



Keeping up with Class

July 2017



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Happenings

All Elementary Students will remain in their current Sunday school classes throughout the summer. They will "Move-Up" to their new grade level classes on Rally Day, Sept. 10th.

July 10-14 - Volunteer for VBS!

It's the most fun you'll have all summer!
Thurs. night Family Picnic ~ 6pm

Please Pray for the Senior High Mission Trip to El Salvador ~ July 29th - Aug. 5th.

Remind Kids They're Made in God's Image

Happy Birthday!

1st ~ Brooke Fowler
8th ~ Riley Gahman
10th ~ Silas Gehret
13th ~ Ella Hollingsworth
14th ~ Marley Anders
26th ~ Daphne Hunsinger



How can parents encourage positive body image through God's eyes? Children as young as 5 are becoming critical of their build and appearance. Media, music, ads, toys, and peer pressure all contribute to the problem of low self-esteem and poor body-image issues.

What kids see and hear at home matters. They notice parents' negative comments and attitudes about *their* bodies, which can give kids the impression that our value is based solely on physical appearance and attributes.

The good news is that children pick up on our *positive* comments and attitudes, too. We can go a long way toward promoting healthy body image by taking these steps:

- Emphasize that God created our bodies and even calls them his temple (1 Corinthians 6:19).
- Together, read Bible verses about Jesus' love and acceptance (Matthew 6:26; Mark 10:13-16).
- Accept *yourself*. Don't obsess over pounds and calories.
- Model healthy eating. Show kids how to make wise food choices and how to listen to hunger signals.
- Give honest compliments and celebrate God-given strengths.
- Teach children to persevere, and pray with them for guidance.

POWERSOURCE

ASK GOD:

1. To help your children view themselves as God's beloved creations.
2. To guard kids from harmful messages about their bodies.
3. To heal any of your body-image issues so you can be a positive role model.

TEACHABLE MOMENTS

Honest Images

Hand out Silly Putty and have family members mold it on their noses to create a new look. When everyone is done, look in a mirror together.

Ask: **What was it like to create a new nose for yourself? How do these noses create a different image of your face? What are other ways we portray a "false image" of who we are inside?**

Read aloud 1 Samuel 16:7.

Ask: **Why does God care about what's in our hearts? Why do you think it matters to God if we're honest about who we are or if we portray a false image?**

Say: **Building crazy new noses is fun. But it's easy to create a false image of ourselves in other ways. God wants us to be honest about who we really are, both to others and to ourselves. After all, God made each of us and values us all equally.**

Close in prayer, thanking God for making each one of you unique and special.



Where's Your Worth?

Self-esteem is directly related to children's beliefs about themselves. Beliefs based on other people's praise may vary from day to day, but God's views remain constant. Therefore, for children to have a Christian self-concept, they must see themselves from God's viewpoint—as sinners in need of a Savior but also as deeply loved and valued individuals. More than anything, our kids need to be in a relationship with Jesus—and that, above all else, will define who they are. As children grasp that their worth isn't rooted in how they perform or look, but in their relationship with Jesus and what he says about them, they'll develop unshakable, positive self-esteem. And their feelings about themselves won't be subject to whether or not they receive praise, or a trophy, for everything they do.

Search the Source Read and discuss Bible passages about beauty (1 Samuel 16:7; Proverbs 31:30; 1 Peter 3:3-4) and strength (Isaiah 41:10; Ephesians 6:10-11; Philippians 4:13; 1 Timothy 4:8).
Body Blessings Brainstorm ways you were each helped today because of how someone else used his or her body. Thank one another for using God's gift of your bodies to serve. Then think of ways you can pass the same kind of blessing on to someone else.

Unique Creations Make clay sculptures of things that are important to each of you. Discuss why you cherish and care for that item. Remind children that Jesus cherishes and cares for us—and wants us to care for our bodies.
Branch Out! Encourage kids to try new things. New experiences, like playing a new sport, help affirm kids' bodies in unexpected ways. Also look for activities that diversify children's experiences, fortify emotional strength, develop talents and interests, and widen circles of peers and mentors. Your children's ministry is a good place to start.

Wonderfully Made Remind older kids of how wonderfully God has made them. Read aloud Psalm 139:13-16. Discuss messages that today's society communicates about beauty and body image. Then describe what God sees in each person. Together, create a poster that communicates our worth and image in Jesus. Hang the poster near a mirror as a reminder of how much God values each of us.

Hopping-Popping Bodies With younger kids, draw a large gingerbread-cookie-type person and then draw arrows from different parts of the body to the outer edge of the paper. From the head, write words that describe what you all like to learn about. From the hands, write things you like to do. From the feet, places you like to go. From the stomach, food you like to eat, and so on.
Shift in Focus Jesus lived an others-centered life, and we can too. Help your child find ways to help those less fortunate in your community, and suddenly self-focused worries will become small and insignificant.

*This verse should be familiar to your Kid's Club children. See if they still remember it by heart!

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." —Psalm 139:14, NIV