

SBC Kids Newsletter

5 New Years Resolutions Every Parent Can Keep - Carey Nieuwhof

If you're like many parents, you're busy making resolutions this week. I think that's a great idea. But have you made any resolutions related to your family? I'm a big fan of goals. Michael Hyatt outlines a number of compelling reasons you should actually write down your resolutions. The most persuasive for me is that you are 42% more likely to reach your goals if you write them down.

I was reminded of that this past week. When cleaning out at my office, I came across a list of written goals from 4 years ago. There were over a dozen. I was both surprised and grateful to see I achieved 80% of them, and am on track to complete them all within the next two years (some were BIG goals). Interestingly enough, one of my goals was marriage related: to try to develop a few new shared interests with my wife now that our kids were getting older. That year, we bought snow shoes and started snow shoeing together. I don't like snow-shoeing, but I like her, and we have lots of great memories. A year later, she bought a road bike, and now we ride together. She kind of likes it, and I love cycling. I'm so glad we wrote that goal down.

You will have some resolutions that are specific and personal to you—which is great. But there are some goals that every parent could benefit from accomplishing. In fact, here are 5 goals that not only every parent can make, but that, with even a tiny bit of effort, every parent can keep. You don't have to make all 5, but my guess is if you pick even 2, you'll have a much better year.

1 – Start Each Day With God

I think one of the reasons parents end up skipping time with God is we make it into a big seminary-type thing where we have to have thirty undistracted minutes and six versions of the Bible handy to make it pay. Wrong. Some mornings starting with God might mean praying, “Today, God, I'm going to need some strength” as you jump out of bed to see if your emerging toddler has once again escaped his crib. See what you did there? You started the day with God. Even if it wasn't a full on You Version Bible study. Most days, you'll even be able to catch 5 minutes, if you try.

2 – Date Your Spouse

If you're married, it's so important to prioritize your marriage even over your parenting. A healthy marriage produces a healthier home. Dating your spouse can of course be a full on night out, but the sitters aren't always free and you don't always have the funds for a crazy night out. Guess what we've done over the years? Put the kids to bed and then sat down for our dinner after... with real grown up conversation and candles and all that. It cost zero extra dollars (except for the candles maybe), and it beat watching TV.

3 – Make the Conversation More than Transactional

A surprising amount of household conversation is what I call 'transactional', as in . . . “Did you make your bed?” “When are you home from school?” “Hey, don't paint your brother's hair green again!” “Is your homework done?” “Didn't you already watch your hour of TV?” Each day, try to get past the who/what/where/when of family life and have a real conversation. Even if all you get is grunts from your teenager, he'll know you tried.

4 – Eat More Meals Together

Whenever I try to get together with Dave, one of my good friends, and I ask him about when's a good time, he always says “I eat three times a day. Pick one.” Dave's so right. We all eat three time a day, but many families have drifted away from eating together. Reclaim some meal times together. You'll not only enjoy your meals more, you'll enjoy each other.

5 – Get Some Sleep

So this might not work if you have three kids under three, but try to get more sleep. Even thirty minutes more each night. Or an hour. The real reason we don't sleep enough is not our kids—it's us. And personally, I know nothing good happens when I'm tired. I get cranky. I make mistakes. I drag myself through the day. I get irritated more easily. . . All recipes for domestic disaster. Go to bed those few minutes early whenever you can. When you wake up rested, you won't just feel better—your kids and spouse will thank you. You're at your most kind when you're the most rested.

January Sunday School At A Glance:

- ▶ **1** - A Roman Officer Demonstrates Faith
Luke 7:1-10; Matthew 8:5-13
- ▶ **8** - Jesus Eases John's Doubt
Matthew 11:1-6; Luke 7:18-23
- ▶ **15** - Parable of the Farmer and the Seed
Matthew 13:1-9, 18-23; Luke 8:4-15
- ▶ **22**- Jesus Describes His True Family
Matthew 12:46-50; Mark 3:31-35; Luke 8:19-21
- ▶ **29**- Jesus Calms the Storm
Matthew 8:23-27; Mark 4:35-41; Luke 8:22-25



InsideOut Mission Adventures

Wednesdays, 6:00-7:15 pm

This semester in InsideOut we will continue our Missions Adventures around the world and here in San Angelo. Our Spring Kick Off will be on **January 4th at 6:00 pm**. Children grades K-1st will meet upstairs in room #202. Children grades 2nd-4th grade will meet in room #200. Pick up will be upstairs at **7:15 pm** in the Orange Room #201. All children must be signed out by an adult parent or guardian.

Wednesday, January 18th, Brian and Lindsey Brewer will be visiting us from South East Asia. They will have stories and pictures to share about their experience overseas and in the mission field. Parents are welcome to join us upstairs on this special night.

Thank you!



Thank you to all who donated money and goodies to the El Corazon De Rey Children's Home in Acuña, Mexico. Because of your generosity, 25 children received warm winter pajamas,

robes, and slippers, as well as a box of gifts including toys, candy, toiletries, school supplies, and more. House parents Ron and Anna Sherman send their thanks to Southland. We are unable to share photos on our website, but we will be sharing some during InsideOut during the month of January. For more information about this ministry and how you can help, email me at janet@southlandbaptist.org or visit www.whitestone.ws.



**Family Spring Fling
March 3-4**

Join us for a fun weekend of family worship, break out sessions, good meals, and activities camp style. Set this time aside to grow with your family and enjoy each other. Saturday night will end with a special family event.

Speaker is Thomas Daniel. Price to be determined. More information coming next month at www.southlandbaptistkids.org.

Passport to Peru VBS

June 11-15

Save the date for this exciting Vacation Bible School. Each day kids will be



immersed in the vibrant Peruvian culture and learn about God's good gifts to us all. Online registration will open next month on our website.

Happy New Year!

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead
1 Peter 1:3