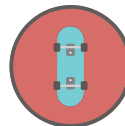


PARENTING PLAN

YEAR 9: SERVING



HI FRIEND!



We've heard it through the grapevine that there's a birthday in your family this month! As your child enters into Year 9, we want to focus on **servi**ng.

At First Capital, we believe that a child's home is the number 1 faith-building, disciple-making environment that there is. We want to partner with you as you raise your fearfully and wonderfully made child. We've created a discipleship program that goes from year 1 all the way to year 18 when you're launching your child out into the world. We offer this plan that focuses on one thing every year when it comes to following Jesus.

This plan isn't supposed to be a course in everything you need to know when it comes to parenting and raising a child to love and follow Jesus. But we hope that every year, this plan will help you and your family take one step closer to Jesus.

This plan is just one part of many resources that we want to provide for you. Many of those resources can be found on our Parent Resources Wall in the lobby.

During this first phase of your child's life we label as the Engage Phase, we focus on

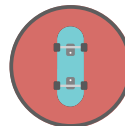
- I need to make the wise choice
- I should treat others the way I want to be treated
- I can trust God no matter what

If you have any questions or just need an adult to talk to anytime this year, we are available to you! You can reach out to anybody on the Family Ministry Team.

Evalina Pinnick - evalina@churchanywhere.us
Marianne Rader - marianne@firstcapitalchristian.org
Spencer Roberts - spencer@firstcapitalchristian.org
Patrick Crawford - patrick@churchanywhere.us

We are praying for you and your family,
The Family Ministry Team

WRITE A LETTER TO YOUR FUTURE 18-YEAR-OLD

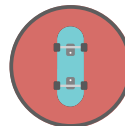


Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will speak life and love into your child, as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the rest of their lives

1. Things I've loved about you this year...
2. Important memories from this past year...
3. Some of my favorite time with you is when we...
4. Our favorite book to read together is...
5. Our favorite song to sing together is...
6. Your favorite toy this year is...
7. Your favorite things to do with your friends...
8. Your favorite food this year...
9. I've been praying about this for you this year...
10. I've been praying about this for me as a parent this year...
11. What I want for you in life...
12. A scripture verse I have picked out for you this year...

You can write them all in a journal or write each letter as a separate piece of paper. Include a photo of your family with the letter to give a year by year collection of memories all in one place. Each year after giving your child the letter, get it back and keep them all somewhere safe. You will give them all to your child in the 18th year for LAUNCH.

SERVING



Over the next two years, we will put an emphasis on teaching our children to make a difference. This year we will focus on serving and next year we will center on giving. We want to communicate to our children that our faith should be active. We want our kids to get out of the stands and into the game. We are not just spectators that fill up the seats for the Sunday event, we are game-changers, in the trenches with sleeves rolled up, busy about our Father's business.

YOUR CHILD WAS CREATED ON PURPOSE AND FOR A PURPOSE: Each person has the innate need to be part of something meaningful, something bigger than themselves. God meets that need by inviting all of us to get outside of ourselves and take part of His good work in this world. He has uniquely created each of us for an intended purpose. That is a major emphasis this year. Your child will grasp the value they have when they view themselves through this lens.

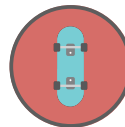
Check out this dynamic version of Ephesians 2:10 "We are God's masterpiece, handcrafted by God in Christ Jesus to do His good work which he specifically prepared for us long ago."

Just as you were specifically chosen to raise your child, there is work set aside by God specifically for your child. God has entrusted all of us with gifts, talents and time. As believers we have the great opportunity to worship and glorify God through the spiritual discipline of service. This service is lived out in both the informal settings of everyday life at home or school, as well as specific ministry that we think God has gifted us and called us to.

LIFESTYLE OF SERVICE: All Christians are called to live a life of service. While sometimes that is reflected in more formal situations, every day offers us the opportunity to have a general attitude of service. This year, focus your family on the everyday opportunities to live out

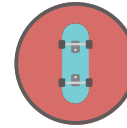
Ephesians 5:1-2: "Be imitators of God as dearly loved children, and live a life of love, just as Jesus loved us and gave himself up for us as a sacrifice, a pleasing aroma to God."

NOTES



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SERVING



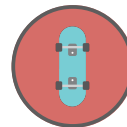
Whether it's helping with dishes when it's not our turn because brother has a science project to do, or putting down the video game to help a neighbor shovel the snow, we have opportunities throughout this year to teach our kids that we are servants in this world. Your child might be naturally gifted to serve (Romans 12:7) as some Christians are, but all Christians are called to serve even if it's not "our gift."

FORMAL ROLES OF SERVICE: Beyond the expectation that all Christians are marked by servant attitudes, the Holy Spirit has gifted each one of us with a special gift that contributes to the body. There are tools that can help us discover our unique gifts and explore how we might use those gifts to glorify Him. You can also discover your gift by trying a variety of ways to serve and paying attention to what you are good at and what brings you joy. Finally, we can listen to the people in our lives. For example, many preachers have stories where as a child, someone told them that they thought God was going to make them into a preacher someday. The church's affirmation is a great way to find your giftedness.

ENGAGE THEIR INTERESTS: You'll notice that the one-word parenting plan for this age group is ENGAGE. At this point in your child's life, he or she might change their minds a lot about what they like and what they want to grow up to become. She might be planning to spend her life as a dancer in the morning, a veterinarian by the afternoon, and an artist by bedtime. He might want to do nothing but build things with Legos, or talk about sports or books. Don't grow weary in listening and asking questions, treating these conversations with tremendous wonder and curiosity. Showing interest in their interests will help you bond and increase their trust in you. ENGAGE their interests by getting involved with them. This applies to serving too!

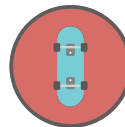
MODEL SERVICE: You might need to resolve to become better about serving in your life this year as well. If you typically don't pitch in and help your spouse much, this is the year to get better at that so that your kids see a servant's attitude in you. If you're not currently serving in some role at church, pray for God to help you find a good place to serve that fits you well. Model what you are teaching your child this year, and it's more likely it will stick.

NOTES



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HOW DO WE SERVE?



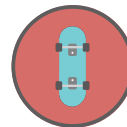
Along with Ephesians 2:10 and 5:1-2, teach your children Galatians 5:13, or a portion of it really... “serve one another in love.” You could print it out and hang it on your fridge, or write it with a dry erase marker on your bathroom mirror. Refer to it often. Frankly, kids sometimes have a harder time serving people in their own family, over serving people who don’t live with them. But this year, make it a personal mission to work through some of the attitude struggles we have with siblings serving siblings, or kids pitching in around home. It will benefit not only your family now, but it will impact the way they serve their own future spouse and children.

UNDER THE RADAR: If your child is resistant to this year’s focus, you might have greater success teaching your child to serve others in his family by not putting them on the spot. Have quiet conversations where you ask them to do something nice for the family (for example, helping a sibling clean up a mess they didn’t make), but don’t do it in front of the family. This will allow you to do any heart-work without the added pressure of an audience. Hopefully after a year of focus on this, your child will have begun to initiate more of this on his own. Occasionally reward your child, but do not do it every time or the ambition for her service might change to a more selfish motive. Make sure to give your child plenty of opportunities and praise for growth.

BIRTHDAY COUPONS: For birthdays this year, consider having the kids give “serving” coupons to family members for their birthdays. These can be as simple as “substitute for your turn of one night of dishes” or “make your bed for 3 days.”

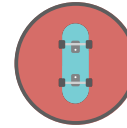
OUTSIDE THE HOME: Make memories this year by serving outside of the home as a family. These can be fun occasions and teach valuable lessons: rake an elderly person’s yard together (don’t take \$!); leave secret gifts for a needy family on their porch, knock on the door and run!; volunteer at a 5k or charity event together; host an international student for dinner; babysit for an adoptive or foster family; secretly wash a neighbor’s car early in the morning and then go get donuts; pass out smiles and flowers at a nursing home; make dinner for a family with a newborn; or send care packages to soldiers or college students.

NOTES



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PROTECTING YOUR KID: TECHNOLOGY HELP



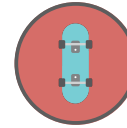
3 Steps to Protecting Your Child Online

1. Talk to your child about using their devices. Discuss how they should never give out personal information or chat with strangers. Have an age-appropriate conversation about pornography. Stress how important it is to let you know if they come across inappropriate content. Make sure they know you are a safe person to talk to about what they've seen. For help in talking with kids about pornography, check out Good Pictures/Bad Pictures and Good Pictures/ Bad Pictures Jr. by Kristen Jensen, M.A. and Gail Poyner, PhD. There are also great resources at family.org and covenanteyes.com.

2. Set boundaries for internet usage. Require that all internet usage be done in a central area of the house where parents and other family members will be. Do not allow surfing while you are not home, including homework which typically requires a lot of need for google images. Do not allow devices in a child's room - they should not need privacy to be on the internet.

3. Protect your devices with a content blocker and report generator. There are several companies that provide these services/software. Focus on the Family partners with Net Nanny and Forcefield. These programs will not only block content, but will also send accountability reports on everyone's usage in the family. You should also go into the settings of each device and determine the restrictions for that device, which is then protected by a 4 digit PIN. Commit yourself to being intentional about being a gatekeeper for your child's heart and mind - no apologies. It will be impossible to protect them entirely, but these simple steps are a good start toward giving them a good shot at never knowing the dark world of a porn addiction.

MARRIAGE PLAN



- Each year we want to encourage you to make a plan to keep your marriage healthy. One of the most important gifts you'll give to your child is the love you give to your spouse. When mom and dad love each other and demonstrate the traits of a healthy (NOT PERFECT!) marriage, it not only sets a good example of a godly marriage but gives them a greater sense of security and well-being.
- Good marriages require intentionality. Use the plan below to make an intentional effort in your marriage this year. Read *The Best Us* by Ted Lowe (@MarriedPeople 2016) for a full explanation of Have Serious Fun! Love God First; Respect and Love; Practice Your Promise.

Have Serious Fun! Date Night Scheduling:

- Grab your calendars and mark at least TWO date nights for each month and PROTECT those dates. Remember that you were boyfriend and girlfriend before you were dad and mom, and have fun together! No family administration discussions!

Love God First - Faith Practices 101:

- Research finds that couples who pray together at least twice a week have a divorce rate of less than 1% (HomePointe). Commit to praying as a couple at least twice a week. Plan which worship service the two of you will attend together each week – don't "divide and conquer" in order to volunteer.

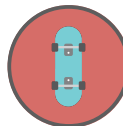
Love and Respect - Write an Annual Letter:

- Write a letter to your spouse for your anniversary this year, much like the one in this packet that you will write to your child. Write a letter of memories from this past year, affirmations, prayers and promises to each other.

Practice Your Promise - Personal Growth:

- Set a "secret goal" to grow as a spouse, such as "listening better," "praising her in public," or "initiating romance." Write it down and seal it in an envelope. When you receive next year's packet, open the envelope and assess your progress.

DOWNLOAD THE PARENT CUE APP



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**Parent Cue
creates the plan,
so you can make
the memories.**

