

## BATH TIME

TELL YOUR CHILD YOU NEED HIM TO HELP YOU. ASK HIM QUESTIONS LIKE, "WILL YOU HELP ME GET YOUR CLEAN CLOTHES? WILL YOU HELP ME GET A CLEAN TOWEL? WILL YOU HELP ME BY WASHING YOUR HAIR, TUMMY, ETC.? WILL YOU HELP ME DRY YOUR BODY OFF, PUT ON YOUR CLOTHES, BRUSH YOUR HAIR?" WHEN YOU ARE DONE SAY, "GOD HELPS YOU HELP ME. YOU ARE SUCH A GOOD HELPER!"

**STORY FOCUS:**  
GOD CAN HELP ME  
HELP OTHERS

**WEEK FOUR:**  
DAVID HELPS  
MEPHIBOSHETH  
1 SAMUEL 20:14-17  
2 SAMUEL 9:1-13

**KEY QUESTION:**

WHO CAN  
HELP YOU?

**BOTTOM LINE:**

GOD CAN  
HELP ME.

**MEMORY VERSE:**

"WE HAVE THE LORD OUR GOD TO HELP US."  
2 CHRONICLES 32:8 NLT

**BASIC TRUTH**  
GOD LOVES ME



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## FAMILY TRADITIONS

BY REGGIE JOINER

WHAT DOES YOUR FAMILY DO DURING THE HOLIDAYS? HOW IMPORTANT DO YOU THINK IT IS TO ESTABLISH TRADITIONS FOR YOUR FAMILY THAT BECOME MEMORIES? THERE IS AN INTRINSIC VALUE IN CREATING TRADITIONS FOR YOUR CHILDREN. EXPERTS CLAIM THAT GOOD TRADITIONS ARE HEALTHY FOR KIDS.

TRADITIONS CAN GIVE CHILDREN A SENSE OF SECURITY. IT IS IMPORTANT TO ESTABLISH SOME THINGS FOR YOUR FAMILY THAT WILL BE CONSISTENT WHEN EVERYTHING ELSE IS CONSTANTLY CHANGING.

TRADITIONS CAN BUILD A BOND BETWEEN FAMILY MEMBERS. SPENDING QUALITY TIME TOGETHER WITH EXTENDED FAMILY DURING STRATEGIC TIMES CAN HAVE THE POTENTIAL TO NURTURE IMPORTANT RELATIONSHIPS.

TRADITIONS CAN REMIND EVERYONE THEY ARE CONNECTED TO A BIGGER STORY. THEY ARE ACTUALLY A GREAT TIME FOR STORYTELLING. YOU CAN TELL YOUR KIDS STORIES ABOUT THEM WHEN THEY WERE YOUNGER THAT THEY FORGOT. YOUR PARENTS WILL PROBABLY TELL YOUR CHILDREN STORIES ABOUT YOU THAT YOU WOULD RATHER THEM NOT KNOW. BUT THERE IS AN UNUSUAL POWER IN A CHILD HEARING THE STORIES THAT CONNECT THEM TO A BIGGER FAMILY.

TRADITIONS ARE A STRATEGIC OPPORTUNITY TO COMMUNICATE THE VALUE OF FAMILY.

IT IS EVEN IMPORTANT TO CREATE TRADITIONS THAT ARE JUST BETWEEN YOU AND YOUR KIDS:

- HOW AND WHEN DO YOU SAY "I LOVE YOU"?
- WHAT DO YOU DO WHEN YOU TUCK YOUR KIDS INTO BED?
- HOW DO YOU SPEND SATURDAY MORNINGS?
- WHAT DO YOU DO FOR SUNDAYS AT LUNCH?

WHAT ARE SOME TRADITIONS THAT YOU HAVE CREATED THAT HAVE HAD A POSITIVE EFFECT IN YOUR FAMILY?