

MOVING BEYOND MOTIONS

SPIRITUAL DISCIPLINES

October 2020



Will You Be My Study Buddy?

For those of us experiencing new levels of school at home, "studying" is becoming something we dread. But we must be careful in letting this season shape our views. Studying is an important part of growing intellectually and spiritually. When we study, we shape our understanding of what it means to be human and we gain perspective. By the spread of knowledge, we advance society, culture, and communities. With more time at home, we actually have the exciting opportunity to study as a family. It's our aim to shape our children, but as many of us have noticed recently, it's exhausting being the only mouth-piece they hear and learn from. We can't teach a child everything they need to know between the ages of 0 & 18, but we can teach them a thirst for knowledge! We can teach them to dig through the Word of God for answers we may never have for them! And for parents everywhere, that is liberating.

INWARD

October 4

Adults, Youth &
Kids: Study

October 11

Adults, Youth &
Kids: Study

OUTWARD

October 18

Adults & Youth:
Simplicity
Kids: Review

October 25

Adults, Youth &
Kids: Simplicity

MOVING BEYOND MOTIONS

INWARD
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Hey Parents!

This month we are wrapping our Inward Spiritual Disciplines with the Discipline of "Study" and we are beginning our Outward Disciplines with "Simplicity." We believe these Disciplines pose exciting challenges for families and can't wait to see how this series continues to grow the faith of your family members at every age.

In these parent pages, we've given you ideas for each discipline and how you can teach and model them to your children. **Preschool's** content won't follow along with our series, but PreK kids can still engage in the family activities. **Elementary** kids will also have books to work through where they can jot down their own ideas and thoughts as they process each discipline. Working through the books with them, or even as a family, may help spark conversation! **Youth** should follow along on social media for content & updates & **Adults** should visit <https://alivewesleyan.com/moving-beyond-motions/> for additional resources after the sermon.

As we begin our practices of Study and Simplicity - don't forget about Meditation, Prayer, and Fasting, which we introduced last month. Don't forget to lock up your phones/devices in, as you have your family time and practice these disciplines together, so your focus can be completely centered on your kids and on God.

We hope these tools and ideas empower you to lead your kids spiritually this month!

I am praying for your family, and I cannot wait to see what God does in and through you all! If I can be of any help along the way, don't hesitate to reach out!

- Stephanie Rhyne
srhyne@alivewesleyan.com

October 4 & 11 - STUDY

Reading the Bible, observing and being informed by God's word and ways.

Gummies - Snacks make studying fun! Place a gummy snack on every paragraph in a book or Bible passage. Let your child eat the gummy snack every time they finish reading a paragraph.

Puzzles - Puzzles are a great way to learn! Break out the memory verse puzzle and the stacking cups. Help your student put together & memorize this month's verse.

Memorization - There's power in the tongue! Repeating the verses & the definitions of the Disciplines is an excellent place to start. Place the definition & verse cards on your fridge and repeat daily.

Books - In studying the Bible, it is helpful for you to know all the books. Use flash cards to help your child memorize all 66!

S.O.A.P. STUDY METHOD

S - SCRIPTURE

Read the scripture together. Then read it again (try another version). Next, have your child tell the story back to you. Then, act out the passage as a family. Now you really know it!

O - OBSERVE

What did God do in the passage? What did the people do? What were the acts of obedience? What was the most surprising part about the passage? What was your favorite part?

A - APPLY

What does the passage tell us about our own lives? Does it give us any instruction to follow? What do you think God wants us to know?

P - PRAY

Pray together!



OCTOBER 18 & 25 - SIMPLICITY

Simplicity is finding joy in our relationship with God, and knowing He is enough.

Cleaning House - Grab a bag and fill it with items you have multiples of, or things you haven't used in ages! Show your family we can live without cluttered closets or broken items lingering on shelves.

Clearing A Shelf - Clutter is an enemy of Simplicity. Select a shelf or table to clear off. Leave it clear all week. Select a spot that will challenge the whole family. Encourage kids to do the same in their own room or space.

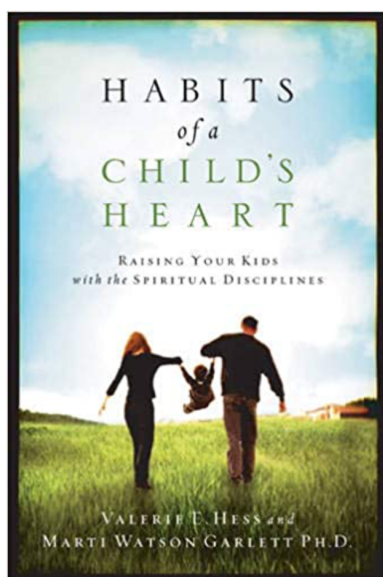
Go Outside - Send the whole family outside. Don't take toys or devices. Explore, create, chat, and play with whatever you find!

Nature Projects - Visit our Pinterest page for craft and activity ideas using supplies you can find in your yard or on a walk. www.pinterest.com/alivewesleyankids/simplicity-activities/

Treasure Box - The idea of "storing up our treasures in heaven" doesn't mean there's a chest of gold with our name on it. Our heavenly treasures are investments we make that last. Like investing in others, investing in our relationship with God, investing in Disciplines and building character, and spending money in a way that honors God. Help your family fill a treasure box with treasures in heaven.

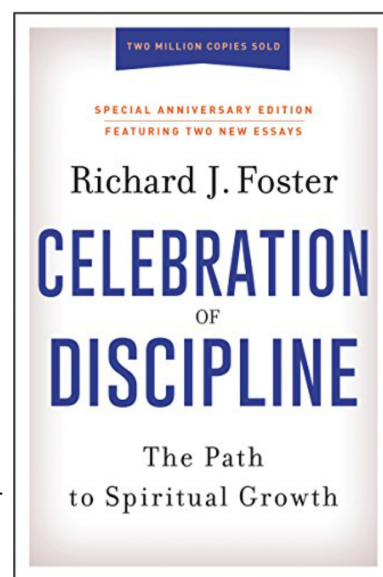
MOVING BEYOND MOTIONS RESOURCES

OUTWARD
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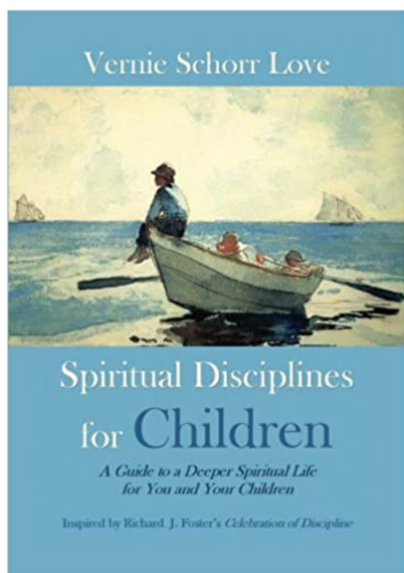
Habits of a Child's Heart

by Valarie T. Hess
and Marti Watson
Garrett Ph.D



Celebration of Discipline

by Richard J. Foster



Spiritual Disciplines for Children

by Vernie Schorr Love



Know God

by Orange/
Rethink Group