



**WEEK ONE**

**PSALM 119:11**

When we learn God's words,  
we can take them wherever we go.

**SAY  
THIS**

**WHAT IS WITH YOU  
WHEREVER YOU GO?  
GOD'S WORD IS WITH ME  
WHEREVER I GO.**



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**DO  
THIS**



**MORNING TIME**

When you go in your child's room this month say, "Good morning, [child's name]! It's morning time. God loves us in the morning time, night time, ALL the time!"

**DO  
THIS**



**MORNING TIME**

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**REMEMBER THIS**

"I have hidden your word in my heart."  
Psalm 119:11, NIV

**BASIC  
TRUTH**

**GOD MADE ME. GOD LOVES ME.  
JESUS WANTS TO BE MY FRIEND FOREVER.**

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## HOW TO FIND REFRESHMENT IN THE MIDDLE OF SUMMER

By Sarah Bragg

Think back to what summer was like before you were a grownup. Do you remember the glory of it? Summers used to be about recharging. Taking time off from the daily grind in order to come back refreshed.

I think the people who need refreshment the most are parents, yet it's sometimes most difficult for parents to find it. Instead, you find yourself just trying to hold on to your sanity as you try to figure out how to entertain your kids while school's out. You become a constant referee in sibling warfare and get lost in a never-ending state of laundry (how do they wear so many clothes)? And if you hear "I'm bored" one more time, you may lock yourself in a closet.

Summer comes and goes quickly. And much like a hurricane, your emotional, spiritual and relational state of being can be tossed around and left in a state of destruction by the time school starts again. That's why it's important to think about how to safeguard your soul. Here's your challenge:

### DAILY

Think about what you enjoy doing that doesn't cost you anything. Maybe it's drinking a cup of coffee in the morning all by yourself. Or maybe it's sitting under the twinkle lights on the

patio at night after the kids are in bed. It's important to do something every day that refreshes you.

### WEEKLY

Think about what you enjoy doing that doesn't cost much. Enlist the help of your spouse or friend or sitter for an hour or two. You could go to a local coffee shop or take a walk on a local trail or greenway. This shouldn't cost much. Just getting a little time alone away from the kids can breathe life back into your weary soul.

### MONTHLY

Think about what you enjoy doing that costs a little bit more time (and maybe money). For my husband and I, having a monthly date night on the calendar gives us something to look forward to. And I always come back home feeling refreshed.

Not only is it good for your emotional, relational, and spiritual well-being to take care of yourself, but it's good for your kids. They need you to be rested and refreshed. They need to see you prioritize your well-being so they can also learn to do the same.

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