

# Family Discipleship: *January 2021*

## ***Everyday Worship Reminder***

The start of the new year can bring a lot of hope for some people and a lot of anxiety for others. It's often full of hope and fear as we slip into new rhythms, as well as full of anxiety as we think about the unknowns of another year. Don't forget that even though Christmas has passed, we still serve a Jesus who came to Earth as a baby to rescue us from our sin. We still serve a Jesus who died for us, and we still serve a Jesus who is currently ruling and reigning at the right hand of God. We no need to be anxious, but we serve a God who cares for us in the midst of all of our anxieties.

## ***Intentional Activities***

### **All Ages**

- New Year's Expectations
  1. Take some time as a family to talk about what you'd like to see happen in 2021. These can be accomplishments (finish the fifth grade, learn an instrument, start a new sport!), or just good things that you want Jesus to do in 2021 (heal loved ones who might be sick, take care of our family, etc.). A helpful question might be, "What is something you want to happen in 2021 that didn't happen this year?"
  2. Spend time as a family praying for those things. Remind your kids that Jesus hears all of our prayers and knows our hearts and our desires. (1 John 5:14)
- National Opposite Day
  1. January 25th is National Opposite Day! This is the day to say the opposite things ("I DON'T like ice cream. I LOVE broccoli instead"), walk backwards, hang upside down whenever you can, or even wear your clothes backwards!
  2. As a family, talk about how different things were for a day. Remind your kids that even though we change, God does not change (James 1:17). He is always good and always loving! We want to remind our kids that God is trustworthy, that he knows us and cares for us even when we feel like everything around us is changing.

## ***Recommended Resources***

1. Martin Luther King Jr. Day (PBS Kids): This video explains the meaning of MLK Day in a way that's easy for kids to digest and understand:  
<https://www.youtube.com/watch?v=PyurjhRNOmw&pbjreload=101>
2. "I Have A Dream" Speech: For older kids, it can be really beneficial to hear a speech as it's actually spoken. This video includes subtitles for kids to follow along as you watch

