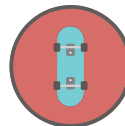


PARENTING PLAN

YEAR 7: THE BIBLE



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 7, we want to focus on **The Bible**.

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

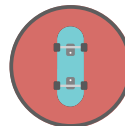
- I need to make the wise choice
- I should treat others the way I want to be treated
- I can trust God no matter what

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

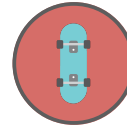


Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will speak life and love into your child, as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the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

THE BIBLE



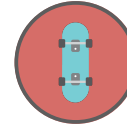
One of the greatest joys and responsibilities you have as a parent is to teach your child to love God's Word in order to build a solid foundation based upon truth. Psalm 119:11 says "I have hidden your word in my heart that I might not sin against you."

GETTING STARTED: You may already be reading the Bible together as a family, but if you haven't begun to experience that together as a family, we have included some ideas in this booklet on how to get started. Don't be intimidated if you don't feel like you know the Bible very well. One of the great things about teaching children the Bible, or reading verses as a family, is that you will learn right along with them. It's a beautiful thing! We have included some practical ideas of how to make the Bible a focus of your family this year in this packet. Here are some suggestions to keep in mind:

CHOOSE A BIBLE: Find a translation that is easy for your child to read and understand. We recommend the New International Reader's Version (NIRV) with chapters and verses for children in 2nd-5th grade, and in our Junior High and High School ministries we use the New Living Translation (NLT).

READ THE BIBLE TOGETHER: Choose a time of day that works well for your family. This might be dinner time, bedtime or first thing in the morning. There might be other times that you turn to the Bible together: in making a decision, if someone is sad or discouraged, for instruction along with discipline, etc. Show the kids how you use the Bible to get help in everyday life. This will also teach them that reading the Bible doesn't only happen in a family time, quiet time or at church.

THE BIBLE



MODEL BIBLE STUDY: It will be good for your children to see you read your Bible as well. If you tend to read and study while they are in bed or at school, make sure you talk about what you are learning so they see your love for the Bible.

KEEP IT SIMPLE: Remember that your goal is to help your child LOVE the Bible. Be sensitive to their level of understanding and their attention span. Longer passages doesn't always mean you're getting more done. Consider your time in the Word together kind of like a slow meandering walk through nature, where you take the time to enjoy and explore and wonder at the details. Linger a long while on something simple and let it truly soak into their soul.

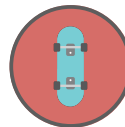
INFORMATION IS GOOD BUT UNDERSTANDING IS BETTER: While it is good for your children to learn the characters and stories from the Bible, mere factual retention is not the end goal. Teach your child to meditate on verses, which is thinking about the truths God is telling them and how it applies to their lives.

BE CREATIVE: Dallas Willard once said "it is a SIN to bore kids with the Bible." Keep things fun and fresh with ideas like fun voices as you read a story; bible verse memory challenges/ competitions; short enough passages to keep their attention; art projects with Bible verses, etc. Capture their imagination!

DON'T BLUFF: It's okay to not know the answer to a question your child might have. Use the opportunity to show your child how to search in God's Word for wisdom. Be authentic and tell your child you will get back to them within a certain time period so that you can study and/or ask for guidance from someone you trust.

PRAY: Ask God to give your child a love for His Word, for wisdom and understanding as they read and memorize scripture. Pray Colossians 1:9-14 over them.

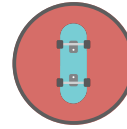
MARRIAGE PLAN



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.

MARRIAGE PLAN



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.**

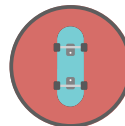
Love and Respect - Write an Annual Letter:

- **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



itunes



google play

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

