



## WEEK TWO

### MATTHEW 6:9-13

Jesus teaches us how to pray.

## SAY THIS

**WHO CAN YOU THANK  
FOR EVERYTHING?**

**I CAN THANK GOD  
FOR EVERYTHING.**

## DO THIS



## DRIVE TIME

As you drive, take turns with your child thanking God for things you see out of the window. You can thank God for the sun, clouds, birds, grocery store, stop sign, and everything you see, because we can thank God for everything!

## REMEMBER THIS

"I will give thanks to the Lord with my whole heart."

Psalm 111:1

## BASIC TRUTH

**GOD MADE ME**

It's the most wonderful time of the year. We're on the cusp of all things holiday and fun. The festivals. The fairs. The pumpkin patches. And more holiday spectaculars just around the corner. It's the kick off to a magical—if not insane—season, made all the more magical—and insane—with kids.

Not more than a few weeks ago, I was reminded of how magical/insane this time of year is. Our family had planned and attended so many “fun” things that particular weekend that we turned into tired, cranky, sugar-assaulted, groupy people.

I wanted us to be the fun parents and to create memories. But, with so much “fun” planned, we started running on less and less, our fuses got shorter and shorter until it didn't matter what we were doing. We were too exhausted and groupy to enjoy it.

And that's when it hit me. **When it comes to making memories, my kids are cataloguing more than the experience itself. They are taking note of the emotions that come along with them.**

They see a stressed out mom. A tired dad. And, they are living in sugar strung out bodies. I'm learning if I want to create good memories that last a lifetime, then I have to do more than just plan for the fun. We have to all be at a place to enjoy the fun.

What that means for my family is something different than what it means for yours. For ours, it means **sometimes we have to say “NO”** . . .

To *some* birthday parties, festivals, fairs, and holiday shannings.

Not because we are boring and straight-laced parents. **We know to get the most out of an experience, we have to bring the most into it—our best into it.**

When my kids remember their childhood, I want them to remember fun experiences. But, I also want them to remember happy parents in those experiences. A mom who is at peace. A dad who is present. A family where stressed out wasn't the norm.

Emotions make great memories too. I want my kids to remember... Joy, Peace, Generosity, Gratitude. Those only come when you give them space. So, we are sowing “no's” now so we can reap the kind of memories we want to have later.

Figure out what matters to you. And, make room for it.

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