

An Invitation To

RHYTHM

In talking with parents, the general theme of families with third graders is that life just gets crazy this year. Children are beginning to discover talents and participate in more extracurricular activities than ever before leading to a rushed and, sometimes, chaotic life. We want to help families discover a rhythm that's doable so that activities aren't controlling their time, but that families are controlling their activities.

Kickstarter 1: Rhythm with Priorities

Anything that is important to us would be considered a priority. Your third grader has innumerable opportunities in which they can engage. As parents, we can help them understand that developing a rhythm means saying yes to some things and no to some things.

On the provided sheet, help your child list their priorities. Again, this is a list of things that are very important to them and on which they spend significant amounts of time.

In the Bible, Nehemiah returns to his hometown of Jerusalem to rebuild the broken down walls. This becomes Nehemiah's top priority and one he is very passionate about working on until it is completed. Read Nehemiah 6:1-4 to see how Nehemiah dealt with the distraction of people:

Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies found out that I had finished rebuilding the wall and that no gaps remained—

though we had not yet set up the doors in the gates.

So Sanballat and Geshem sent a message asking me to meet them at one of the villages in the plain of Ono.

But I realized they were plotting to harm me, so I replied by sending this message to them: "I am engaged in a great work, so I can't come. Why should I stop working to come and meet with you?"

Four times they sent the same message, and each time I gave the same reply. (NLT)

Nehemiah said NO to other things in order to finish his priorities and do what he thought was right.

Look together through your child's list of priorities. Are there things that they need to begin saying no to in order to focus more on other priorities. Have an honest conversation about what is most important, all the things that are pulling for time, and what seems most important. Figuring out what to say no to is something that our children will have to do ALL of their lives. Maybe there isn't a need to say NO yet, but have an honest discussion with your child helping them understand that time will come.





Kickstarter 2: Rhythm with God Time

Often we allow all the other things in our life to interfere with God time. This Kickstarter is designed to help your child figure out a rhythm for God time; when, where and how they'll spend time with God. This is something adults struggle with as well. It's OK to be honest with your child about your current rhythm with God time and if that is or isn't a struggle for you.

Why do we need to have consistent God time? Jesus, Himself, made sure to carve out time to talk with God. Read Mark 1:35

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. (NLT)

Take some time to think through your family's weekly schedule. Help your child figure out the best time of day when they can carve out some time to pray and read their Bible. Is it in the morning before school, as soon as they get home from school, after dinner, before bed? Land on a specific time during the day that they can have God time.

Make sure they have a plan of what to read (1 chapter or story a day starting in John, a devotional guide), have a Bible, and know to spend time in prayer (love God, thank God, ask God). See the resource "Helping Your Child Develop a God Time" for more guidance.

This will begin a habit that will lead them to pursue a real relationship with God.

Make sure to consistently check in with your child to see how their God time is going. If they forget to do it, evaluate priorities and figure out what is taking precedent over God time. This will be an ongoing conversation with your child, but one that is worth the intentionality.

Kickstarter 3-Rhythm with Rest

With the craziness of life, the one thing that often gets pushed away is time to REST. We were made for much more than constant entertainment. We were created for peace which can be nearly impossible with the demands of life. Look at how God took a rest in Genesis 2:1-3

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. (NLT)

God gave His absolute best then rested when done. Ask your child, when do you rest? Make sure to include times when they're actually sleeping as well, since we know many kids don't get enough sleep (10-11 hours per night needed). When do they have down time, time to reflect and think about the day, the week?





Look at the created weekly calendar. Take the time to fill this out together. Most weeks will be similar for children. They have school on certain days, they have after school activities on specific days, write in where God time fits within each day, include chores or responsibilities. Then write down when in the week your child will have rest. When will they be UNPLUGGED in order to think through their week to evaluate like God did, WAS IT GOOD?

This small calendar will provide kids with a visual for expectations for their time. You can hang it in their bedroom, tape it inside their closet door, etc. as a frame of reference on a week to week basis.





PRIORITIES





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

