PreTeen
WINTER

Family Connections

A quarterly letter for connecting with families who have children in 5th & 6th grades at <Type your church or children's ministry name here>

Welcome to Family Connections—the quarterly newsletter that helps you know what your preteen is learning from God's Word. Please let us know if we can help you in any way as we partner together to grow kids in Jesus.

Family Thought

Think about which valuables your family would want to save if your house were threatened by a fire or a natural disaster. Family heirlooms, photo albums, and favorite toys might come to mind. Would the Bible be on your "must save" list? Consider how you can make God's Word a priority in your family's life.

Coming This Quarter

Units of learning include:

- God's Plan Unfolds
- Growing Up
- The Bible Teaches Us How to Love

Family Memory Challenge

Bible verses your preteen will be encouraged to learn this quarter include:

- Isaiah 9:6
- Romans 12:2
- John 13:34, 35

Choose a secret Scripture signal your family can use when memorizing Bible verses. For example, when memorizing Romans 12:2, you might signal by pointing to the top of your head ("your mind"). Each time you point to your head, you and another family member can repeat the verse, either verbally or silently. Choose a different signal for each verse in this quarter.

Growing Together

Think about the challenges a preteen might face: the demands of school, peer pressure, sibling drama, social media, and cell phone distractions. Combine this with the social and physical changes that come with being a preteen, and life can feel overwhelming.

To help your preteen manage stress, start by acknowledging that it's a real and active part of your family's life. Have open discussions about the things causing stress. Consider if there are activities or commitments you can cut back on to lighten the load. Encourage frequent, judgment-free conversations about tough topics, and look for ways to simplify and enjoy special moments together.

For the stresses you can't control, turn them over to God. Remember that Jesus is our Wonderful Counselor and Prince of Peace (Isaiah 9:6). He can transform and renew our minds (Romans 12:2) and offers us love greater than any other (John 13:34, 35).

For a guide to family devotions, go to www.heartshaper.com and download the free weekly family pages for your child's age level.

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