



JANUARY 2019



WEEK ONE

PROVERBS 25:28
City with Broken Walls

SAY THIS:

Doing what you should
can keep you safe.

DO THIS:



MORNING TIME

Before leaving for the day, write or tell your child, "Update your operating system today by praying and remember that everyone benefits when we practice self control."

REMEMBER THIS:

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIRV

LIFE APP:

SELF-CONTROL – Choosing to do what you should even when you don't want to

From Parent Cue:



NEW YEAR, NEW HEART

By Carey Nieuwhof

So here's a question to kick off the new year: *How's your heart?* The heart is pretty vital. It's what we live out of really; it's the wellspring of life. Our hearts help us feel the highs and lows, navigate wonder and mystery, keep our imaginations stimulated and our dreams alive. It is the place where hope and faith live.

I have found that the longer I live, the more intentional I have to be at keeping my heart open and fully alive. If you've had disappointments and letdowns this past year, here are a few ways to renew your heart this year: . . .

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