



Gospel Light®

HOME DISCUSSION GUIDE
for Elementary

WINTER C
Lesson 9

God in Your Home

***“Let us hold unswervingly to the hope we profess,
for he who promised is faithful.”***

Hebrews 10:23

To help our kids learn to make decisions, we used a paper plate to create a personalized “Balanced Life” visual for each one. The whole plate represented a 24-hour day. Using a pencil, we divided the plate (like cutting pizza triangles) into 12 sections. Since 7- to 10-year-olds should get 10 to 11 hours of sleep, we colored in a segment to represent 10 hours and wrote, “Sleep” in that section. We colored in sections for meals, school, homework, practice, play, prayer and Bible reading, housework, personal hygiene, and other activities that made up a typical day. Not every day is the same. And sometimes we spend much more time on some activities and don’t do others. But for quite a while, those paper plates were a helpful reference for us to use with our kids when they seemed to be spending too much time with video games or play time. We’d look to see if they’d spent time on other activities. At bedtime, it helps to review the day using the chart and talk about ways we included God in all parts of the day, too.

Try This:

Start early and stay involved in your child’s media and electronic involvement, whether it’s online, TV, movies, phones or gaming. Clearly define rules about what can be played, under what circumstances and for how long. Set these rules up through conversation rather than lecture. Use the pie chart above and give kids a chance to voice their own rules and ideas so that they’re part of the process. This will help them understand the reasons behind the rules. We found this approach also helped our kids as they grew up and began making decisions on their own. When we had discussions with them, we found they were limiting themselves, and gave reasons based on the reasons we’d talked through when they were younger.