Truck 6p-10p Greenway Play Date 9:00a	<b>24</b> Tega Cay Food Truck Runde Park 6p-10p Sounds Of Summer Concerts Bessmer City 6p-9p
<b>25</b>	<b>26</b>	<b>27</b> \$1 Movies	<b>28</b> \$1 Movies	<b>29</b>	<b>30</b>	

**Greenway Summer Concert-** Come and enjoy an evening of music out on the Greenway at the Comporium Amphitheater! Bring your friends, family, a blanket or chair and a picnic dinner. Food trucks will be available on site! \$5 for non-members, Free for members. Special event parking fee is \$5 per car.

**National Trails Day - \*\*REGISTER ON EVENT WEBSITE.** South Fork Trail and River, 119 Willow Drive, McAdenville, NC. Enjoy guided nature hikes, free kayak rentals, a guided 5-mile river kayak, yoga for hikers, Mayobird food truck, Blue Blaze Brewery, King of Pops popsicles, White Water Bluegrass Band with Anthony Scruggs, kids activities and outdoor exhibitors all for FREE!

**Regal Theaters - \$1 KID FRIENDLY MOVIES ON TUESDAYS & WEDNESDAYS AT 10AM.** REGAL MANCHESTER IN ROCK HILL, SC is participating.

**Greenway Play Date-** Join us at the entrance of the Greenway off of 21 by the nature center for a fun play date starting at 9am.

**Sounds Of Summer Concerts-** Join us in downtown Bessemer City in the newly renovated Centennial Park for the 2017 Sounds of Summer Concert Series! This event includes: Live music from your favorite bands, Classic car display (on the 4th Saturday of the month), Family fun, and Much more!

**For more information or upcoming events at Lakeshore Christian Fellowship please check out [Lakeshorecf.com/events](http://Lakeshorecf.com/events).**