

NOVEMBER 2024

“BUILDING A TRELLIS FOR OUR GROWING GARDEN”



Spiritual Practice:

Sabbath



Bible Story:

God Chooses a People



Memory Verse:

Colossians 3:17



“And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

FORMATION ACTIVITY



PARENTS:

Watch the Formation video on the website.

Building your Trellis / Rule of Life

- Week 1
 - Start a conversation about habits. Ask your children to help you evaluate your family's habits. When does your family find time in your schedule to pursue love for God, yourself, others, and God's creation? Can you think of examples in each of these four areas? For families with younger children, you can ask questions like, "Our family loves God. How do we show that we love him?" Write your answers down in a journal with the date in case you want to retake this inventory and compare responses later in your family life.

FORMATION ACTIVITY (cont.)

- Week 2 (this is a 3 day task)
 - Each family member will fill out the Time Trellis coloring activity. Parents may have to help younger children. At least once a day look at your Trellis and if you did something connected to loving God, others, self, or creation, color in a leaf on the corresponding vine. The seed packets are only suggestions. You may have others.
 - Look at each other's worksheets after 3 days and discuss what you find. Which area of love is your family excelling in and which needs some attention? A great resource on this topic is [You Are What You Love](#), by James K. A. Smith. (currently 99 cents on Audible Books)
- Week 3
 - Decide which practices you want to become habits. Then put them in your Rule of Life. If you haven't watched the Intro video on the Website, stop and view it. You don't have to use the suggestions from your coloring activity sheet. Your family can choose as many habits as you like but be practical and gentle with your expectations. Write your ideas on paper and choose the family habits you want to start with this season.
 - When you are ready use your black marker to write the habits on a paper leaf. Mark each leaf whether it will be daily, weekly, or yearly, to remind you how often you want to live out this habit, and attach each one to the trellis using glue dots. Attach your family name to the trellis too.
- Week 4
 - Take a picture of your Family Trellis aka Rule of Life. Email us a picture of it when you have completed it. We will store the picture as a reminder of your family's decision to follow a Rule of Life.
 - Keep your extra leaves. You may rethink your Rule and add or take away leaves to work with your new schedules.

TELLING GOD'S STORY



FAMILY:

Watch the video on the Growing Families website.

Week 1-4

- Watch the video together and look for the many times God kept his promises.
- Try to retell the story using the props from the gold bag. Watch it as many times as the children choose.
- For families with young children and toddlers: watch the second video to learn a rhyme that helps young children remember the main point in this month's story. Flash cards are in the small plastic folder in your activity bag.
- For families with teens: Watch the video with Stephanie Peterson to create an art response together. Art supplies are in your activity bag.

COUNSELING VIDEO



PARENTS:

Watch the video with Dr. Steve Stratton about Communication. Read and respond to the handout on Communication. Practice using the Speaker Listener Technique (The Floor) this month.

SPIRITUAL PRACTICE



Keeping Sabbath

What is the Spiritual Practice of Keeping Sabbath?

“Sabbath keeping is not about a day off but about being recalled to our knowledge of and gratitude for God’s activity in creating the world, giving liberty to captives, and overcoming the powers of death” -Dorothy C Bass

What are some ways families can practice Sabbath?

- Make this day special - activities, meals, and special toys for this day
- Make this day restful - spend time in nature, recreate, rest
- Make this day unplugged - put technology, and screens away
- Make this day relational - do things as a family
- Make this day worshipful - find ways to spiritually connect as a family

For the entire family: Look at 1 or 2 verses each Sabbath Day and Wonder.

(Involve your younger children by inviting them to wonder but also give them play-doh, coloring, or a toy so that they can stay busy and share this time with you and your older children). This is a time to discuss what God meant in the scripture verses concerning Sabbath. If your children have not yet learned how to find scripture references, take time to look for verses in the bible together. Show them how to find the books, chapters, and verses. Remember don’t interpret the scripture too soon. Sit and wonder together. You can add more wonder statements that may help your children to think more deeply about the scripture. Children love to see parents wondering too.

- Genesis 2:2 I wonder why God rested.
- Exodus 20:8 I wonder how resting is holy.
- Leviticus 23:3 I wonder what complete rest and sacred assembly mean.
- Deuteronomy 5:14 I wonder if rest means sleep.
- Mark 2:27 I wonder what Jesus meant when he said this.
- Luke 4:16 I wonder why Luke says, “As was his custom.”
- Hebrews 4:9-10 I wonder if these verses mean now or the future.

SPIRITUAL PRACTICE (continued)

MORE OPTIONS FOR FUTURE SABBATHS:

For babies and toddlers

- Give children certain toys they can only play with on a Sabbath day, make a special meal, and say, "Today is a special day. It is the Sabbath. Today is the day of the week we rest and remember all that God has done for us."

For elementary children and youth

- Grab your Growing Families journals. Take a 10-minute quiet time together (or for as long as your family engages). You could watch this worship song or have a family member read the Sabbath poem while you respond to the theme of Sabbath in your journals. Share your pictures or thoughts as a family.



For future Sabbath days, you can use your Sabbath resource page on the website to find age-appropriate ideas.



SERVICE PROJECT IDEAS

Individual Family Idea for November:

Below are a few things your family can get involved in this month.

1. Operation Christmas Child boxes

- We have Operation Christmas Child shoeboxes available for any interested family. Pick up one and bless a child somewhere in the world. (Medine's daughter Keren was a recipient of a shoebox many years ago and still remembers the joy and the gratitude for the unknown family/person that thought of her).



SERVICE PROJECT IDEAS (continued)



- The instructions can be found by scanning the QR code.
- Porter Memorial Baptist Church (4300 Nicholasville Rd, Lexington, KY 40515) is a collection location.
- Shoe boxes need to be dropped off the third week of November

2. November 18-26 is National Hunger and Homeless Awareness Week.

- As a family, you can volunteer at or take needed items to the Jessamine County Homeless Coalition, 218 E. Maple St. Nicholasville KY.

3. November 23 is Family Volunteer Day:



- Family Volunteer Day is a global day of service that celebrates the power of families who work together to support their communities and neighborhoods. You can find opportunities to volunteer by scanning this QR code.
- Another opportunity to volunteer is to Ask Mr. Fitch at Fitch's IGA if your family can help stock shelves at his grocery store.

Group ideas for November

1. Invite another family for a Thanksgiving meal if you are in town.
2. November 29 is National Listening Day. Share your story with another family over lunch or dinner.