

Mount Zion - Children's Church News

We are learning, loving and serving God together!

February is traditionally the month where everyone shows their love for others, especially on the 14th, **Valentine's Day**. We at Children's Church remind the children to show their love every day! How blessed we are to share God's love with others and be able to make a difference in their lives.

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

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February's Theme: The Armor of God.

For the next two months, the children will be learning how to put on their armor in the Lord. *"Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, and with your **feet fitted with the readiness** that comes for the gospel of peace. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the word of God. And **pray in the Spirit** on all occasions with all kinds of prayers and requests."*

Underlying Concepts:

- The most important key to having and using this armor is to know God's word. Then you can extinguish any difficulty that comes your way.
- We have to fight battles every day. We can use God's promises to help us fight our battles.
- We will compare the armor Goliath wore to the spiritual armor David wore.

February's Scripture Memory Verse:

Ephesians 6:11

"Be strong in the Lord and in his mighty power. Put on the full armor of God so that you can stand against the devil."

Upcoming Dates/Events:

March 1: Winter celebration at Children's Church. Fun games and treats!

What Parents Can Do:

During this **"Valentine"** month, encourage your child to show **kindness**.

Kindness is about giving of oneself, being considerate, respectful and helping others. When parents model kindness, they set an example for their children to follow.

Many studies have shown that children who practice acts of kindness feel better about themselves and the world around them. Being a giver improves their feelings of happiness and strengthens their friendships. Parents who validate and praise their efforts show their children that kindness is a quality they value.

"NEVER GET TIRED OF DOING LITTLE THINGS FOR OTHERS. SOMETIMES THOSE LITTLE THINGS OCCUPY THE BIGGEST PART OF THEIR HEARTS."

See helpful hints: see next page!

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Helpful Hints:

Friendships

At Children's Church, we have many discussions about maintaining positive friendships. The children share their concerns when difficulties arise and we pray about finding good solutions. Since February is the month of love, I thought it would be relevant to let parents know what we advise the children regarding their friendships.

Firstly, Scripture is very clear about the influences of those you "hang out" with: **Proverbs 13:20** "He who walks with the wise grows wise, but a companion of fools suffers harm." **Proverbs 22:24-25** "Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared." **It's important to help children understand the concept of choosing the "right" friends and the impact it can have on their lives.**

Once friendships are established, we want to **instill how to be a good friend** since we know that our actions speak louder than words! **Here are a few suggestions we discuss with the children:** (We often refer to the **Fruits of the Spirit** as a good guide; **Galatians 5:22-23** "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.")

- **Treat others how you want to be treated** - This is a good reminder when children may be mean to someone or when they may want to retaliate for some wrong done to them. When children can reframe a situation to their own feelings, they can often change their behaviours. **Matthew 7:12** "...Do to others what you would have them do to you..."
- **Be Kind** - Kindness allows you to accept and include others. When you are kind you show your love, your generosity and respect to all those around you.
- **Be loyal** - A loyal friend is always there to help. Loyalty means that your friends can depend on you in any situation. They can share their thoughts with you and trust that you won't be telling everyone else. A loyal friend doesn't gossip!
- **Be Forgiving** - We all make mistakes! A good friend does not hold a grudge but can let go of the hurt and show forgiveness.
- **What to do when there is conflict** - Positive communication is the key to solving an issue. Talk and listen. Try to see things through another's eyes, which may help to explain their behaviour. Ask an adult to help resolve the problem, if you can't do it on your own.
- **Practice responses** - At Children's Church, after we pray about a situation we have them practice what they can say. Advanced preparation gives them the tools they need to resolve problems. (As parents you can also present them with different scenarios and talk about how they can deal with them before they happen.)
- **Pray**. Pray for your friends, it's the best gift you can give them. **1Thessalonians 5:11** "Therefore encourage one another and build each other up."

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