

parenting CHRISTIAN kids



Turn to God in Uncertain Times

POWERSOURCE

ASK JESUS:

1. To protect your family members physically, emotionally, and spiritually during uncertain times.
2. To help you see evidence of goodness and kindness—and to be that evidence for others.
3. For renewed faith and strength through life's trials.

On earth, everyone faces seasons of trial, suffering, and unwelcome change. This spring, however, *all* of us are facing unprecedented levels of disruption, uncertainty, and fear—all at the same time.

The COVID-19 coronavirus pandemic—and the shutdowns and isolation it's causing—have forced families, schools, churches, and entire communities to make and adapt to changes in all aspects of daily life. The good news is that God remains steady and steadfast, ready to walk with us through what's being called “uncharted waters.”

Children have specific needs during uncertain times, whether that's an emergency, illness, or family crisis such as divorce or job loss. Even

positive changes such as a planned move or a new sibling can disrupt schedules and affect relationships.

Though you can't control everything that happens to your family, you can minimize the impact of uncertainties. Make sure children have consistent relationships, which offer reassurance and familiarity. Model God's positive qualities of unconditional love and acceptance. Keep the same schedules and rules, as much as possible, to help kids feel safe. When new situations arise, tell children beforehand what to expect. Finally, encourage family members to share their thoughts and feelings about what's happening.

Read on for activities that convey important messages for uncertain times.



TEACHABLE MOMENTS

Our Powerful Protector

Say: **The Israelites, God's special people, were slaves in Egypt. The king, or Pharaoh, had worked the people so hard, they were tired. God told Moses to tell Pharaoh, "Let my people go!" Moses went 10 times, but Pharaoh refused. Each time, God sent a plague—something horrible—to Egypt. But God kept the Israelites safe from these plagues!**

Re-enact the first nine plagues:

1. Blood—Put food coloring in water.
2. Frogs—Hop around the room.
3. Gnats—Make buzzing sounds.
4. Flies—Zoom around the room.
5. Sick livestock—Moo and moan on the floor, with limbs sticking up
6. Boils—Put red dots on your skin with washable marker.
7. Hail—Throw paper wads around.
8. Locusts—Nibble green snacks.
9. Darkness—Turn off all the lights.

After each plague, shout: **Let my people go!** Close by praying: **Thank you, God, for protecting us during tough and scary times. Amen.**



Remember: God's in Control!

During uncertain times, adults need to take care of their own bodies, minds, and souls, too. When parents are struggling, children notice—and often feel more anxious as a result. Remember these tips to give everyone a **BREAK**:

Be an example. Try to handle stress in a God-pleasing manner.

Relate. Spend time with kids, share a hobby, listen, and cheer them on.

Educate yourself. Find out what stressors your children are facing.

Ask questions. These help you understand needs and express care.

Keep praying! Ask Jesus to work in kids' lives, especially amid trials.

Overflowing Oil Toss paper wads around a room. Give each person a bag and say: "You have a minute to collect as much 'oil' as you can. Go!" Toss out more wads, as needed, before calling time. Read aloud 2 Kings 4:1-7. Ask: "What was it like trying to fill up your 'oil jar'? How did it feel to get lots of oil? In what ways would you like God to bless you—and us?" Say: "When we're worried and tell God what we need, we can trust him to provide. At times, God gives us even *more* than we expect!"

Create a Smile File Stress is exhausting and removes our focus from life's many joys. Make a file, box, or journal where people can put pictures or notes about God's blessings. Then review it together when your family feels discouraged or overwhelmed.

God Seeks and Saves With younger children, unwind by playing a fun game of Hide and Seek as a family. Then talk about how God always comes looking for us and always watches over us.

Jesus Calms Our Fears Tape an outline of a boat on the floor and fill it with blue streamers or yarn pieces. Have family members sit in the "boat." Read aloud Mark 4:35-41. Then say: "These streamers

are water, and you need to toss them out so you don't sink!" As you stand nearby, make wind sounds and throw streamers back in. Afterward, ask: "How did you try to keep your 'boat' from sinking? Why can storms be scary? What other troubles might we need Jesus' help with?" Say: "Jesus' disciples were afraid of sinking. They needed help, so Jesus spoke to the sea and made it calm. We can call on Jesus when we're afraid, and he'll calm our fears."

Lick Life's Problems When life gets messy, spend one-on-one time with each child. If possible, go on a simple outing, such as to get ice cream, and let the child share what's on his or her mind. Then come up with ways you can stick together and face problems.

God Protects Daniel Adapt the swimming-pool game Mr. Shark for Daniel 6. Read that chapter aloud and choose a Daniel. He or she faces a wall, and others, the Lions, creep up and try to touch Daniel. If Daniel hears a noise, he turns and points at the Lion, who returns to the starting point while everyone shouts, "God protects Daniel!" If a Lion touches Daniel, have them hug and say, "God protects me!" Afterward, discuss the ways God keeps us safe.

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."

—Joshua 1:9

MEDIA MADNESS



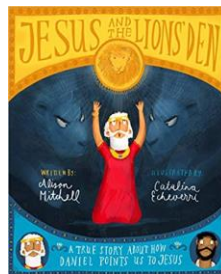
TV

Title: *Jessy and Nessy*

Service: Amazon Prime Video

Synopsis: Curious young Jessy has an unusual BFF: an ancient sea monster named Nessy. In this new G-rated series, the pair explore a range of questions common to preschoolers—from why the wind blows to how echoes work. Along the way, they meet new friends, learn to work in teams, and discover important life skills, including how to make people smile.

Our Take: This simple, upbeat TV show uses colorful mixed-media and fun music to keep young viewers engaged. It does have a touch of magic, as Jessy uses “inspectacles” glasses to conduct investigations—and to see her friend Nessy. The show should be a hit with curious young kids.



BOOK

Title: *Jesus and the Lions' Den*

Author: Alison Mitchell

Synopsis: As most Sunday school kids know, Daniel, not Jesus, was thrown into the lions' den. But this book reveals—in a child-friendly way—how the Old Testament lesson points to Jesus. Readers can search for hidden lion symbols as they discover the parallels between Daniel and Jesus.

Our Take: By making connections between the Old and New Testaments, this title helps readers understand that the gospel message is woven through the entire Bible. Kids learn about prayer, faithfulness, and God's sovereignty over everything. This book—and others in the “Tales That Tell the Truth” series—are geared toward ages 4 to 8.



CULTURE & TRENDS

Decreasing the Distance During this era of social distancing, personal connections are more vital than ever. Technology such as Zoom is soaring in use, with many people home—and homeschooling. Virtual celebrations of birthdays and milestones have become quite creative. And old-fashioned phone calls and snail-mail are ideal for building bonds with grandparents and other relatives.

Community Kindness Tough times are bringing out lots of goodness and camaraderie, as neighbors reach out to offer assistance and cheer. Neighborhood teddy bear hunts, sidewalk-chalk messages, concerts, and vehicle parades show how “minor” acts spread major joy.

FREE HELPS

Devotions & Bible Activities

<https://tinyurl.com/safxgts>

<https://tinyurl.com/ukywxnk>

Helping Children Cope

<https://tinyurl.com/v4lynwe>

Explaining the News to Kids

<https://tinyurl.com/jv8l46a>

At-Home “P.E. With Joe”

<https://tinyurl.com/ragqo5z>

Mo Willems’ “Lunch Doodles”

<https://tinyurl.com/vzwy7en>

Loads of Virtual Tours

<https://tinyurl.com/qqxkmwv>

Games, Podcasts & Apps

Kanoodle Head-to-Head

In this puzzle-based game, two players race to arrange pieces to match a design on a card. If you're too slow, your pieces go flying! The portable game has 80 challenges that build spatial-reasoning and problem-solving skills. Best for ages 7+, and a hit with parents, too.

Kids Ask Authors

Launched just before the pandemic hit, this short-session podcast from author and illustrator Grace Lin celebrates reading and writing. Lin asks fellow authors questions from young readers. Kids can submit their questions, book reviews, short stories, poems, and jokes, which are featured at the end.

Blinx

With this free app, families can share photos with their “in-crowd” members without leaving a digital footprint. You also can assemble individual “blinx” into “blinxbooks,” adding captions and audio comments, if desired. This alternative to social media is rated E for Everyone.

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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 10:00 AM ON-LINE SUNDAY SERVICE	4	5 CINCO de MAYO	6	7 PRAY GOD'S GLORY Across the Earth MAY 7, 2020 GET MORE INFORMATION AT SCHEDULE EVENTS NATIONAL DAY OF PRAYER	8	9
10 10:00 AM ON-LINE SUNDAY SERVICE	11	12	13	14	15	16 UNIVERSITY OF WYOMING Virtual Commencement
17 10:00 AM ON-LINE SUNDAY SERVICE COMMUNITYNOW Night of Worship FAMILY-FRIENDLY WORSHIP FOR THE LARAMIE COMMUNITY	18	19	20	21	22	23
24 10:00 AM ON-LINE SUNDAY SERVICE	25 MEMORIAL DAY	26	27 Whiting High School	28 HAPPY LAST DAY OF SCHOOL Rocky River High School	29 Laramie High School	30
31 10:00 AM ON-LINE SUNDAY SERVICE	1	2	3	4	5	6

CHECK THIS OUT!



rightnow MEDIA

<https://www.rightnowmedia.org>

- Kid section - many devotionals, lessons, and videos

orange KIDS

<https://orangekidmin.com/coronavirus/>

- Topics, blogs, podcast, and resources



<https://www.foursquare.org/>



HCKids Facebook Page



Facebook Group -

"HCKids Daily Challenges 2020"

- Join me on Monday, Wednesday, Friday for a live lesson/story and a challenge.
- Tuesday and Thursday challenge posted



Weekly lessons emailed out. If you would like to be added please send a request to:

sandra.brown@wearharvest.com

Available free for any child/student from age 2 to 18.

11:00 a.m. to 1:00p.m.at the following locations:

- Spring Creek Elementary School -1203 Russell St.
 - Pickup Location: Back door to the kitchen off of 11thStreet
- Linford Elementary -120 S. Johnson St.
 - Pickup Location: Gym Doors off of Wyoming Avenue
- Laramie Middle School -1355 North 22nd St.
 - Pickup Location -Bus entrance off of North 22nd Street
- Rock River School -262 Morris St.
 - Pickup Location -Main Drive/Parking Entrance

Times- Mon. – Fri.	Grab N Go Meal Pick Up Location
10:45-11:15	Laramie Montessori School– Corner of 4th and Sheridan
11:00-11:30	“Old High School” Parking Lot- 1100 Block of East Reynolds
11:00-11:30	Lincoln Center Parking Lot- 365 West Grand Ave.
11:30-12:00	Beitel Elementary Bus Circle- South 17 th St.
11:45- 12:15	McCue Trailer Park- 954 N McCue St
12:00-12:30	Curtis Trailer Park
12:15-12:45	Laramie High School Parking Lot- Boulder Drive
12:30-1:00	WyoTech Parking Lot- 1889 Venture Drive

UPDATE: Compassion Child - Massiel



- **Name:** Sujeý ‘Massiel’ Ramirez Alvarez
- **Gender:** Female
- **Location:** Dominican Republic
- **Age:** 6
- **Birthday:** June 8

Letter from Massiel: Sujeý sends you and your family (HCKids) greetings. She is on vacation and ready for Christmas. She will spend time with her family. She loves December because of the Christmas colors and because families get together. She asks for prayers for her family.





May 2020 Curriculum

Prayer is simply talking to God. It's as easy to understand as an emoji face. Each week, kids will focus on something specific they can talk to God about in prayer using emojis as helpful reminders.

Sad Tear Face – Pray for those who are sad, that God will comfort them.

Heart Eyes Face – Thank God for your family and those who love you.

Black Eye Face – Pray for those who are hurt or suffering, that God will help them.

Laughing Face – Thank God for giving you friends and people who make you laugh.



Angry Face – Ask God to help you forgive those who make you angry.

In Awe Face – Praise God for the world and all the beautiful things that he has made.

Sick Face – Pray for those who are sick, that God would make them feel better.

Cool Shades Face – Thank God for giving you clothes to wear and a place to live.



Laramie High School

Ano Nyamadzavo



University of Wyoming

Allison Careswell –
Bachelors in Family and
Consumer Science.

Kylee Harless – Bachelors in
Agriculture Communications

Rachel Geile – Bachelors in
Speech therapy

**Please let us know if we missed anyone.



For more information go to:
<http://www.nationaldayofprayer.org/>



Ideas to do with your family during COVID-19:

- Read Bible stories with each other
- Memorize scripture
- Games and Activities
- Clean / Fix
- Cook
- Science Experiments
<https://www.exploratorium.edu/snacks/snacks-by-subject>
- Arts & Crafts
Playdough:
<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>
- Driveway, Yard, Garden, and Beyond
Star gaze
Make and hand a bird feeder
Go on a bike ride



- 5/3 – Rosie Steiner
- 5/7 – James Cowdery
- 5/13 – Xander McCaskill
- 5/16 – Bexton Berger
- 5/21 – Adalynn Cowdery
- 5/22 – Callie Baker
- 5/29 – Ricky Muanza

**Please let us know if we missed anyone.

Bible Scavenger Hunt Clues

You have two challenges with this Bible scavenger hunt. First, answer all of the clues below. Once you have answers for all of them, you need to go and find each of the itmes and take a picture of each.

Send your pictures to sandra.brown@weareharvest.com for Bible bucks!

1. **Jeremiah 17**-They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its _____ are always green.
2. **Isaiah 1**-You will be like an oak with fading leaves, like a garden without _____.
3. **Matthew 26**-Then he took a _____, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you."
4. **Proverbs 20**-The glory of young men is their strength, gray _____ the splendor of the old.
5. **Job 14**-My offenses will be sealed up in a _____; you will cover over my sin.
6. **Deuteronomy 32**-Let my teaching fall like rain and my words descend like dew, like showers on new _____, like abundant rain on tender plants.
7. **1 Samuel 4**-When he arrived, there was Eli sitting on his _____ by the side of the road.
8. **Psalms 40**-He lifted me out of the slimy pit, out of the _____ and mire; he set my feet on a rock and gave me a firm place to stand.
9. **Matthew 5**-And if anyone wants to sue you and take your shirt, hand over your _____ as well.
10. **Luke 14**-And whoever does not carry their _____ and follow me cannot be my disciple.
11. **Daniel 7**-The court was seated, and the _____ were opened.
12. **Genesis 6**-So make yourself an ark of cypress _____; make rooms in it and coat it with pitch inside and out.
13. **Job 37**-The breath of God produces _____, and the broad waters become frozen.
14. **Deuteronomy 27**-Build there an altar to the Lord your God, an altar of _____.
15. **Isaiah 40**-The grass withers and the _____ fall, but the word of our God endures forever.