

Hello 4<sup>th</sup> and 5<sup>th</sup> Parents!

I hope you all had a safe and fun Independence Day celebrating our country's freedom!

"If the Son has set you free, you are free indeed!" John 8:36

We have more "Goodie Bags" if you weren't able to attend the parade or concert. Just let me know if you want one and we can set up a time to pick it up at church, or I can deliver it to your door.

I made some changes for HCKids At Home this month.

- **THE LINK TO THE VIDEO IS IN THIS DOCUMENT. (PAG3 3)**
- I also added a "Parent Cue Blog" for ideas to reflect on personally and to inspire you to share God's wisdom with your child(ren).

Here are some At Home Activities *suggestions* for you to do with your child(ren). Everyone is different, so feel free to pick any or all of these ideas to fit the needs and desires of your family.

**YOUR CHILD WILL EARN 3 POINTS TO SPEND AT THE STORE FOR EACH COMPLETED ACTIVITY AND 10 POINTS FOR A COMPLETED "GOD TIME"**

**~ PLEASE EMAIL ME POINTS EARNED EACH WEEK ~**

[Losborne@hillcrestcov.org](mailto:Losborne@hillcrestcov.org)

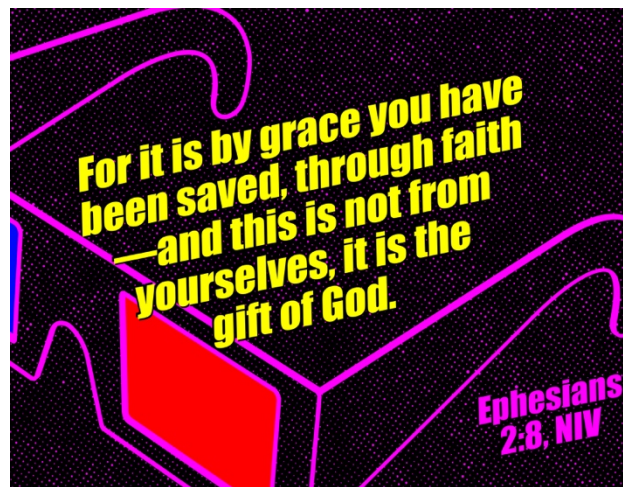
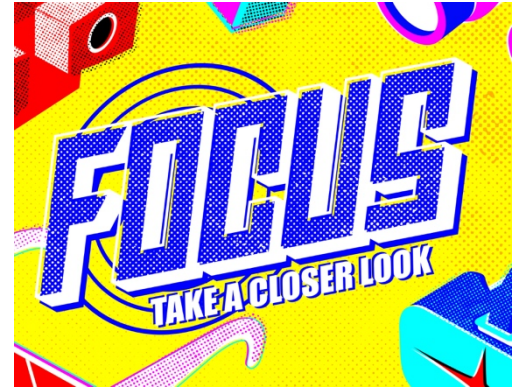
Also, don't forget to fill out the hckids online connection card to say "hi" or to let us know your prayer requests or questions:

<https://hillcrestcov.ccbchurch.com/goto/forms/284/responses/new>

Praying you all are well, safe, growing in faith, and having fun during our time apart! Please reach out if you need anything at all.

Lisa Osborne  
HCKids Elementary Coordinator

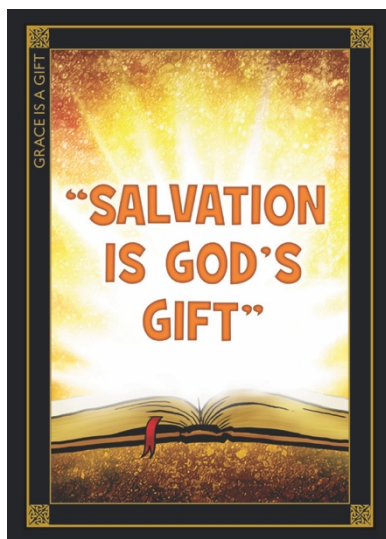
FOR THE MONTH OF JULY, WE WILL BE STUDYING:



THIS WEEK WE FOCUS ON:

BIBLE STORY

*Ephesians 2:8-9*



BOTTOM LINE



## SUGGESTED ACTIVITIES:

1. **WATCH VIDEO HERE:** <https://at-home.playlister.app/3e01533f-d769-41b3-9cff-91ac5761fbc5/9d1264a7-dfdf-471e-879c-b649486c43e1>

## 2. TALK ABOUT:

- **Ask** the following and **allow** for discussion:
  - We talked about the gift of grace—what do we have to do to earn grace? (We don't have to earn it. Grace comes from faith alone, in Jesus alone.)
  - How much does grace cost us? (Nothing)
  - What do we have to do to keep God's grace? (Nothing)
  - Can we lose God's grace by messing up? (Nope)
  - Who is the giver of the gift of grace? (God through Jesus)

Name some things that we do have to earn. (examples: grades, money, approval, a spot on the team, the part in the play, etc. . . .)

- What is one thing that you don't have to earn?
- What is the best gift you ever received? When was it and what was the occasion?
- Why can it be hard to receive a gift given for no reason, out of the blue, completely random and free?
- Why is it hard for us to believe that God's gift of grace through Jesus is free?
- What does it mean when someone tries to earn what God's given them for free?

### 3. MEMORY VERSE ACTIVITY –

**What You Need:** Bible, “The Points” Activity Page (next page), gift bows (or print and cut the ones below), glue or tape

**What You Do:**

- **Refer** to the “Points” activity page and
- **Ask:** which one of these is hardest for you to believe or accept? Why?
- **Open** the Bible to Ephesians 2:8 and write the verse on the back of the page.
- **Attach** the bows to the page around the points.
- **Explain** that this is “the gift of grace.”
  - All the points are true—even when they don’t feel it, because of what God tells us in Ephesians 2:8.
- **Hang** this page somewhere for a reminder that God’s grace is a free gift.

**What You Say:**

***“[Make it Personal] (Tell kids which point or points you struggle to believe when you don’t “feel it.”)***





WE ALL MESS UP.  
NO ONE HAS IT ALL  
TOGETHER.

WE DON'T  
HAVE TO DO  
GOOD THINGS  
TO MAKE  
UP FOR THE  
THINGS WE DID  
WRONG.

YOU DON'T HAVE  
TO DO EVERYTHING  
PERFECTLY TO FIT IN  
WITH GOD.

THERE IS NOTHING  
YOU CAN DO TO  
MAKE GOD LOVE YOU  
MORE ... OR LESS!

GOD LOVES  
YOU AND  
ACCEPTS YOU  
NO MATTER  
WHAT YOU'VE  
DONE.

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What to Do:  
Print on cardstock. Provide one for each kid.

**The Points**

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#### 4. PRAY TOGETHER

##### What You Do:

- **Read** Ephesians 2:8 aloud.
- **Encourage** the kids to memorize the verse as you lead them in reciting it piece by piece.
- **Ask** if they can summarize the verse in one or two words? (Gift? God's gift? etc. . . .)
- **Invite** kids to pray individually and thank God for His gift.
- **Remind** them that they can use the exact words from the verse and pray it back to God.
- **Encourage** them to think of the "points" on the previous page that they struggle with and ask God for His help in believing that His gift of grace is always for true for them and that there's nothing they can do to mess it up!
- **Wrap up** prayer time by praying together, thanking God for all of the points:
  - We all mess up. No one has it all together.
  - We don't have to do good things to make up for the things we did wrong.
  - You don't have to do everything perfectly to fit in with God.
  - God loves you and accepts you no matter what you've done.
  - There is nothing you can do to make God love you more . . . or less!
- **Remind** them that Jesus is a gift for everyone!



## 5. PARENT CUE BLOG FOR REFLECTION

### BE KIND TO YOURSELF

By Sarah Bragg

"I'm a failure."

"I'll never get it right." "I'm unlovable."

These are statements we would never say to someone we love, yet we freely say them to ourselves. And our kids do, too.

It's important to help our kids learn how to speak to themselves like they would to a close friend. We need to help them learn compassionate self-talk.

Self-compassion can be learned and developed over time. You can start by helping your kid retrain the voice in their head—which honestly, may begin with you retraining the voice in your own head.

Here's a simple phrase:

**"Be kind to yourself."**

When you look in the mirror and don't like what you see, say, "Be kind to yourself." When you mess up, burn dinner again, fail to close the deal, or miss the event, say, "Be kind to yourself."

Start with you. Let your kids watch you show yourself kindness. And then when they mess up, fail the test, get cut from the team, say to them, "Be kind to yourself. We all make mistakes or have moments when we aren't chosen. But that doesn't change our identity. It doesn't define who we are. What would you say to a good friend in the same situation?"

#### **Start there. And continue to beat that drum of self-compassion.**

I began saying the phrase: "Be kind to yourself" to my girls after watching their response to "failure." They would cry and quit. So, every time they messed up, I came behind them and said, "Be kind to yourself."

One night after I burned dinner, I felt the frustration rise in me. I reacted towards myself with shame, but behind me I heard a voice say, "Be kind to yourself, Mama. We all make mistakes. It will be okay."

The months of retraining the voice was beginning to show through. We are all humans who are bound to mess up or not get it right every time, but that doesn't mean we are less than.

Henry James said, "Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."

Let's make kindness a key building block to our kids' identities, and ours too. When we live out of a place of kindness towards ourselves, then we can pass that kindness on to others.

For more blog posts  
and parenting resources, visit:  
**ParentCue.org**

## 6. GOD-TIME THROUGHOUT THE WEEK TO REINFORCE BIBLE STUDY (LAST 2 PAGES)

**~ WORTH 10 POINTS FOR THE "STORE"**

# WHY DO PEOPLE GIVE GIFTS?

## DAY 5

Is there someone in your family that you need to ask for forgiveness? Maybe you snapped at your mom this morning. Or you disobeyed your stepdad. Or, is there someone in your family that you need to forgive? Are you still mad at your brother for taking your slime to school?

Take a couple of minutes to talk to them.

Ask or offer them grace.

You'll both walk away feeling better after experiencing grace.

WEEK 1

# FAITH

TRUSTING IN WHAT YOU CAN'T SEE  
BECAUSE OF WHAT YOU CAN SEE

## DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show.  
(Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: \_\_\_\_\_

2) YOU LEARNED: \_\_\_\_\_

3) YOU'D LIKE TO KNOW: \_\_\_\_\_

PRETEEN



## DAY 2

### READ EPHESIANS 2:8-9

We learn a lot about grace in those verses.

1. Grace saves us
2. Grace doesn't come from anything we do
3. No one can earn grace

#### WE LEARN THAT GRACE IS A GIFT.

It's the gift of forgiveness every time we mess up.  
It's the gift of being loved by God before we even know who He is.  
It's the gift of being in God's family forever, no matter what.

Grace is the best kind of gift, because it's given to everyone. It's just like we said last week—Jesus is a gift for everyone.

Sometimes, it can be hard to understand grace because it's almost too good to be true. We can get forgiveness no matter what? But it is true! Jesus was born, lived, and died so that we could have grace.

When's the last time something happened to you that seemed too good to be true? How did it feel?

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## DAY 3

Talking to God is one of the best ways to grow your faith. You can talk to God just like you talk to your parents or friends. Fill in the blanks below, then read the prayer to God.

#### Hey God!

*I'm so glad I can talk to you about anything, any time. It's pretty cool that you listen to me. It's even more cool that you want to hear what I am thinking and feeling.*

*Right now, I am learning about grace and it's pretty awesome. It's amazing that You love us so much that You sent your Son Jesus so that I can have forgiveness when I mess up. You know, like that one time I (a time you messed up)\_\_\_\_\_.*

*Because of grace, anytime I ask for forgiveness, You give me forgiveness. Because of that, You want me to forgive others when they mess up. Even when it's really, really hard.*

*That's why I want to forgive (someone who did something to hurt you)\_\_\_\_\_. Help me to show them the same kind of grace You have shown me.*

*Thank You so much for the gift of grace! Amen.*

## DAY 4

Do you know someone who seems to be filled with grace? Someone who is able to control their temper, forgive, and let go of anger? Maybe it's your soccer coach or teacher. It could be your stepmom or grandpa. Take some time today or tomorrow to reach out to that person.

If you can't do it in person, you can text, email, or even video call them. Ask them to tell you how they find the strength and courage to forgive and ask for forgiveness. Ask them how they came to be filled with the gift of grace.

