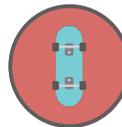


PARENTING PLAN

YEAR 8: WORSHIP



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 8, we want to focus on **Worship**.

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

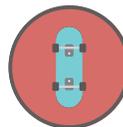
- I need to make the wise choice
- I should treat others the way I want to be treated
- I can trust God no matter what

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

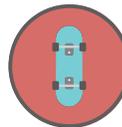


Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will speak life and love into your child, as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the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

WORSHIP

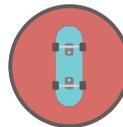


While we might typically think of worship as being a time when we sing songs to God, this year we are going to broaden that view a little. We certainly want to emphasize the importance of coming together as a church to worship Jesus together, but we will also see how worship goes beyond the church service and into our everyday personal and family lives. This year our parenting plan will give you some ideas on how to teach your child to have a heart of worship.

WHAT IS WORSHIP? Worship is both an action and an attitude. Scripture says that true worship begins in the heart of the believer (John 4:23). Worship involves taking the focus off of ourselves and directing our attention toward God... who He is and what He has done. Worship is our response to the greatness of God. We need to help our children see the wonder of our awesome God in everyday life. The best way to teach your child how to worship God on a personal level is by doing it yourself, modeling a life of worship with your words and actions. Whether it's a beautiful sunset or an answered prayer, intentionally point out the amazing things that God has done and is doing. When you worship God throughout the normal rhythms of the day, they will see that and learn from that. So, let yourself get caught up in a worship song. Or when you see something beautiful or praiseworthy, say something right then and there.

PERSONAL WORSHIP Actually, children don't need to be taught how to worship, but whom to worship. Most kids idolize heroes from the world of sports, music and television. They memorize statistics and details about this or that celebrity, from pets' names to ERAs. In other words, they "worship" in the purest form by focusing their complete attention on someone they admire rather than on themselves. It is our job to help them see the wonder of our awesome God and foster a worshipful culture in our homes. While we have some creative ways to foster that connection with God later in this booklet, try to be intentional about the very informal ways to worship God.

WORSHIP

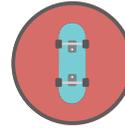


As they study for their science test, talk about the amazing characteristics of the things that God has made. As they clean up the kitchen after dinner, talk about how Jesus cleans the messes we make in our lives. Kids and parents alike, all have the opportunity to focus on the wonder of God every day. Although we focus on personal quiet times in their Year 14 booklet, this year encourage them to have occasional quiet times to worship God privately. You might even try one of the ideas we included for family worship times, this year.

CORPORATE WORSHIP This is the term used to describe times when we worship God together. This year, have conversations with your child about how important it is to come together with the church. It gives us time to learn and sing praises to God. We get to serve and give and encourage each other. We come to church and are inspired and renewed and refreshed. Hold out Acts 2:42-47 to your child as a model for what it is like to be a part of the family of believers.

MAKE THE PLEDGE This is also a great year to emphasize the high priority of coming to church over other activities. Teach your child the value of setting aside time each weekend to come to church. And model it. When parents demonstrate that church is not a priority by choosing to do other activities, it communicates to the child that church is an option among many other good choices. Statistics indicate that the average church goer attends an average of just under 2 times a month. It is an important responsibility of each Christian parent to instill in the lives of our kids, the value of coming to church. Gather your family together and talk about the importance of being committed to being in church. Read the verse below together. If you have not been committed in the past, own it. Explain that you want to make it a priority this year and that your family is going to come to First Capital each week. Now, there will be sick kids and family vacations. But make a promise today with your family that you will go and worship God each week with the church family. Close your time by praying together.

WORSHIP AT HOME



FAMILY NIGHT: If you have continued to do the Family Night from the Four Year Old Parenting Plan, make the major theme for this year worship. This does not need to mean musical worship, although that is certainly a beautiful thing to do as a family. You can praise using the ideas on this page.

POPCORN PRAISE: Make a prayer circle with your family, but instead of saying long prayers, have everyone limit themselves to a word or a short phrase. Don't worry about going in order, but just have everyone speak up as things come to mind (like popcorn popping). Start the prayer time by saying "God, we worship you because you are..." and then go until it slows down.

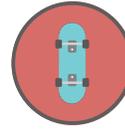
GOD YOU ARE... Using the bathroom mirror, write God You Are... with a dry erase marker. Each night write a new word together as a family. You can also frame a small card that says the same thing. Then write your word on the glass each night.

I SPY... Go to the park, take a drive, or sit on the patio and play I Spy. Instead of choosing any items that people will try to guess, only spy things that God has made. For example, clouds, sun, animals, trees, etc. Wrap up your time by reading Psalm 104.

PRAISE LIST: Make a poster (or use a journal) to build a list over this year of things to praise God for. Add answers to prayers, miracles, cool God stories, beautiful moments in nature (rainbow, meteor shower), scriptures that move you, etc. Hang the poster up or read the journal together occasionally.

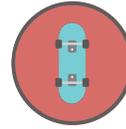
FAMILY WORSHIP NIGHT: Plan a night where you will sing songs to God together as a family. You can sing with a piano or guitar if someone in your family plays, or just use music on your phone, or sing acapella. Have your kids help pick out the songs. Informal/unplanned times can also be an amazing experience.

NOTES



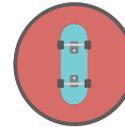
A large, empty rectangular area with a thick yellow border, intended for writing notes.

NOTES



A large, empty rectangular area with a thick yellow border, intended for writing notes.

PROTECTING YOUR KID: TECHNOLOGY HELP



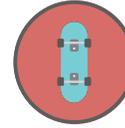
3 Steps to Protecting Your Child Online

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.

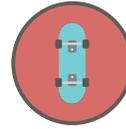
MARRIAGE PLAN



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.

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.**

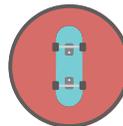
Love and Respect - Write an Annual Letter:

- **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.**

