

# Mount Zion - Children's Church News

We are learning, loving and serving God together!

**HAPPY NEW YEAR! We at Children Church pray that 2015 will be the best year ever in the Lord!**

If you have questions or concerns, please feel free to speak with me or email me (address below).

**Rita Cardarelli** (Children's Church Director)

## **Children's Church Workers:**

<b>Grace Castro-Nolet</b>	<b>Liliane Mingardi</b>
<b>Luisa Thuswaldner</b>	<b>Marguerite MacDonald</b>
<b>Radina Petrova</b>	<b>Maria Makuch</b>

## **January's Theme: The Fruit of the Spirit**

What we want the children to learn is that Jesus is always there to help us in our daily lives. He promised us the Holy Spirit to give us comfort and power to overcome any obstacle. When we appropriate God's promises, the fruits of the spirit are evident in our lives.

### **Underlying Concepts:**

- We can't see the **Holy Spirit but he guides us and helps us** to grow to be more and more like Jesus every day.
- God wants us to produce fruit. Spiritual fruit is how we act. God wants us to become more and more like Jesus-- **to be happy, and kind, and gentle and faithful, and loving.**
- People will know you are a Christian by how you behave and react to situations in your life. God helps you with the Holy Spirit to do the right thing.

## **January's Scripture Memory Verse:**

### **Galatians 5:22-23**

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

## **Upcoming Dates/Events:**

Special thanks to Bamba for playing the drums at our Christmas presentation, it added a special touch to the children's singing! We are very proud of the children and their performance.

## **What Parents Can Do:**

### **Building self- esteem and confidence in your child.**

Do you want to help your child have **confidence** and **positive self-esteem**? Then be sure your child feels **connected** and is given **recognition**.

Research shows that children who feel rooted in unconditional love from their parents and who feel a part of an extended family and church have a firm **foundation of security**. When surrounded by many positive role models children are more apt to have the confidence to try out new things. When children think that what they do affects the people around them, they're more likely to demonstrate positive behavior and feel good about themselves.

Approval and support from parents **boost their self-image**. Letting your children know when they've done a "good job", reinforces their **sense of self**.

When parents acknowledge and encourage their child's gifts and talents, he/she is more apt to continue developing them.

**See helpful hints: see next page!**

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### Helpful Hints:

### So Many Questions!

Every parent knows the relentless questions that children ask especially from ages 2 to 10. This is a time when they are most inquisitive and not afraid to ask for an explanation. They want to know the answers to the world around them to make sense of their lives. At times parents can become frustrated at so many "why" and "what if" questions. However, they put things in perspective when they realize that what the child is saying is "talk to me some more," "spend time with me," "help me to understand."

Research shows how **crucial interacting with a trusting adult is to a child's thinking**. Paul L. Harris, a Victor S. Thomas Professor of Education at Harvard states; "It's perfectly routine for children to believe in things that they can't observe, and they do that presumably by listening to what other people say and looking at the presuppositions in what people say. From the perspective of the child the primary evidence they have is what other people tell them."

So when they ask those fundamental questions about "Who is God?" "Why can't I see Him?" "Why did Jesus die on the cross?" It's important, as Christian parents, to take the time to give your children the answers that you want them to believe. If you don't do it, they will seek out answers from other sources and the answers they will get will likely not match the beliefs you want them to have in their hearts. So when the "why" questions come, teach your children the Christian values you want to instill in them. These questions are special opportunities to minister to them.

#### A few suggestions to think about before you respond to your child's question:

- Probe a little before answering. You may ask, "**Tell me what you think?**" "**Why are you asking me that?**" **Listening** to their response is just as important as answering. It will guide how you will proceed and you can give them only as much information according to their level of understanding.
- **Be honest**, if you're not sure about an answer, **model** how you find out about things that you might like to investigate. "*I don't know, but that's a good question. Let's try to find the answer together.*" You can sit down together and reading a particular scripture verse in the Bible, search the Internet, ask the pastor, or pray that God will bring you knowledge and revelation.
- Depending on the age of your children, you may want to have **aids** to help you with your explanations. Picture books, puppets, short videos can assist in the discussion. Some children are "tell me" while others are "show me."
- Help your children **make connections** for better understanding. Connecting the question or idea to something they already know helps them gain more clarity and understanding.
- If you are tired, don't brush your children off with "because I said so", but do say that you will **find some quiet time together** to discuss the question.

Remember questions invite reflection and you want to encourage your children's thinking skills. As a parent, you want your children to think about life's questions from God's perspective.

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