

March 2014

Dear SONrise Church Family,

Welcome to Family Focus!! The purpose of Family Focus is to help train and equip parents to teach their children the Word of God. The Bible teaches through Deuteronomy 6:6-7; Psalm 78:4 and Proverbs 22:6 that parents are to be the primary spiritual leaders and teachers of their children. Therefore, instead of the "traditional" Sunday School model, we, at SONrise Church, have made the intentional shift in the way we minister to children, by equipping parents to be the primary spiritual leaders of their families. Family Focus is a Bible teaching model that helps families learn spiritual truths together. Our desire at SONrise is to see each family unit spend one hour each week in the Bible together. To help you with this adventure, we have provided materials for you. The materials will be available on the website or you can pick up a new packet each month at SONrise.

To start out 2014 we are going to be working our way through the book of Proverbs. The book of Proverbs could be called a "Handbook to Life", it addresses money, friends, parenting, dating, marriage, and so much more. As we go through the book of Proverbs we will be making a list of each of the main points we have learned so that you can return to it again and again. On the back of this sheet you will find the list of topics and supplies needed for this month.

When you go through the Family Focus material, you are going to REAP - read, explore, apply and pray.

Read - In this section, you will read a short explanation about the passage of scripture we are reading and read the passage.

Explore - In this section you will be digging into the passage and exploring the meaning of the passage. This section includes questions and ideas for discussion.

Apply - This is where you will find activities to help your kids to make the passage real. Every week there is a different activity, there are games, snacks, movies and art activities.

Pray - It can be hard to take the time to pray as a family, but it is worth it and important to take ample time to pray together and for each other.

Our prayer for you is that as you REAP together you will reap a great harvest in your family.

We love you!

Cristine Braddy for the SONrise staff

Looking Ahead

This is a brief description of the lessons for this month. It includes a list of supplies and topics. As well as additional resources to help you prepare for each week. Hopefully, this will help you be better prepared. Please know that the staff is praying for you as you endeavor to disciple your children and teens.

Week 9 - Heart Trouble -The Heart

Supplies:

- bowl
- water
- pepper
- liquid dish soap
- toothpick

Week 10 - Heart trouble - Anger

Supplies:

- dish soap
- baking soda
- vinegar
- red food coloring (optional)
- baking pan

Week 11 - Heart Trouble - Gossip

Week 12 - Heart Trouble - Purity

I would highly recommend listening to these podcasts before doing this study with your family <http://www.dts.edu/thetable/play/raising-children-sex-saturated-society/> and <http://www.dts.edu/thetable/play/how-do-i-talk-teen-about-sex/>. Each of these is 30 minutes. The first one talks about the different age groups and the second focuses in on teens. It also addresses, what do I do when my teen has failed?

Supplies:

- Plastic Plates
- Permanent Marker
- Special Treat to eat

Heart Trouble

Week 9

Read

What would happen if you were having heart trouble? Would you ignore it? Or would you go see a doctor? Some of us would probably ignore it, but the reasonable choice would be to head off to the doctor to take care of heart trouble. When it comes to spiritual heart trouble, God is our doctor and healer. When our hearts are sick, our whole body is sick. When our spiritual hearts are sick our whole spiritual being is sick. In **Proverbs 27:19** it says, “*As a face is reflected in the water, so the heart reflects the real person.*” What is going on in your heart, is an accurate reflection of your real person. I don’t know about you but this is kind of scary. I know what sits in my heart, the frustration, the impatience, the discontentment; this is the real me, not the smile that covers it all up. This can be depressing, but there is good news. God knew that we couldn’t be good on our own, that our hearts would never really be able to be clean on their own and so he sent someone to give us a new heart. I can’t wait to tell you all about this person who came to give us a new heart. I know some of you are just dying to say His name right now, go ahead, say His name. When we become His, His name is written all over our new heart and we can’t help but to say it and breathe it and cherish it. I can’t wait to tell you about Jesus, but first let’s talk about the stuff that gives us Heart Trouble. This week we are going to look at what Proverbs has to say about the heart. The next 3 weeks we will look at some specific sins that lie in our hearts. The good news to all this bad news will come in April, just in time for Easter.

Explore

We are going to read some verses about the heart, every time you read the word “heart” in a verse draw a red or pink heart over it.

Read Proverbs 4:23. Why should we guard our hearts? (preK-12th)

It determines the course of our lives.

How can you guard your heart daily?

be careful what you watch, who you hang out with, etc.

Read Proverbs 6:14. What kind of problems can our hearts cause? (K-12th)

Perverse evil

Read Proverbs 11:20. What kind of heart does the Lord delight? (PreK -12th)

Those with integrity

What is integrity?

it is the quality of being honest

What kind of heart does the Lord despise? Can you describe how someone with this kind of heart acts?

a crooked heart, behaves deceptively

Read Proverbs 12:20. What fills the heart that is planning evil? (PreK -12th)

deceit or lying

What does it mean to plan evil?

Try to help your kids identify age appropriate ways that they plan evil. Evil is anything that is disagreeable to God, ie sin.

Read Proverbs 21:2 You may think that your heart is good and clean, but who is the authority on our hearts? (Pre-K -12th)

God

What do think God would say about your heart right now? (preK-12th)

What are some things that you can do to protect your heart?

Apply

Running Away...From Sin

Do a simple experiment to show that living with integrity means doing what we can to run away from sin.

Items needed: bowl (cereal bowl is fine) with water covering the bottom, pepper, liquid dishwashing detergent, and a Toothpick

- Sprinkle some pepper over the water.
- Dip the toothpick into the detergent and place a drop of detergent in the middle of the water.
- Watch the pepper run away.

Why does the pepper move away?

FYI: Water molecules are strongly attracted to each other and this creates surface tension. (This is what allowed the pepper to float on top of the water.) When you put the detergent in the water, it makes the surface tension weak. The water's surface tension force is stronger than the detergent's surface tension force, so the pepper pulls away from the soap and carries the water with it.

God is holy and wants us to be holy; we are to run away from sin. This is what protects our hearts.

Add "Protect Your Heart" to your "Handbook for Life" page.

Add our **Key Verse** to your verse pack:

Guard your heart above all else, for it determines the course of your life

Proverbs 4:23

Pray

Take some time to pray for that God would help you to protect your heart.

If you have started a prayer journal as a family pull that out and look at your specific requests, take time to record the ways that God has answered those requests. If you haven't started, you can start to record your family's requests on the prayer journal pages. Take some time to pray for each other.

Heart Trouble - Anger

Week 10

Read

In the book of Proverbs, we see different aspects of our lives that can cause heart trouble. Today we are going to talk about **anger**. I want you to think about these questions. You don't have to say your answers but take some time to ponder these questions:

- When was the last time you were angry?
- What are some things that make you angry?
- How do respond when you are angry?
- Do you like how you feel when you are angry?

The book of Proverbs has a lot to say about **anger**. Not all **anger** is wrong or sinful, we should be angry at the things that God is angry at, but our responses to that righteous **anger** cannot be sinful, just like God is never sinful. He's not even tempted to sin. We are going to focus our conversation on the anger that arises in our relationships, such as in our family. Maybe its being angry with a sibling or your parents because they didn't let you go to a friends house or being angry with the kids because they didn't pick up their dirty socks. How do we respond to our **anger** and frustration in a godly way? How do we calm the volcano inside us before it explodes on those around us? Proverbs is going to be the perfect place for us to go and figure this out.

Explore

We are going to be reading about anger in Proverbs. Every time you see the word "anger" in your Bible underline it in green. I have also written the word anger in the margin of my Bible so that I can quickly find verses on anger.

Read Proverbs 14:29. We all experience feelings of anger but what kind of people know how to control their anger? (K-12th)

People with understanding or wisdom

Knowing how to control our anger comes with wisdom and when we control our anger it is an indication of the wisdom that is growing inside of us. Do you remember where wisdom comes from? **Read Proverbs 2:6** to remind you of where wisdom comes from.

Read Proverbs 29:11. What do fools do with their anger? What do wise people do with their anger? (preK- 12th)

fools vent it, the wise hold it back

Read Proverbs 15:1. What if someone is angry with you, how can you help lessen their anger? How can you make the situation worse? I have learned that a gentle word is not only important for others but for ourselves. When I respond with a gentle word, I feel gentler and less angry and feel like I have gained self-control. (preK-12th)

A gentle word lessens the anger, a harsh word makes the situation worse.

Read Proverbs 22:24. Who should we not make our friends? Why? (K-12th)

angry people

It is important for us to choose our friends carefully, because we will become like them. If they are angry, we will become angry, if they gossip, we will probably gossip and eventually be hurt by their gossip.

Think about the last time you were angry. What are some ways that you can deal with your anger in a godly way?

Read God's word and grow in wisdom, respond with gentleness, don't befriend angry people,

Apply

When You're About to EXPLODE!

Do a simple experiment to show how our anger can grow and hurt others.

Items needed: cup or glass
Liquid dishwashing detergent
2 tablespoons of baking soda
Vinegar
Red food coloring (optional)
Baking pan (or do this in the sink)

- Fill the cup or glass almost full with warm water.
- Add several drops of the red food coloring and a few drops of the liquid detergent.
- Add 2 tablespoons of baking soda.
- Slowly pour vinegar into the bottle and jump back quickly!

A chemical reaction has just happened. When baking soda and vinegar mix, it produces a chemical reaction, which produces carbon dioxide—the same gas that bubbles in a real volcano. The gas bubbles build, causing the liquid to overflow.

This reminds me of how anger works in us!

Ask:

How does this chemical reaction remind you of anger?

What are some things that can happen when you get angry?

What can you do when you feel anger building in you? (Pray, keep your mouth shut, be careful of what you say, walk away)

Add “The Wise Control Their Anger” to your “Handbook for Life” page.

Add our **Key Verse** to your verse pack:

Fools vent their anger, but the wise quietly hold it back.

Proverbs 29:11

Pray

What are some things you need to pray about as a family, concerns, frustrations, praises, etc.

If you have started a prayer journal as a family pull that out and look at your specific requests, take time to record the ways that God has answered those requests. If you haven't started, you can start to record your family's requests on the prayer journal pages. Take some time to pray for each other.

Heart Trouble - Gossip

Week 11

Read

This week we are going to start with an activity. We are going to play the game of telephone. Have one family member whisper a short phrase into the next child's ear and go around the circle until you get back to the first family member. The last family member announces what the phrase was. Did you get it right? **Gossip** is a lot like this game. It might start out with fact but usually ends up as fiction. The danger of **gossip** and rumors is that the farther the story travels from its source, the harder it gets to tell whether it in fact bears any resemblance to reality. The classic game of telephone demonstrates just how a story can change as it is passed from one person to the next. Although this is a silly game, if you are talking about real people, warped or incomplete stories can be embarrassing or hurtful. It is really important that we don't repeat a story about another person that we don't have permission to repeat and don't know all the facts to. It is better to not say anything than to say too much. Not only does the other person end up embarrassed but so do we. As we look at Proverbs we will see that **gossip** is not only hurtful for others but can also cause us harm. Let's look and see what Proverbs has to say about **gossip**.

Explore

Each time you read the word "gossip, telling lies or chatterers" underline it in red. In my Bible I wrote gossip in the margin so that I can easily find verses on gossip.

Read Proverbs 25:9-10. What is ruined when we gossip? (K-12th)

Our reputation

Read Proverbs 25:18. What does this say that telling lies or gossiping about someone else can do to others? (preK-12th)

Its as harmful as hitting them with an ax, wounding them with a sword, or shooting them with a sharp arrow.

Have you ever been the victim of gossip? What was your experience? How did it feel? Have you ever told lies or gossiped about someone else? How do you think they felt after that experience?

Read Proverbs 25:23. What does gossip cause? (K-12th)

Gossip causes anger

Read Proverbs 20:19. What does a gossip do? Should we make them our friends? (K-12th)

A gossip tells our secrets, they are probably not the best people to make our friends

Read Proverbs 22:11. How do we get good friends? (preK-12th)

By loving a pure heart and gracious speech

What kind of friend do you want to be? (K-12th)

- A. One who gossips and makes others angry
- B. One who loves pure heart and gracious speech

What do you need to change to be this kind of friend?

You may have already noticed, but gossip is linked with anger and has the same warning. We shouldn't have close friendships with angry people or with gossips. All of these sins come from the same place - the sin in our hearts. I don't know how you are feeling right now, but I'm ready to start talking about the cure for all of these heart troubles. One more week of heart trouble and then we will start exploring the cure.

Apply

Words Like Feathers

Read or tell the following story:

The story is told about a woman who couldn't seem to control her words. Often she would tell things about others that were not true or were hurtful to others (gossip). She wanted to overcome her problem, so she went to the pastor for help. He gave her a simple task and asked her to return when she was finished.

She went home to find a feather pillow. The woman then went outside, tore open the pillow, and emptied all the feathers in the wind. When she was finished, the woman returned as asked.

The pastor gave her another assignment, "Go back outside and gather all the feathers." The woman assured the pastor that such a thing would be impossible.

"You are right," he told her. "Our words are like those feathers. Once they are released, we can never get them back. Be careful of your words BEFORE releasing them."

You can't take your words back, so rather than regret the words that we say, it would be better to just keep our mouths shut! ☺

Add "The Wise don't Gossip" to your "Handbook for Life" page.

Add our **Key Verse** to your verse pack:

A gossip goes around telling secrets, so don't hang around with chatterers.

Proverbs 20:19

Pray

If you have started a prayer journal as a family pull that out and look at your specific requests, take time to record the ways that God has answered those requests. If you haven't started, you can start to record your family's requests on the prayer journal pages. Take some time to pray for each other.

Heart Trouble - Purity

Week 12

Parents, Good News! Today we are talking about purity. If you have children from preK - 5th the first part of the Explore section is perfect for you. If you have 6th - 12th do the first part of the explore and the additional section out of Proverbs on the back of this sheet. I know this can be a sensitive topic but the sooner you start having conversations about it, the better!

Read

This morning the first thing I did was grab a glass of water. As the water came out of the faucet, I took for granted the fact that my water is clean, it is pure. The city has cleaned it and then it has gone through a filter at my home to get rid of the impurities. It is clean. It is clean from contamination. It is pure. Purity is freedom from contamination. A lot of times we think about purity in the context of sex or physical purity, but it is about our hearts, our minds and our bodies. Remember, we talked about how our hearts determine the course for our lives, so if our hearts and minds are pure we are more likely to keep our bodies pure. Purity is about us choosing to live a holy life.

Explore

For the LORD sees clearly what a man does, examining every path he takes.
Proverbs 5: 21

Read 2 Timothy 2:20-21. In this passage, Paul is using a picture to help us understand purity. Let's talk a little bit about that picture. When do we use gold and silver utensils? (preK-12th)

Special occasions

When do we use wood and clay utensils (probably plastic at your house)? (preK-12th)

For everyday occasions

What does it say that we will be if we choose to be pure? (preK-12th)

a special utensil for honorable use

Read 2 Timothy 2:22, What do we need to do if we want to remain pure? (preK-12th)

- *Run from anything that stimulates youthful lusts*
- *pursue righteous living, faithfulness, love, and peace. enjoy companionship (friendship) with those that love the Lord with pure hearts*

Take some time to talk about what this looks like for your family.... books, movies, music, friendships, TV, etc. Are we watching, listening to, and reading things that encourage purity? Take some time to write down what your boundaries are going to be as a family.

*****We will become like what we watch, listen to and read (even our children!) Some examples of boundaries relating to purity are, we will not listen to anything explicit or that talks about impure relationships, we will not watch anything that goes against a godly view of relationships. When our children were young we also chose to not let our kids watch shows that encouraged children to be disrespectful to their parents. As well as shows that show an unrealistic view of beauty. Many of the TV programs that are geared towards elementary children and tweens are already showing girls that look too mature for their age and have a Hollywood version of beauty. As with anything, just choosing to start the conversation with your kids and explain to them where you are coming from can go a long way in starting a journey towards holiness. If you have been watching these shows or reading these books, you will need to clearly explain why you are now saying no. Give a clear explanation and not just saying "because" will help to avoid exasperating your children.*

6th - 12th Grade

What stimulates youthful lust. What do you feel like when you watch a couple making out on TV or in movies or listen to songs about people getting together? Does it encourage you to remain pure or do you long to have that moment yourself? Are your friends helping you maintain purity of heart and mind?

Read Proverbs 5:15-23. Let this passage direct your conversation. If you draw a blank, you can ask some of these questions:

Who does God want us to have sex with?

Who sees what we are doing?

What are the consequences for sex outside of marriage...according to this passage and from what you've observed in life?

You either have been or will be tempted in this area, we all are!!! What are some ways that you can protect your purity?

Apply

Clean or Dirty ...Your Preference

You will need a plastic plate, permanent marker and a special treat or dessert to have as a family

- Before you start, make the plastic plates dirty using mud or food.
- Bring out the plates and ask your kids if they would like a special treat on these plates
- Hopefully, your kids will say "No" if your kids don't, you can talk about the grossness of eating off these plates.
- Wash the plates with your kids. Talk about Jesus washing us clean and how the choices we make can help us to maintain our purity.
- Write 2 Timothy 2:20-21 on your plate with permanent marker. What do we need to do to remain pure?
- Have your special treat!!!!

Add "The Wise don't Gossip" to your "Handbook for Life" page.

Add our **Key Verse** to your verse pack:

For the LORD sees clearly what a man does, examining every path he takes.
Proverbs 5: 21

Pray

Commit the list of boundaries you made to prayer. Pray for your children's purity and God's protection over their hearts!!!

If you have started a prayer journal as a family pull that out and look at your specific requests, take time to record the ways that God has answered those requests. If you haven't started, you can start to record your family's requests on the prayer journal pages. Take some time to pray for each other.