

A bi-monthly resource to help families raise Christ centered children and grow vibrant homes of faith!

Family Faith Formation

@MVL and in the home

FAMILY FAITH FORMATION

POINTS OF INTEREST

In this newsletter you will find tips for:

- **BUILDING** faith every night in every home!
- **Addressing your FAMILY** of origin
- **TEACHING** kids about **WORSHIP**
- **DISCIPLINING** your Dynamic child

3/28/10

Volume 1, Issue 2

FAITH 5 in the Home!

Throughout my childhood, it was a guarantee that when I woke up, dad was already awake. Most of the time he was doing devotions. One day, when my father was doing devotions out by our pool, I asked him what he was reading. He told me that he was reading from Proverbs and that everyday he read a different chapter; since there are thirty-one chapters, that gave him one chapter a day to do every month. On the twenty-second day of the month my father would read *Proverbs 22:6, "Train up a child in the way he should go; even when he is old he will not depart from it."* I wonder what my dad thought about when he read that verse. What thoughts floated through his mind as he considered his parenting and his training of his two sons in the ways of righteousness?

The earliest memory I have is my father's baptism. The picture is fuzzy and the details are a little jumbled, but still the fact that it is there and that I feel it is my earliest memory has a profound effect on my life. So did my father's teaching, training and example. As I grew up and as I wavered in the faith my father remained a solid witness to Jesus Christ in thought, word and deed. Even when he failed he always apologized. When I failed he always forgave. His witness stands as a testimony to Proverbs 22:6. Now, a 25 year old young man with a wife and a job in ministry I cannot thank my father enough for his diligent faithfulness to raising his son as a child of Christ.

Too often though dads aren't heeding the words of Proverbs 22:6, nor many the words of John 14:6 ("I am the way, the truth and the life...").



The FAITH 5 encourages faith formation every night in every home!

A relative of mine shared the story of

when her niece Tamara was in church drawing sad people and happy people. The happy people were surrounded by hearts with crosses in them. The sad people had none. She told her auntie that her dad was one of the sad people. When the aunt asked her if she told daddy about Jesus she replied saying... **(cont'd p. 2)**

Inside this issue:

Family Psych: Family Origins	2
An Idea for Your Family: Saying You Are Sorry	2
FAITH 5 article continued!	2
Worship Book Review	3
DISC Discipline: Dynamic Disciplining	3
Upcoming Family Ministry Events at MVL	4
FAITH 5 article finish	4

Family of Origin Therapy

Saying Sorry

For some people, "sorry" glides glibly off the tongue. For others, saying sorry is a difficult step in a healing process following experiences of guilt and shame.

Saying sorry does not mean the other person will forgive you.

'Sorry' and 'forgive' stones can help your child think about these key tools for healthy relationships.

Find some smooth stones that will easily fit in your child's hand. On 'sorry' stones draw a sad face. On 'forgive' stones draw a happy face. Keep the stones in a special basket or box.

When you have hurt someone, give them a sorry stone. Tell them what you are sorry about.

When you forgive someone give them a forgive stone. Tell them what you are forgiving.

Once done, give each other a big hug and return the stones to the basket.

Consider writing these verses on stones for older children: 1 John 1:9, Colossians 3:13; Luke 17:3

Sue moved out of her parent's house when she was eighteen years old. Exactly eighteen years old. There was not a thing about her family's house that tugged on her heart to stay. She hated the way her father never was engaged and how her mother despised him for it and called him "lazy and good for nothing." Sue though, no, she knew, there was no love in her parent's house.

She lived away from home, went to college, got a job, got married and had kids of her own. One afternoon she came home from work and her husband was planted in front of the TV, her kids making a mess of the house and dishes stacked high to the ceiling. Sue cleaned the dishes, got the kids ready for bed and then sat down next to her husband. She was exhausted. He

didn't even blink when she sat down. He felt distant. Sue initiated a conversation, which soon became an argument about household responsibilities. Near the end of the dispute Sue yelled at her husband of nine years, "You are lazy and good for nothing!"

Sue's childhood came flooding back to her. It dawned on Sue that she sounded exactly like her mother. Sue was devastated. Her family of origin had come back to haunt her.

We all grew up in some sort of family context as children, whether that be a single parent home, a split home, a two-parent home or even an orphanage. No matter the context we take some of that with us into adulthood. We may leave our families of origin

physically, but we rarely leave them emotionally. We all bring baggage into our adult families.

The way we see ourselves, others, and the world is shaped in the setting of our family of origin. The extent to which a satisfying adult life can be established is dependent upon how well you learn to deal with these forces at work in your life.

As we work on our marriage and raise our own children it is important that we identify the baggage from our family of origin and address it in a healthy manner so that we can create a loving and supporting environment where our own "family of origin" can provide seeds of growth, and not hurt.

(from Family Ties that Bind)

FAITH 5 cont'd

..."Yeah, I do...but daddy doesn't listen." A lot of daddies do not listen and are not in church, and for that matter a lot of mommies are not either. In children's ministry at schools, vacation Bible camps and at Sunday School leaders constantly see children who have one or none of their parents attending church with them. This is why it is so important to foster an extended family of faith in our churches, schools and organizations.

At MVL we are taking steps to provide that extended faith family.

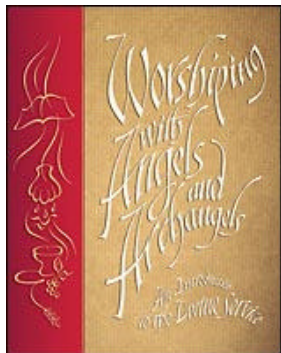
We also want to continue to equip families with the resources and tools necessary to foster faith in their own homes.

That is why the Christian Education board and other Family Ministry leaders are looking into Sunday School curriculum that will connect parents with children and encourage and equip parents to foster faith in their own home. Currently we are looking at courses like Faith Incubator's "Bible Song", CPH's "Growing in Christ" and Kids Kount Publishing's "Faith Legacy" series.

Additionally, we are encouraging all families to check out the FAITH 5.

(cont'd p. 4)

Each week after Sunday School make sure you pick our "Faith Formation" sheet provided for each and every family. During your child's Sunday School lesson our teachers are employing crafts, games and songs to reinforce the lesson. These Faith Formation sheets equip you to do the same at home through conversation and activity, utilizing the FAITH 5. Take them home, use them and watch the blessings flow!



Recently at our MVL Family Ministry Meeting parents shared that they enjoy being able to connect what is going on in worship with their children and their children's lives. The book, *Worshipping with Angels and Archangels: An Introduction to the Divine Service* could prove to be a helpful resource for each and every family that would like to teach their kids about

worship in a Lutheran church on Sunday morning.

In the introduction to the book the author talks about the Divine Service as an "ancient pattern of worship [that] most clearly and beautifully serves the purpose [of delivering] the gracious gifts of God." The Divine Service is God's service of grace, mercy, peace and blessing to us and it is our service of praise and offering of thanksgiving to him.

We all want our children to understand this rhythm of worship so that when they become adults

they can better appreciate worship and its worth for their lives and the lives of their families. Thus, we want to do all we can to teach them about worship now. This book provides adults with not only basic information about the parts of the divine service, but beautiful illustrations as well, which enable the parent to use this as a story book that their children will want to read again. If you want to teach your kids about worship, this book is an excellent place to begin!

A Quote to Ponder

"The example of the adult teaches more powerfully than words. In worship, the level of participation, [is] taught more effectively and powerfully through modeling than through any words of instruction."

-Sally

Morgenthaler

DISC Discipline: Dynamic Disciplining

I am a dynamic person. This doesn't mean that I am accomplished, effective or amazing at all I do. No, in this context it means that I am outgoing, task-oriented, authoritative, active, competitive and strong willed. I will challenge authority and take control of a situation, even if it isn't my place to take control of it.

Does this sound like your child?

Dynamic children can be difficult to discipline. Equated with lions in personality tests, these kids take on challenges head on—and those challenges may include your authority! Many parents of dynamic children either run away or try to

"outlast" their kid. However, no parent will outlast a dynamic child, especially if that parent is shy. Below are some tips for helping you as a parent discipline your lion of a dynamic child.

Understand that the way to win this child over is first and foremost recognize his God-given leadership ability.



Disciplining a dynamic child can sometimes seem like taming a lion!

The more we give this child to be in charge of, the better he responds. Furthermore, a lot of communication with this child is about packaging. If it seems like he will be in control or in charge, then he is all for it. If it is out of his hands, he won't be for it...instead, all his energy (and he has a lot) will be directed against it!

You will always see more success if you affirm his strength rather than fighting it. The best thing you can do is establish a loving-trusting relationship with this child, showing them that you love them, and helping him to use his gifts and talents in a God pleasing manner.

(adapted from *The Discipline Guide for Children's Ministry*—Capehart and West)



A bi-monthly resource to help families raise Christ centered children and grow vibrant homes of faith!

Mountain View
Lutheran Church
2122 Goldfield Rd.
Apache Junction, AZ 85119
Phone: (480) 982-8266

E-mail:
ken.chitwood@hotmail.com

LIFT YOUR EYES UP TO
THE HILLS....OUR HELP
COMES FROM THE LORD!

WWW.MOUNTAINVIEWLUTHERAN.ORG

Family Fellowship Nights are events where:

You can **CONNECT** with other families in your community

You can have some **FAMILY FUN** without all the stress of planning

You can **ENJOY** music, games, food and other activities in a **SAFE** environment.

Mountain View Lutheran has monthly Family Fellowship Nights

IN APRIL

"Letters to God" Movie & Discussion

Details coming March 28th!

COMING IN JUNE

PLANET ZOOM VBS

Where bold BEElievers ZIP, ZAP and ZOOM for JESUS!

June 14-18 ~ 9am-Noon



FAITH 5 cont'd...

The FAITH 5 (five steps in five minutes) is not a program, it is not an event, it is not a curriculum. Instead, it is a simple way to get your family talking about the words and way of Jesus Christ **EACH AND EVERY DAY**. What family, young or old or in between, would not want that? Even without kids, my wife and I do this every evening. The FAITH 5 is as simple as this: **READ** a Bible verse (try reading this week's or next week's Bible readings for church on Sunday) **SHARE** your highs and lows for the day (what went well,

what did not?), **CONNECT** the Bible reading to your highs and lows, **PRAY** together for one another and **BLESS** each other with a simple blessing.

You can do as much, or as little, as you want with the FAITH 5. It can last 5 minutes or it can last 50 minutes... whatever your family will enjoy! Just do it, and watch the blessings flow. The FAITH 5 is a simple and easy way that you, as a family, can live out Proverbs 22:6 What greater gift can we give to the children in our families than teaching

them the words of Jesus, the truth of Jesus' presence and the blessing offered in his mercy? The answer is - there is none. Christ has given us grace upon grace, forgiven our sins, freed us from sin, death and the devil and in his overflowing abundance (John 10:10) given us faith families to help us along the way as we live a life of faith. Let us consider today how to nurture such a thing in our families.

In Him,

Ken