

# FEBRUARY 2025

## “PRUNING FOR GROWTH”



### Spiritual Practice:

Spiritual Conversations



### Bible Story:

Death and Resurrection



### Memory Verse:

Psalms 78:4 NLT



*“We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders.”*

## FORMATION ACTIVITY



### PARENTS:

Watch the video–“Pruning for Growth” (8 minutes)

Watch as Laura introduces the theme for the month and gives insight into the curriculum and activities. We have one Big Idea for this month, Spiritual Conversations! You will find resources on this topic on the website, in your curriculum, and in the resource bag.

Challenge: Are you curious about your family’s conversation style? Spend the first few days of this month listening to the conversations in your home. What kinds of conversations do you and your family engage in? Conversations can be angry, playful, hopeful, spiritual, shallow, or deep. You may hear banter, arguments, sharing, listening, and reflecting. Conversations can encourage, put down, exasperate, or discourage others. Use your detective skills and listen to how your family communicates with each other.

Gathering data: Use your journal to write down the communication styles you hear. Did you discover any trends or themes that need encouraging or changing?

Response: During February, try new ways to engage your family in spiritual conversations.

# FORMATION ACTIVITY (cont.)

## Week 1: Choose at least one

- Watch the February Introduction video with Laura Hunter and the One Conversation video.
- Watch God's Story Video Part 1 with Valarie Stark. Watch Part 2 as soon as you find time.
- Eat the family snack during God's Story or while having a Spiritual Conversation.
- Parents read the page in your resources titled, Spiritual Conversations with Your Family. Try using these 10 listening skills in your conversations with your children.

## Week 2: Choose at least one

- Parents: Watch Dr. Russell Hall's video. Use the corresponding worksheets in your curriculum binder. Discuss what you are learning with your spouse or another participant in Growing Families.
- Use the conversation cards in your Resource Bag anytime during the month.
- Attend the Saturday, February 8th breakfast at 9:30 am at the Community House

## Week 3: Choose at least one

- Parents, begin reading your book on teens/kids and screen time. Write down questions and thoughts to share at the Friday, March 7th lunch in Cordelia.
- Look back at your October curriculum to re-engage the topic of core values. You could play the Value Card Game.
- Go over your memory verse for the month. Meditate on the scripture verse, and consider what action steps God might ask you to take.

## Week 4: Choose at least one

- Look at the resources page on the website about Spiritual Conversations.
- Some of these are also in your binder, but the website resource page has many more options for reading or listening. Discuss what you are learning this month.
- Practice telling God's Story as a family. You can watch the video and use your story pieces while Val Stark tells the story.
- Catch up on what you missed.

# SPIRITUAL PRACTICE:



## Spiritual Conversations

If you want a more in-depth resource on the topic, read chapter 5 in the book, [The Spiritually Vibrant Home](#), from your January Resource Bag. It lists Spiritual Conversations as one of the three core values in healthy Christian families. Also, check out your curriculum resources on the website or in your binder and read how to implement these practices in your home.

## TELLING GOD'S STORY:



### FAMILY:

Watch the videos together as a family: The Cross and Resurrection.

Watch or retell the story using the gold bags with props.

You don't have to use the script; tell it in your own words.

- Toddlers can tell the story with rhyming cards
- Elementary-age children can tell the story with the story people and props
- Youth can tell the story using the comic strip
- Parents can use any of the above

### For families with teens:

- Watch as Steph Peterson leads your family through the art of weaving. Each of you will respond with a work of art. The weaving looms are reusable so don't throw them away.

### For families with babies and toddlers:

- We have another fun rhyme to introduce your babies and toddlers to God's Story. Watch this sweet video and practice it together.

## PARENTING LESSON:



### PARENTS:

Watch the video- "Open up, be present, do what matters"

Dr. Russell Hall gives parents three strategies that help when feeling overwhelmed. Acting out of your family's core values will help you navigate the emotional storms. Read the notes connected to the video.