

IMMOVABLE



spiritual disciplines

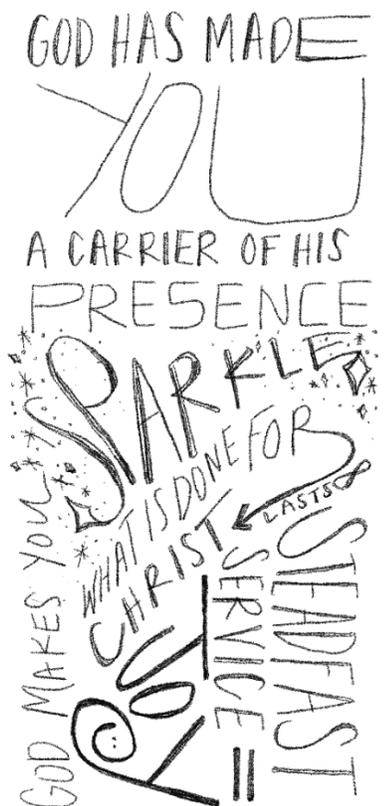
- *meditation & study*
- *prayer & confession*
- *service & worship*
- *simplicity & giving*
- *fasting & sabbath*
- *silence & solitude*



service & worship

In an ever-changing world and society, raising children can feel overwhelming, but thankfully, we serve an unchanging and immovable God that has already taught us how to be close to Him! We have put together a set of activities that you can use throughout your normal routines with your children to teach them about how we can be close with God in a busy world. We are challenging you to commit to one activity/week and see how it transforms your family's faith into something that is truly

immovable!



When spending time with your children and God...

- ...always make it a positive experience
- ...associate “God Moments” with “good times”
- ...the heart is more important than the discipline itself
- ...be sensitive to how your child responds
- ...try not to let this time be associated with boredom or forcing
- ...listen to the Holy Spirit’s guidance inside of you
- ...giving them choices gives them a feeling of “ownership” (prompt decks, decorating book covers, illustrating, etc)
- ...if it is enjoyable, it can become a habit that they can start at a young age and continue throughout their lives



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Keys to Practicing Service:

- Service can be incorporated into daily life
- Remind kids that they are the hands and feet of Jesus
- Help kids to see the need for service is all around us every day in the simple things (opening a door for someone, drawing a SMILE...GOD LOVES YOU picture and putting on a few windshields at the grocery store before returning the abandoned carts to their proper place, donating their toys)
- Remember to follow up acts of service by praying with your children
- Celebrate with your children when you see them sacrificing themselves for someone else



Bible Verses to Study about Service

- Mark 10:45
- Matthew 25:35-40
- Mark 9:35
- John 12:26
- Acts 20:35



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1. Sponsor A Child

Allow your child to sponsor a child through World Vision, Compassion International, or another Christ-centered, child-focused, fiscally responsible ministry. Your child can do chores around the house each week to earn money and donate that money back to the sponsored child. Your child can see that his/her reward for doing chores is going towards food, water and/or shelter for the sponsored child. You will be sent information about the region, home and school life that your sponsored child experiences. You can draw pictures, make cards and send letters and will also receive some from overseas. Praying for this sponsored child can also help your child continue to have a heart for those in need.

2. Lemon-Aid Stand

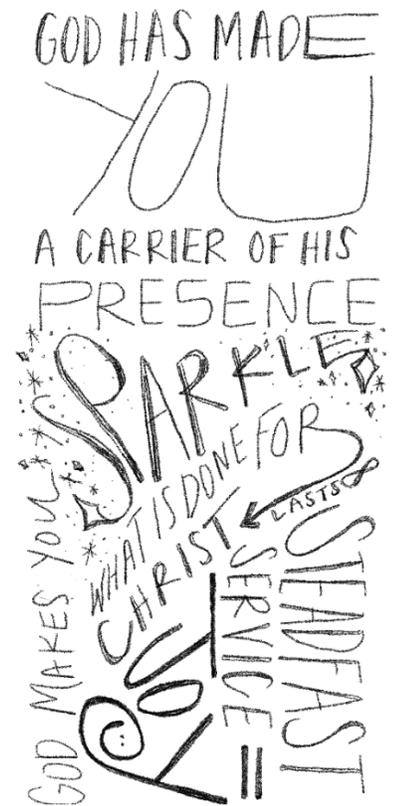
You and your child could have a lemonade stand, using the play on the spelling of the word on your sign to let everyone know that the money your child receives will be donated to a charity. You can set your lemonade stand up in your neighborhood, at a garage sale, outside of a store (with permission), etc. This is such a FUN summertime activity for children and a wonderful service project idea at the same time!



service & worship

Keys to Practicing Worship:

- Worship means telling and showing God that we love Him
- Worship is fully opening your heart to God and expressing your true love and feelings for Him
- Worship is focusing our thoughts on truths about God—His characteristics or His deeds—and letting our hearts respond to Him with awe, joy, thankfulness, and praise



Bible Verses to Study about Worship

- *But the time is coming—indeed, it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship Him that way. For God is Spirit, so those who worship Him must worship in spirit and in truth. John 4:23-24*
- *Come, let us bow down in worship, let us kneel before the Lord our Maker. Psalm 95:6*
- *Honor the Lord for the glory of His name. Worship the Lord in the splendor of His holiness. Psalm 29:2*



service & worship

1. Who and What

1. Using a chalkboard or dry erase board that you have at home, write the word **WORSHIP** across the top. Tell your kids that worship is what you do to show God that you know who He is and what He has done.
2. Read Psalm 150:2, "Praise Him for His acts of power; praise Him for His surpassing greatness."
3. God's acts of power are what He does. His surpassing greatness is who He is.
4. Generate a list of who God is and what God has done with your children on the chart.
5. Under Who God is, children may say Prince of Peace, Savior, Teacher, King of Kings, Friend, etc.
6. Under What God has done, children may say made the world, died for me, comforts me when I am sad, made Daddy better, etc.
7. You can end with worshipping God by singing a praise song together.



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2. Instrument Making and Playing

Worship and praise is a wonderful opportunity to engage every part of the child...body (movement), mind (singing), and spirit (feelings of joy, sensing the presence of God as the child focuses on who God is). Challenge children to participate in praise and worship activities such as obeying a specific worship command (Shout to the Lord, Clap your hands, Be still and know). Involve children in singing songs of praise using hand and body motions, props such as flags or streamers, and playing musical instruments. Instruments that you can make at home:

Noisemakers: Place a few beans or kernels of dried corn inside an empty plastic water bottle. Seal the bottle with tape or glue and SHAKE!

Paper Plate Tambourines: Fold a paper plate in half. Punch several holes around the side of the paper plate that is opposite the folded side. Thread jingle bells onto small pieces of ribbon and tie the ribbon through the holes on the paper plate.

Praise Ribbons: Attach several long ribbons to a plastic ring or cardboard circle. Allow children to wave their ribbons in praise to Jesus!

Worship batons: Purchase inexpensive foam baton LED sticks. Children love to wave them when singing songs.

Ten Fingers: This instrument does not require any supplies, just an explanation. Read Psalm 33:2, "Praise the Lord with harp: sing unto Him with the psaltery and the instrument of ten strings." Explain that their hands can be instruments of ten strings that praise the Lord. They can clap, wave their hands, snap their fingers, tap their knees, anyway that they want to use them to have fun praising God!



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3. Write a Worship Song/Letter

Sit down with your children and write a worship song or a letter to God. If your children aren't sure what to write, ask them what are the things that they love about God, what are they thankful for, and what would they like to tell others about God. They can decorate the letter when finished or sing the song to instruments that they have made.

4. Dance it Out

Play worship music and allow kids to express themselves in worship through movement. Dance it out to the glory of God! You can put on a Christian radio station or you can YouTube songs. There are many Christian children songs with or without actions, for all different age levels, but it is always suggested that you preview anything before showing it to your children. You can read a verse from the Bible or pray while they rest from all of the dancing, to remind children why they are dancing and who they are dancing for.



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5. Language of Praise

Many children do not know what to say when they praise the Lord. They know how to cheer at a sporting event, but they do not know how to or are uncomfortable cheering for the Lord. By using Bible verses, you can teach the children the language of praise using phrases that are meaningful to them.

Glory to God!

Luke 2:14

Praise the Lord!

Psalm 105:45

You are worthy!

Revelation 4:11

Bless the Lord!

Psalm 103:1

Hosanna!

Matthew 21:9

Amen!

1 Chronicles 16:36