

RESET
a family activity guide

RESET



Welcome to the Reset journey.

Over the next six weeks we'll take a close look at Jesus. We'll get our information about Him from the book of Luke. (That's a book in the New Testament part of the Bible.) During this journey, the weekend messages, small group materials and the experiences your kids will have when they're at church will all tie together. It's all about Jesus, and us.

We're calling this journey "Reset" because we want to reset some of the ideas we have about Jesus. For our kids, there might not be a lot of resetting going on—they might just be forming their beliefs about Jesus. Think of a suitcase: as adults, we've put all kinds of thoughts and ideas about Jesus—some accurate and some pretty whacked out—in our suitcase. (You might say we have a lot of baggage as far as Jesus is concerned.) Our kids' suitcases might be pretty empty, which is a good thing. On this journey, you can help them pack their bags with stuff that is true about Jesus, while we work on sorting through the contents of our own baggage.

Here are some tips on how to use this Family Guide:

Use it with your family! Keep the Family Guide on the kitchen table and use it to start some conversations about who Jesus is, and what that has to do with us.

Everyone can participate. Jesus is for all ages, and so is this Family Guide.

Keep a pencil or pen nearby as you work through this book. (If you want to make it even more fun, steal some of your kids' colored pencils or markers.)

Do this at your leisure. While it's nice to do the weeks in order so that they match what we're learning on the weekend, if you miss a week because your kids are with another parent, are sick or whatever, you can always come back to a week you've missed.

Use this as a Family Journal to record your discoveries over the next few weeks. Save this guide, and as your family and kids grow, look back to see how they (and you) have matured or changed.

Look for these sections each week:

INTRO (SETTING THE STAGE FOR PARENTS)



This week will set up what we're learning for the week and give you some background on the topics.

TO DO TOGETHER (FAMILY ACTIVITIES)



These prompts will give you an activity or two to do with your family, or stuff to talk about around the dinner table.

TO DO LATER (IDEAS FOR A DIFFERENT DAY)



We'll suggest activities your family can do to keep learning together after the journey.

UNFINISHED PICTURE (DISCUSS & DRAW)



We'll provide a picture that's not complete, surrounded by a few things to talk about. As you discuss these things, have someone finish the picture. Younger kids might help by coloring in the things you've added.

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



This page contains a few prompts to get you thinking. You can respond by writing or illustrating your thoughts or actions in the boxes.



INTRO (SETTING THE STAGE FOR PARENTS)

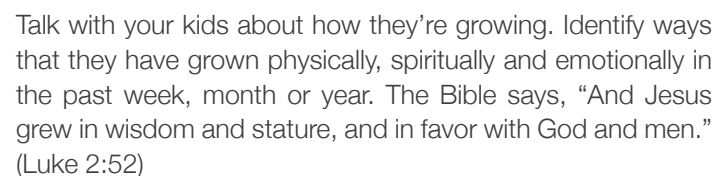
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No matter our age, we've probably heard something about Jesus. He was born in a stable in Bethlehem. His father on earth was a carpenter. Jesus was considered a great teacher. He raised people from the dead and healed the sick. Jesus is the Son of God. These are just a few things you might have heard about Jesus.

This week we're looking at Jesus' human side. Jesus is real. He was once a little boy. He cried when he scraped his knees, and he laughed when his friends did something funny. Yet, Jesus lived a perfect life—he never messed up. Think about how He was once a kid, and how he grew to be a man. There are some similarities to us and how we grow, but some really big differences, too.

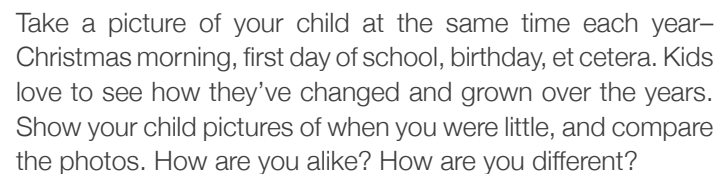
WEEK

ONE



How are your kids growing in wisdom (ability to figure out problems and assess what's going on) and stature, and in favor with God and men? Tell them! (And be encouraging. Kids define who they are by what you tell them. Use this time to build them up.)

TO DO LATER (IDEAS FOR A DIFFERENT DAY)



Help your child make a timeline of their life. They can illustrate it with their own drawings, or use old pictures that never made it into the family photo album.

NOTES

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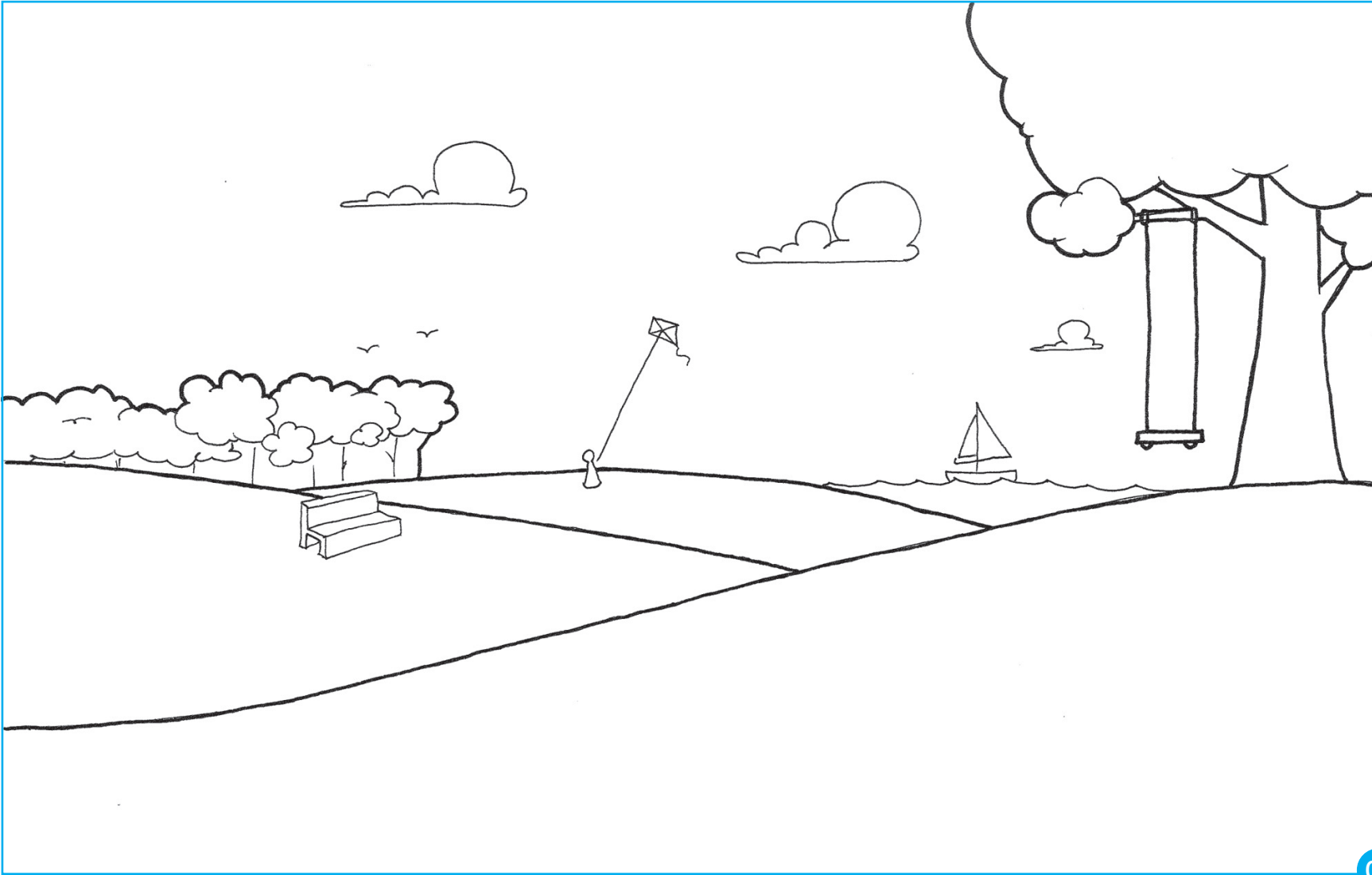
UNFINISHED PICTURE (DISCUSS & DRAW)



Complete the unfinished picture, keeping in mind the prompts that surround it.

What games would you like to play with Jesus?

Imagine what Jesus is wearing when he's hanging out with you. Draw it!



What friends would you like to join you as you spend time with Jesus?

Look around the park. Pick out your favorite part of nature and thank Jesus for it.

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



What were the craziest things your parents did as kids? Ask them.

What's the best thing about being a kid?

How have you have grown in wisdom?

What question would you like to ask Jesus about his life growing up?

What if Jesus came to your house—what would you do together?

TWO } WEEK

INTRO (SETTING THE STAGE FOR PARENTS)

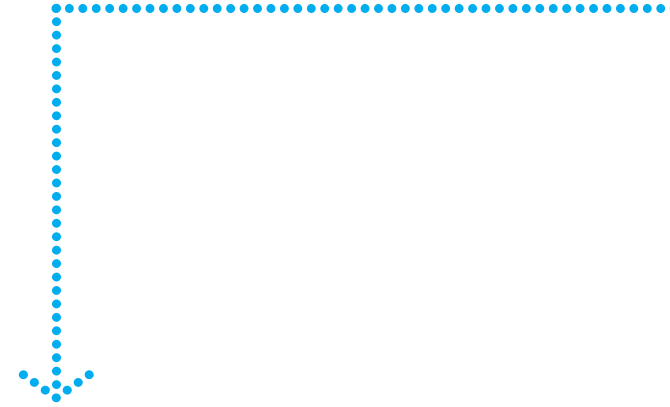


For every time your child has said, “no fair,” you can probably recall a time or two when you’ve seen someone get something great, and “no fair” has crept into your own mind. This world is all about fairness. Some parents spend lots of time making sure everything is fair—the same number of presents under the tree, an equal amount of chores, et cetera. Have you ever caught yourself counting chicken nuggets to make sure that each child received exactly the same amount, so it’s fair?

Fortunately, Jesus is not fair. That sounds weird, but that’s actually a good thing. Jesus gives us all kinds of things we don’t deserve, and we call that grace. This week we’ll look at grace and what it means to give and receive it.

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TO DO TOGETHER (FAMILY ACTIVITIES)



Do something “unfair” for someone this week. Clean up the dog poop in your neighbor’s yard (the one whose dog poops in your yard), take cookies to the crabby lady who always yells at your kids or write an encouraging note to the teacher who isn’t so encouraging. Come up with a plan as a family or individually to extend grace this week.

TO DO LATER (IDEAS FOR A DIFFERENT DAY)



Parents, have you ever had a situation where your kid really messed up (flooded the bathroom, dusted the house with flour) and you lost it? Next time, instead of getting mad, grab your camera. Take a picture of the waterfall in your living room or the flour footprints throughout your house, and have a laugh together. Extend grace to your child in unexpected ways.

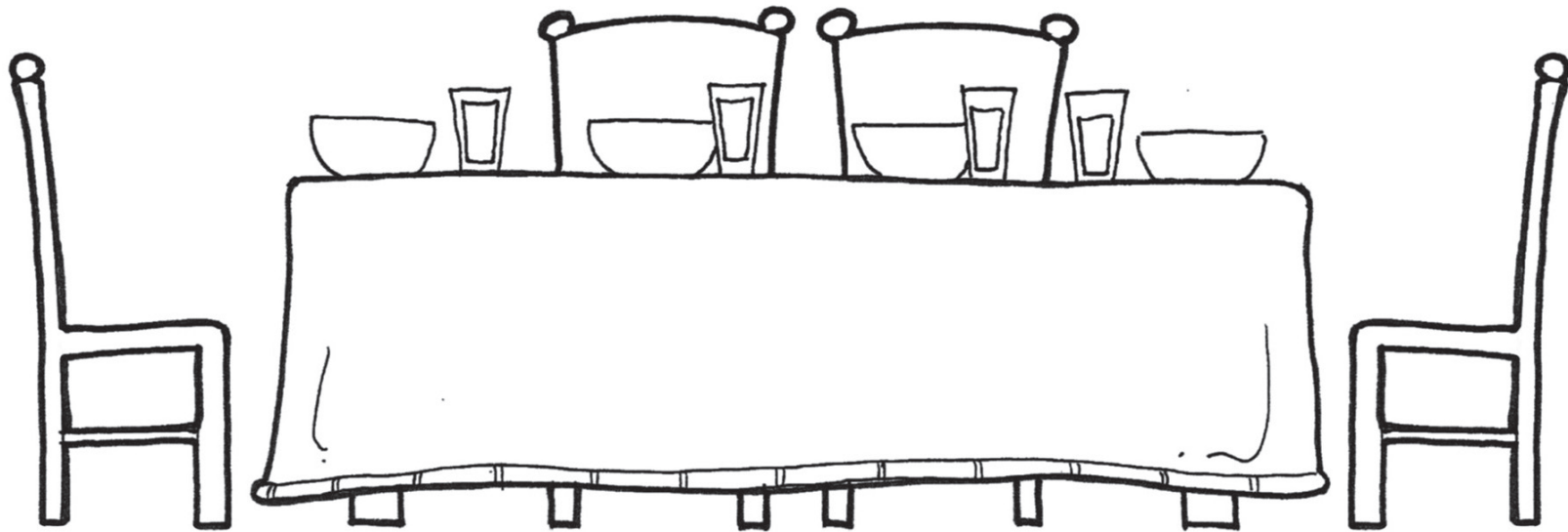
UNFINISHED PICTURE (DISCUSS & DRAW)



Complete the unfinished picture, keeping in mind the prompts that surround it.

Who could you invite that would surprise everyone—an unexpected guest?

You've been invited to dinner with Jesus. Who will you take with you?



How will the other guests respond to your unexpected guest?

Think of someone who is difficult to like. How would you respond if they were invited and sat right next to you?

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



Did you extend grace this week? If so, what happened?

When was a time that you got something you didn't deserve (something good)? How did you feel, and how did others around you react?

Identify someone that needs a lot of grace. What could you do to extend grace to them? How would they react?

If your family extended more grace to each other, how would that change things?

THREE



WEEK

INTRO (SETTING THE STAGE FOR PARENTS)



We all have stuff that's super-important to us. What's a priority in your life? A good way to judge that is to look at where we spend our time, energy and money. Sometimes things that are really good get in the way of what's best for us. Allowing Jesus to have control of every part of our life is the best way to live, but that might require putting some things away, or reducing their influence in our lives.

TO DO TOGETHER (FAMILY ACTIVITIES)

Once you've identified a "big" item in your life, together, think of ways that you can put that thing away and use your extra time to be with Jesus as a family. Younger kids may not be able to identify their big thing, so just help them establish a pattern of being with Jesus. They can draw God a picture, read a children's Bible—there are many things they can do.

TO DO LATER (IDEAS FOR A DIFFERENT DAY)

Your little sister just broke your brand new toy. What do you think God would want you to do in this situation?

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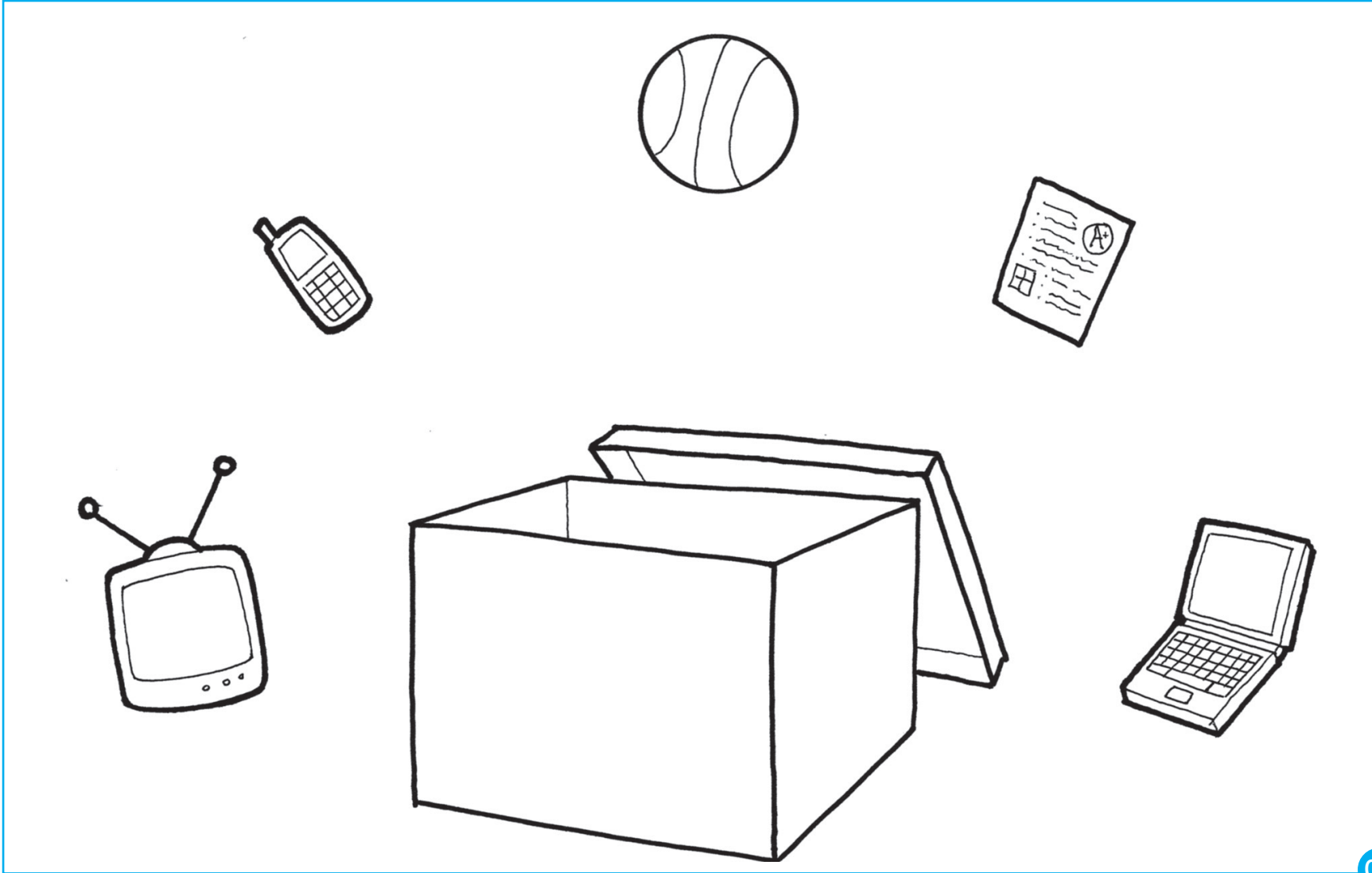
UNFINISHED PICTURE (DISCUSS & DRAW)



Complete the unfinished picture, keeping in mind the prompts that surround it.

How did you react the last time you were angry? What made you angry?

Draw the things that are most important to each of your family members.



What would be the hardest thing to give up for a day or a week? What would life be like without it?

How can you give God control over what is most important to you?

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



Read about Mary and Martha in Luke 10:38-42.
What was the most important thing to each of these women?

Is there something in your life that you just need to get rid of altogether?

If you had a million dollars, what would you buy?

What things would you take with you if you had to leave your house quickly?

WEEK

PSALM

INTRO (SETTING THE STAGE FOR PARENTS)



God wants each of us to come to him. The guys who traveled around with Jesus were called disciples, and they noticed some parents trying to bring their kids to Jesus. The disciples told them to leave Jesus alone. Jesus heard that they were trying to get the kids to go away, “But Jesus asked the children to come to him. ‘Let the little children come to me,’ he said. ‘Don’t keep them away.’” Luke 18:16 (NIV) Jesus doesn’t think we’re ever too young, too immature or too out of shape. He wants us to come to him just the way we are.

We don’t have to do anything to earn the love of Jesus. And that’s difficult to imagine. It seems like we have to earn everything before we receive it. But that’s not the case with Jesus; we just need to receive. Kids are good at receiving. We can learn from this. Jesus used kids as an example for us when he said, “Anyone who will not receive Gods’ Kingdom like a little child will never enter it.” Luke 18:17 (NIV) So watch your kids receive this week—and learn from them.

NOTES

TO DO TOGETHER (FAMILY ACTIVITIES)



Share your most embarrassing moments. Go around the table, but be sensitive to your child—don't laugh too hard if they're not laughing! Then imagine how Jesus felt towards you in the midst of that moment. Did He feel compassion? Love? Jesus doesn't make fun of people, so we know he wouldn't be laughing at us. But Jesus is all about joy, so he loves to laugh with us. As your kids are sharing those moments, remind them that Jesus loves them just the way they are.

TO DO LATER (IDEAS FOR A DIFFERENT DAY)



Designate a plate at the dinner table as the "special plate." If you don't have a special plate, use a special item (a trophy, bell, banana, whatever) to show who is being celebrated. Each family member will take a turn telling the person with the "special plate" why he/she is special. Teach your child to affirm in ways that are about the inside, not outward appearance. Affirm their character, not their looks.

UNFINISHED PICTURE (DISCUSS & DRAW)

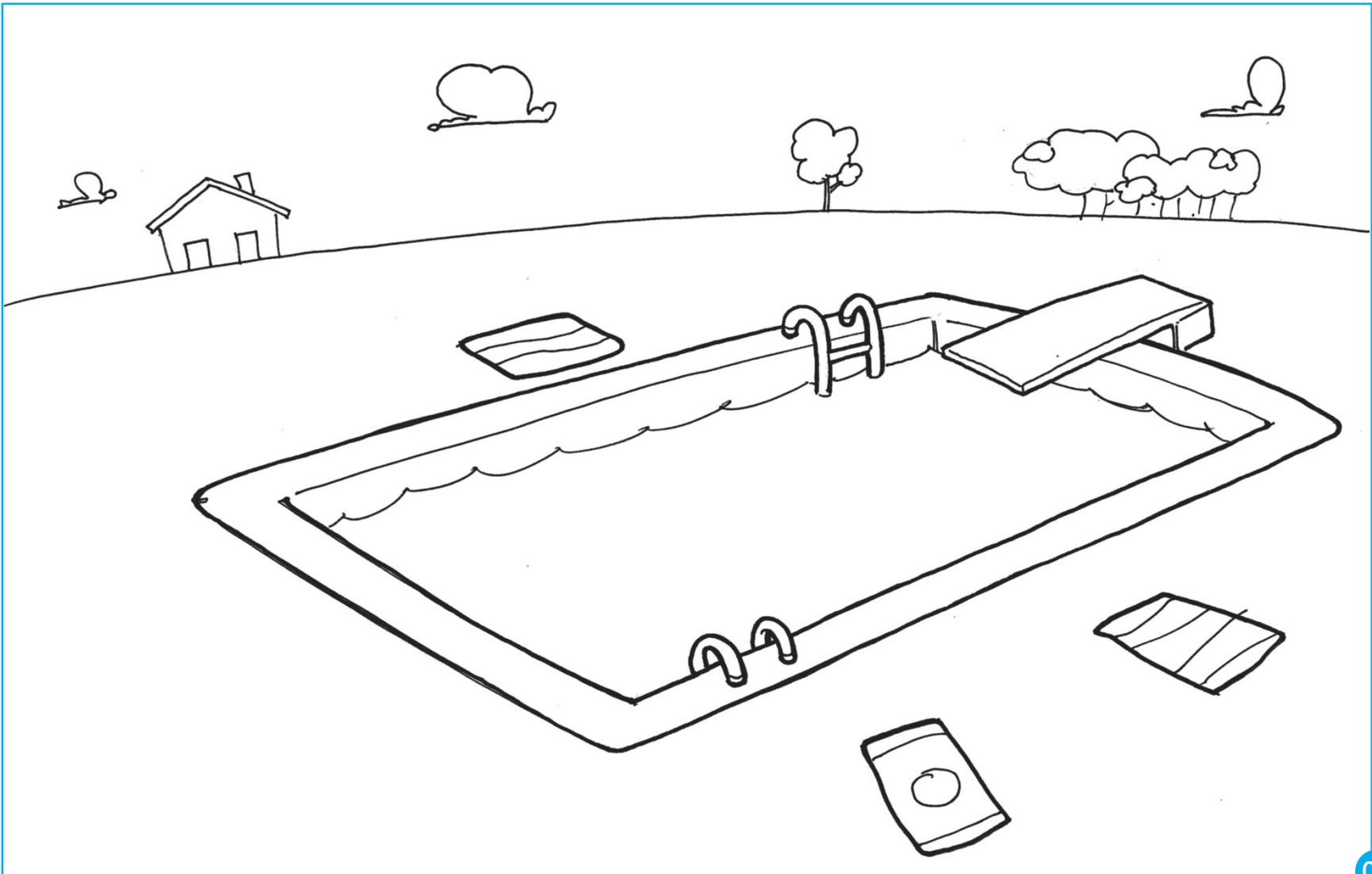


Complete the unfinished picture, keeping in mind the prompts that surround it.

Is there something that Jesus wants to give you, but you aren't ready to receive?

What keeps you from running to Jesus?

What's the best thing you have ever received?



Imagine you are running off the diving board into Jesus' arms. What is the look on Jesus' face?
What dive would you do?

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



What's your favorite thing about yourself?

Imagine Jesus encouraging you. What do you think He would say?

What do you think is the best way to show someone you love them?

What is one thing you want to ask Jesus for?

What if you received an exciting award—what would you win?

WEEK

FIVE

INTRO (SETTING THE STAGE FOR PARENTS)



Prayer is talking to God. You don't have to use big fancy words—just talk to God using your own regular words. And you don't always have to bow your head and close your eyes when you pray. Sometimes closing your eyes helps keep you from being distracted by things around you, but you can pray with your eyes open, too. It's great to pray before meals and at bedtime, but we can talk to God anytime.

Model to your kids what it means to be in constant conversation with God. As you're driving, if you see a car accident, pray (with both eyes open) for the people involved in the accident. When you drive by a school, pray for the kids and teachers in the building. While you're at the park, thank God for the trees, the grass, the bees...

UNFINISHED PICTURE (DISCUSS & DRAW)

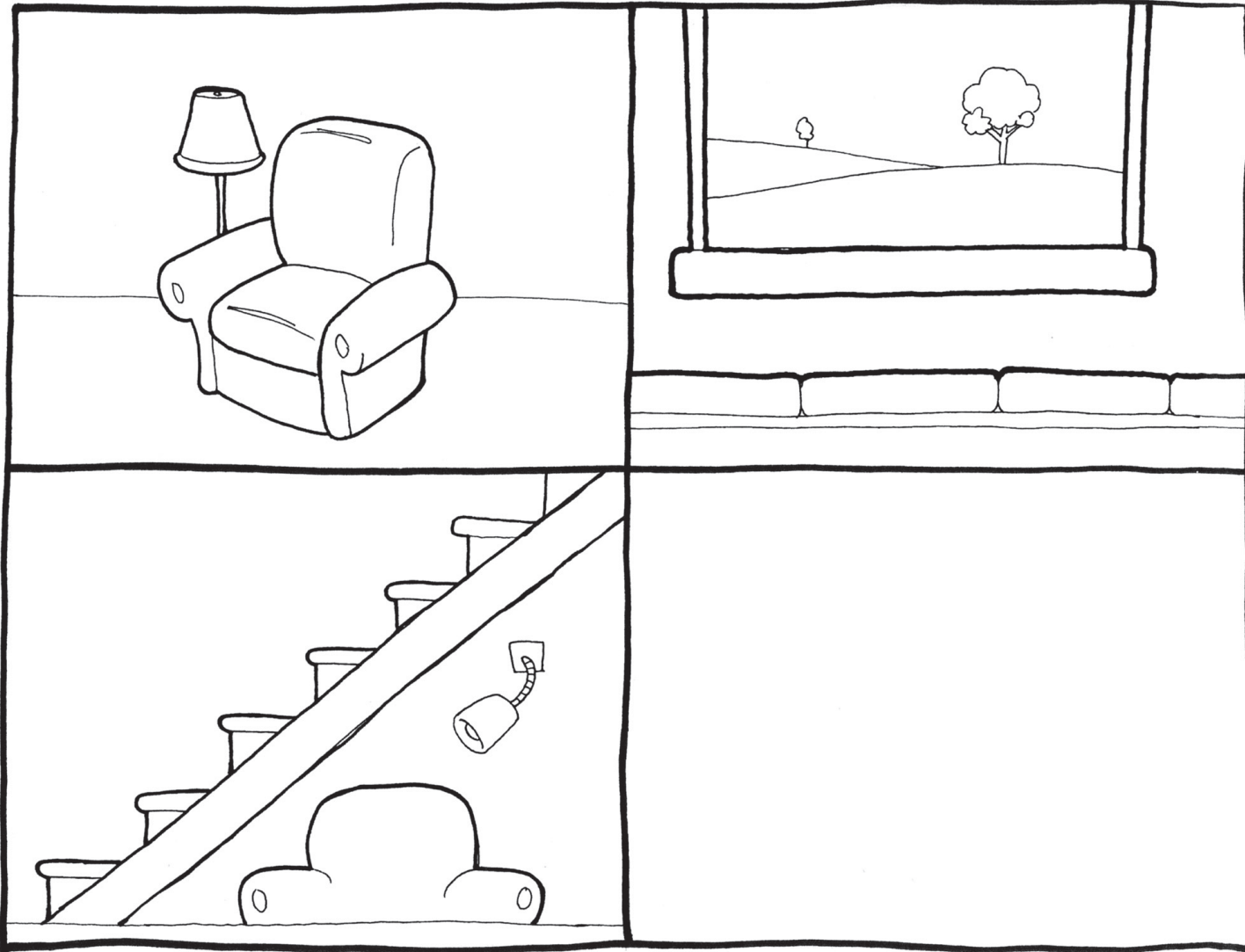


Complete the unfinished picture, keeping in mind the prompts that surround it.

You can talk to God anywhere, at any time. But it helps to have a special place where you can go to talk to God regularly.

As you sit in your special place, what's the first thing you say to God?

What things would you like to take with you to this place?



Where is a special place you can go to talk to God?

What are some things that easily distract you while you are talking to God?

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



When is a time that God answered your prayers?

Do you hear God? How do you think He might communicate with you?

Is there something you'd like to ask someone to pray for right now?

What is the hardest thing to ask God for?

WEEK SIX

INTRO (SETTING THE STAGE FOR PARENTS)



Kids are concrete thinkers. When they think of church, they think of a building. But a church is much more than a building—it's really the people who make up the church. God created us to live in community and to have close relationships with other people. Church is a great place to build those relationships. Your family is another one.

NOTES

TO DO TOGETHER (FAMILY ACTIVITIES)



Your family is one of your teams. Celebrate the journey you have been on together these past six weeks. Plan a celebration dinner. Work as a team to plan this celebration, making sure that everyone participates in the planning. Use some confetti (have your kids make it) or other party supplies for your celebration.

TO DO LATER (IDEAS FOR A DIFFERENT DAY)



Congratulations. If you haven't already, this week you'll complete the journey. Hopefully you've had fun as a family and learned some things about Jesus, yourself and each other. Before you forget some of the things you've experienced over the past several weeks, discuss what you really enjoyed about the journey. Decide if there are some things that you'd like to incorporate into your daily family life. (Also, see the appendix to this guide for more ideas to try with your family.)

UNFINISHED PICTURE (DISCUSS & DRAW)



Complete the unfinished picture, keeping in mind the prompts that surround it.

A team is a group of people who have a common purpose. Teams are a lot more than just a bunch of guys in helmets playing football.

If your family had a team uniform, what would they wear?



What makes your family unique?

How can your family have fun together?

What does your family do together that you could not do alone?

EXPLORE YOUR THOUGHTS (DRAW OR WRITE)



Who is your family's community?

What is something you'd like to do right now, but you can't do alone? Who can help you?

When is the last time you laughed really hard with your family?

If you were part of the human body, what part would you be? Why?

What would you most like to do with your family?

APPENDIX



If you'd like to continue learning together as a family throughout the year, consider these family activities:

Create Something with Homemade Play Dough

One thing we know about Jesus is that he's creative. We're creative too. So create something with your kids. Make play dough together as a family, and then use it to create a model of your favorite thing in nature, or something that helps describe who you are. Be creative and come up with your own ideas. This means parents should create something, too. Kids love seeing their parents play!

Mix all ingredients. Cook over medium heat, stirring constantly. When the mixture is a doughy lump, pour out on a table and knead. At this point you can divide it up to make different colors. Put food coloring in as you are kneading (it will stain your hands). Now make something, and be creative! Put your creations on display as a reminder of Jesus' creativity and yours!

Play Dough Recipe

1 cup flour
½ cup salt
1 cup water
2 tsp. cream of tartar
1 tbsp. cooking oil
food coloring

High-Low Game

This is a great game for the dinner table, bedtime or in the car on the way home from school, and can be played by two or more people. Someone calls out "high-low," and participants must respond by sharing their high and low points of the day. If you want to take this

game one step further, you can pray and thank Jesus for the specific highs that people experienced, and ask for help, when needed, for the lows of the day.

APPENDIX



If you'd like to continue learning together as a family throughout the year, consider these family activities:

Celebrations

Celebrate regularly as a family. These don't have to be big celebrations, and they don't have to be over huge things. Celebrate the first snowfall of the year, your child eating all their peas at dinner, Dad getting home for dinner five nights in a row, et cetera. Have your kids make posters for the celebration. Take pictures or have your kids draw pictures of your celebration. Use this time to thank God for the great things he has given you. Have fun as a family. Laugh, play and just enjoy one another. Breaking the routine and throwing in some surprises is one way to celebrate. Here are some ideas to break the routine occasionally and spice things up around your house:

Breakfast for Dinner: Get in your pajamas. Mess up your hair a little so it looks like you have bed-head. Then have breakfast foods for dinner!

Inside Picnic: Spread a blanket out on the floor and have an indoor picnic on a really yucky day. If it's winter, you might even want to get out some of your summer clothes.

Mystery Meal (not to be confused with mystery meat): Don't let the kids see what you are cooking. Cover everything up and let them guess what's for dinner. If you want to add a little more fun, let your kids eat blindfolded (for part of the dinner) and let them guess the food on their plates.

Party Night: Allow each child to pick one game and one junk food. Bring them all together and have party night.

Nature Walk

Take your child on a nature walk. Get a piece of masking tape (or other heavy tape) and make a bracelet for your child with the sticky side out. Make a matching bracelet for yourself. As you walk, put interesting things from nature on your bracelet. Remind your child that God

created these things. Stop to thank God as you walk. When you get back in the house, glue these things on a piece of paper as a reminder of all the cool things that God has given us, and thank him.