



## WEEK FIVE

### MATTHEW 2:1-2, 9-11

The Wise Men follow a special star to Jesus.

## SAY THIS

HOW DO WE KNOW  
GOD LOVES US?  
GOD GAVE US JESUS.

## DO THIS



## BATH TIME

Cuddle up with your child and sing Christmas songs together. It's the best way to pass down your family's favorites. When you're done, hold your child close and say, "Thank You, God, for giving us Jesus!"

## REMEMBER THIS

"God has given a Son to us."  
Isaiah 9:6, NCV

## BASIC TRUTH

GOD LOVES ME

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## HOW TO MAKE THE MOST OF YOUR TIME EVERY WEEK

by Parent Cue

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Time. It's moving fast. It's limited. We will never have more of it than we already have. So the issue is not how do we get more, but how do we become more intentional about what we have?

How about taking a look at your family rhythm? Every family has one. Rhythm is how we arrange our time. As we go from day to day, we establish and shape a rhythm that in turn shapes our kids.

Rhythm establishes value. Things that become part of the daily rhythm are the things our families will come to believe are most important. Rhythm silently but significantly communicates value.

There are some things that may be conceptually very important to us as parents, but if we never include them in our families' rhythms, our kids will perceive them as having little value. For example, exercise might be important to a parent in principle, but if no one ever plays baseball in the backyard, takes a trip to the park, or throws a Frisbee, why would the kids come to value exercise? If it's not part of their rhythm, it's not part of their reality. The same is true for faith. If you want to instill an everyday faith in your kids lives, you have to incorporate faith in the daily rhythm.

Every family rhythm is different, but on a basic level, everyone wakes up, eats, travels, and sleeps. In Deuteronomy 6, Moses taps into this natural rhythm when he encourages his people to nurture lasting faith in their kids. *"Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."*

He was essentially saying, if you are going to impress these truths in the hearts of your children, you will have to be more deliberate about *creating a rhythm* within your home.

- Have focused discussions during meal times.
- Have playful and informal interactions while driving or walking.
- Listen and have intimate conversations while tucking your kids in bed.
- Encourage the hearts of your kids when you get up in the morning.

Think about your family's weekly rhythm. What does it look like?

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