

A Family Moment for Sunday:

Good morning,

These last 10 weeks we have spent time going over the 10 Commandments with the K-5th graders during 2nd hour on Sundays. The 10 Commandments are core Truths that we can build our life on and then live out. We have been listening and singing “My Feet are on the Rock” a popular song many have heard played on the radio. The YouTube link is below and I encourage you to listen as a family and even have your kids show you the motions.

As this week transpired and things changed by the hour I felt my own need to refocus. In response to this week and the coming weeks I encourage you to chat with your children about the importance of trusting in the one thing that never changes, GOD.

In our study of the 10 Commandments we took a week to look at the Sabbath and what it should represent in our lives. Below is a video to watch, and talking point to work thru with your children, even your preschoolers regarding what Sabbath is and what it should represent in our lives. Do we rest? Do we take time to honor God first and foremost? I know I can so easily get caught up in the chase.....the running and pursuit of things that are temporary, not lasting. I should and must focus on what is eternal, lasting, and forever, my relationship with Jesus. I encourage you to take some time when you have “church” to watch and discuss some of the core principals God has laid out in our lives to rest and honor Him.

Blessings on you and your family. We believe and know that God is alive and at work at WakyMC.

So thankful to be on this journey with you.

Your partner, Angie Brenneman

Digging into God’s Word:

You Tube Video link to theme song: <https://www.youtube.com/watch?v=IYwx3RZr1bE>

Keep the Sabbath: We have a special day for God

Video: Busy, Busy, Busy <https://vimeo.com/showcase/6097677/video/345116762>

Read: Exodus 20:8-11; Genesis 2:1-3

In This Passage: God says to observe a Sabbath day and keep it holy. A Sabbath is one day each week that we set aside to rest, recharge, and focus on God. This commandment was so important to God that he set an example by resting on the seventh day of Creation.

Memory Verse: “Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind’ ” (Matthew 22:37)

We have a special day for God. The idea of Sabbath is one that isn’t talked about or done very much in our culture—even among Christians. And yet, in this age where we may be busier than ever, we need a time to rest and recharge more than ever! Talk with your kids about how God gave us this commandment as a gift, knowing that a Sabbath day each week renews us for all the tasks that lie ahead.

Think About: Do we have a Sabbath day each week? If so, what do we like about it? If not, what are our obstacles?

Dig In to Prayer: Ask God to give you and your kids a spirit of rest and renewal in him.