



# parenting CHRISTIAN kids



**Compliments of the  
Tracy SDA Church!**

[www.tracysdachurch.org](http://www.tracysdachurch.org)

## Celebrate Faith-Filled Heroes!

### POWERSOURCE

#### ASK JESUS:

1. To guide your children as they follow Jesus, our ultimate hero.
2. To help you serve as a faithful example for your family.
3. To help your family members share Jesus' heroic deeds and boundless love with others.

Summer has become superhero season, as blockbuster movies depict courageous characters with special powers. In early July, we also remember our country's founders, who stood up for freedom.

Bible heroes are a popular topic for summer church programs, as well, offering reminders that those "characters" were real flesh-and-blood people. Daniel *really* survived a stint in the lions' den. David, a young shepherd boy, did indeed defeat the giant Goliath with a slingshot and stones. And Mary, likely a teenager, actually gave birth to God's Son, Jesus, who walked this earth in bodily form.

When you discuss Bible heroes, help children walk in their sandals.

Explore Bible times and customs, consider people's emotions and fears, and make comparisons to modern-day situations. Point out how Jesus' followers throughout the ages have played a role in God's grand story—and how that story continues today.

Emphasize that children play an important role in God's story, too. Modern-day faith heroes of all ages and abilities are doing mighty deeds of service and kindness in Jesus' name.

Point out ways your kids are faith heroes, and watch for opportunities to practice your family's superpowers—on loan from God—throughout your community this summer. Our world is in need of rescue, and your heroic children can proclaim the news that Jesus saves!

© Group Publishing, Inc., 2019

parenting  
CHRISTIAN  
kids



## How to Be a Hero

Our status-conscious society tends to view athletes, celebrities, and singers as heroes. But God defines that word differently. As a family, use this acronym to remember the traits of Christian, God-centered heroes:

**Honor**—Faith heroes give ultimate honor to God, our King.  
**Empowered**—Faith heroes get their strength from God's Holy Spirit.  
**Rise above**—Faith heroes are forgiven, not grounded by sin.  
**Obey**—Faith heroes follow God's commands from the Bible.



### TEACHABLE MOMENTS

#### Bravery Bags

You'll need brown lunch bags, stickers, markers, and slips of colored paper. While family members decorate their bags with stickers and markers, ask: **On a scale of 1 to 10, how brave are you usually, and why? What frightens you? Do heroes always have to be brave? Why or why not?**

Read aloud Hebrews 4:16. Say: **When we're afraid, we can always talk to God, who makes us strong and helps us.**

Have family members brainstorm things they're confident about and write or draw them each on a slip of paper. (Help younger children.) Examples can range from riding a bike and tying a shoe to knowing that Jesus loves me and hears my prayers.

Have people put their slips in their bag. Say: **Any time you feel shy about talking to God or about being a hero for him, open your Bravery Bag. Then remember what it feels like to be bold, with God's help!**

**Heroes in the News** Watch for local and national news stories about everyday heroes. During meals, discuss the heroic acts as well as the people's responses to being labeled heroes. Point out how some people glorify God rather than take credit for heroism.

**Onscreen Heroes** Search online for hero-themed Christian movies, and watch them with older children and preteens. Examples include *Soul Surfer*, *God's Not Dead*, *Samson*, *Paul: Apostle of Christ*, *Courageous*, and *I Can Only Imagine*. (Some are rated PG-13.)

**Examples of Excellence** On five index cards, write the following words (one per card): *speech, life, love, faith, purity*. Put the cards in a hat. Read aloud 1 Timothy 4:12. Then have family members take turns choosing a card and acting out a way to be a good example of what's listed. Keep the cards in a visible location. Encourage family members to share how they live out their faith in those ways.

**God Protects Us** Read or tell the story of Daniel in the lions' den (Daniel 6). Have one person be Daniel and stand across a room, facing away from others, who are Lions. Say: "Lions, quietly creep up to Daniel and try to touch his back before he hears you. Daniel, if you

hear a noise, turn and point to that lion, who will have to start over. And we'll all say, 'God protects Daniel!' If a lion touches Daniel, Daniel will turn around, hug the lion, and say, 'God protects me!'" Play several rounds and then discuss how God protects and strengthens us.

**The Hero's Journal** Keep an affirmation notebook for each child. On the first few pages, jot down the talents and abilities you've noticed that God has blessed the child with. As you see the child being a faith hero and honoring Jesus, write a brief description of what you observe, plus the date. At regular intervals, let kids read the excerpts. Then enjoy hero sandwiches.

**Goliath, Be Gone!** Have one person stand in the middle of the room and be Goliath. The "giant" must try to tag others while standing in place. Play several rounds, taking turns being Goliath. Read aloud 1 Samuel 17 (or the account of David and Goliath from a Bible storybook). Say: "Goliath was huge and had defeated many people, but David wasn't afraid. He said, 'I come against you in the name of the Lord Almighty!' God helped David beat the giant, and God helps us be brave, too."

Think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.

—Philippians 4:8, NCV

## MEDIA MADNESS



### MOVIE

**Title:** *The Lion King*  
**Genre:** Animation, Adventure, Drama  
**Rating:** pending (likely PG)  
**Cast:** Donald Glover, Seth Rogen, Beyoncé, James Earl Jones  
**Synopsis:** In this photorealistic animated remake of the 1994 hit, young Simba must summon his courage to claim the throne after his father is killed. Director Jon Favreau says this version is longer and has more dimension “not just visually but both story-wise and emotionally.”  
**Our Take:** Though this movie’s storyline gets quite intense, most children are familiar with the premise. After watching it, discuss the topics of courage and perseverance in the face of adversity. Also talk about what makes Simba heroic.



### BOOK

**Title:** *The Next Great Paulie Fink*  
**Author:** Ali Benjamin  
**Synopsis:** In this middle-grade novel from the award-winning author of *The Thing About Jellyfish*, Caitlyn arrives at a new middle school where everyone talks about a legendary former student. As Caitlyn tries to figure out Paulie Fink—and find his replacement—she learns the definition of a hero and finds the courage to make important changes to her own behavior.  
**Our Take:** This book, geared toward ages 8 and up, explores wanting to fit in, adapting to new surroundings, and figuring out the past. Insights from philosophy, Greek mythology, and history add interest but may require some explanation from adults.



## CULTURE & TRENDS

**Moody Meals** Get ready for an unfortunate side order of snark with your fast food: Burger King’s new “Real Meals” feature these color-coded moods: Pissed (red), Sad (blue), Salty (teal), YAAAS (purple), and DGAF (black). Taking a shot at McDonald’s, BK’s ads for the meals proclaim, “No one is happy all the time, and that’s OK.” (*cnn.com*)

**Climate Crusaders** Middle schoolers are sparking family conversations about protecting the planet, according to researchers. A new study shows that daughters have particular sway on conservative dads when it comes to raising concerns and taking action. (*Nature Climate Change*)

## QUICK STATS

**Lock Me Up!** Moving is so stressful that 13% of Americans say they’d rather spend a week in jail. On average, it takes more than four months to unpack after a move. (*Life Storage*)

**Anti-Social Media?** In a recent U.K. study, 40% of kids ages 4 to 16 describe going out to meet friends face to face as “too much effort.” Instead, they prefer spending free time at home on their own. (*ofcdm.org.uk*)

## Games, Podcasts & Apps

### Chickapig

Affectionately known as “farmer’s chess,” this family-friendly board game features chicken-pig hybrids that must dodge opponents—including hay bales and pooping cows. This 2018 Toy of the Year nominee involves some strategy plus a bit of luck. For two to four players; ages 8+.

### Brains On!

Kids co-host this science podcast from American Public Media. Curious listeners will discover “Why we smell,” “Why are smartphones so hard to put down?” and “Where does our poo and pee go?” All ages will enjoy the show because, its website points out, “There’s no age limit on curiosity.”

### Kid on the Moon

This app from NASA takes kids on a virtual exploration of the moon and space, complete with videos, games, and sounds from the Apollo mission. Young astronauts can “steer” a spaceship back to Earth, earning badges in the process. The app is for ages 4 to 8, with no reading required.

© Group Publishing, Inc., 2019

parenting  
CHRISTIAN  
kids

Group  
Real. Bold. Love.

This page is designed to help educate parents and isn’t meant to endorse any movie, music, or product. Our prayer is that you’ll make informed decisions about what your children watch, read, listen to, and play.



# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 <b>Happy Independence Day!</b>	5	6 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
7	8	9	10	11	12	13 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
14	15	16	17	18	19	20 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
21	22	23	24	25	26	27 10:45 am – VBS/Bible Adventures Program (Ages 5-12)
28	29	30	31			

**Saturday Mornings Cave Quest VBS/Bible Adventures' Children's Program (Ages 5-12)**

Each Saturday morning beginning at 10:45 am until 12:00 noon, our Bible Adventures program is designed to introduce kids to God in interactive and engaging ways through the Bible – not to mention they have lots of fun! Each week's themed program includes singing, team activities, healthy snacks and getting kids into the Bible using the award-winning children's **"Hands On Bible"**!

Parents/Guardians are also invited to observe the program anytime, and if you would like more information about our Bible Adventures' Program or volunteering (let us know!), please contact Kimberly at 209-481-9205.

**Free Nursery Care and Toddler Program** – Every Saturday during our 11:00 am church service!

**July's Health Tip** – Are you getting your daily amount of veggies? I encourage you to take the V-8 Challenge! 1 small can of V-8 juice contains a serving of vegetables. Individuals drinking a V-8 juice every morning for a week reported more energy and less cravings for junk food than before. They also made better health choices such as exercising more regularly. Just think how you'd feel drinking 2 small cans each day! V-8 also comes in a low sodium option – which is a great choice as most of us get more salt in our diet than we need each day. With that said ... enjoy your summer and remember to drink your V-8 for better health!

