



# Raising Up SPIRITUAL CHAMPIONS

## HARDWORKING: Stick With It

Also in this newsletter:

- Connect Your Kids to God • Family Fun • Easy Bonus Activity

**TIP:**  
Display this newsletter at home, and use the activities as desired throughout the week.



### Questions to Go at bedtime, mealtime or car time

- Who are some hardworking people that you know? What do they do that shows they work hard?
- When you're working on something and get tired of it, what do you do that helps you to keep working?
- Why do you think being a hard worker is a good quality to have?

### Verse to Chew on

"Whatever you do, work at it with all your heart, as working for the Lord, not for men" (Colossians 3:23, *NIV*).

- Play a pantomime game. For example, pretend to do a chore like sweeping. Let the others guess whether you're doing it with all your heart or not.
- How would you do tasks differently if obeying Colossians 3:23?

### Character Builder: Hardworking

Wouldn't it be great if kids came wired to work hard and stick with something until it's finished? Here are some strategies you can teach your kids—no matter what kind of attention span they have—that can help them at home, school, and eventually work.

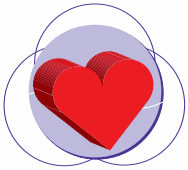
- **Break the task** down into little bites. For example, when loading the dishwasher, divide the task into glasses, bowls, plates, silverware, etc. Teach your child to complete a small task and then say to himself, "What's next?"
- **Schedule breaks.** Decide upfront at what points in the project you'll take five minute breaks. Use a timer. Just knowing that a break is coming can keep you working.
- **Lighten the load** by having someone join you in the task. It can make the project manageable and even fun.
- **When the task is done,** say, "Doesn't it feel good to complete a job?" Next time, remind your kids how good it feels to complete a job and tell them to think how good it will feel when they finish this one.

### Value Hard Work

Notice when your kids complete a task (finish a puzzle or put their dirty clothes in the basket). Say, "You're a hard worker." You'll see more hard work when they know what you value than if you only point out their shortcomings.

### Preschool Focus

Make a game of going through the house in the evening to hunt for any items out of place. Count how many you found. Keep record and try to beat the score next time by finding fewer things (because they've been put away during the day).



## Connect Your Kids to God

How can I know that God won't leave me?

God said, "Never will I leave you" (Hebrews 13:5, *NIV*). God keeps His promises. God never lies. You can know that God will never leave you.

People will let you down, and you will let people down. People are human. God is not. He is unlike anyone you know.

To get to know Him better, read what His Word says about Him. Listen to what people who have followed Him for a long time tell you about His love and care.

## You Can Do It!

Kids' fears change as they grow older. Help your kids trust God's care by reading verses to get to know Him better.

- God is eternal (Deuteronomy 33:27), unchanging (Malachi 3:6), incomparable (2 Samuel 7:22), all-powerful (Jeremiah 32:17), everywhere present (Jeremiah 23:23–24), all-knowing (Proverbs 5:21).
- Add to this list as your family comes across other verses that describe God.

## Family Fun

Use car time for some family fun, whether you're on vacation or just making a quick trip to the store.

- **How Far Away?** Identify something that's some distance away, e.g., a bridge or a sign, and let each family member quickly guess how far away it is. Then check your odometer and see who gets the closest.
- **What Am I?** One person thinks of an object, e.g., "a hammer," and gives one clue, e.g., "I'm found in the garage." Others take turns asking questions that have yes or no answers until someone correctly guesses. Players can guess only on their turn.

Visit [www.raisingupspiritualchampions.com](http://www.raisingupspiritualchampions.com) for more Family Fun.

## Did You Know?

"Spiritually nurturing your children involves preparing the soil of their spirits so the Word of God can take root there. Like cultivating a garden, the process requires thinking and planning."  
—Clay Clarkson, *Heartfelt Discipline* (Colorado Springs, CO: Waterbrook Press, 2003), p. 104.

## Easy Bonus Activity

List tasks that need to be done. Team up family members and work together to get them done quickly and thoroughly. Race to see which team can get done first. Check each other's work to see that they have been done well.

## Preschool Focus

Preschoolers love to be helpers. Reward them by adding stickers to a small chart or a coloring page whenever they lend a helping hand. Tell them what hard workers they are. To motivate a reluctant helper, work together to count each item picked up or make cleaning up a game (for example toss bath toys into container).