



# PARENT CONNECT

A BRIDGE BETWEEN PARENTS AND YOUTH MINISTRY



## UPCOMING EVENTS

### BEACH DAY (at Stump Lake)

Wednesday, August 19  
9-4pm (pick up/drop off at KAC)  
Cost \$30 - Registrations available on [website](#)

### TAKE THIS CITY (Youth special event)

Riverside Park  
Saturday, August 15, more details to follow.....

### FALL KICKOFF

Tuesday, September 15  
7pm Cost \$3

### DAVISON ORCHARD APPLE FUNDRAISER

Coming up in September, more details to follow.....

## PRAYING FOR YOUR TEENAGER

We all think we pray regularly for our kids, but “Lord, help me!” doesn’t really count.

A simple way to start is a daily “standard” prayer. Think of three values or life rubrics you want for your kids, and pray for those daily; for example, “God, give my son peace in his heart, favor with people around him, and safe travel today. Amen.”

Sometimes praying a Scripture over your child is a good form of intercession. These options (all from the NLT version of the Bible) will get you started:

**Zephaniah 3:17**—For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.

**Romans 8:35, 37**—Can anything ever separate us from Christ’s love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ... No, despite all

these things, overwhelming victory is ours through Christ, who loved us.

When in doubt, just ask your kids: “How can I pray for you today?” They’ll usually tell you. Powerful spiritual moments occur when family members pray for and with one another.

Whether intercessory moments occur immediately and aloud or during private moments between you and God, praying for your teenagers makes a big difference—for you and for them.



By Darren Sutton



## YOUTH CULTURE

### A WORD FROM THE WORD

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Romans 12:1 (NLT)



## CARING FOR YOUR NON-SLEEPING BEAUTY

With school starting soon, teenagers are headed back into the classroom and more structured routines. Sleeping in, staying up late, and enjoying junk-food meals and Netflix binges will have to wait until the next break.

The busyness of student life, along with the rise of nighttime screen use (texting, social-media, gaming, etc.) takes a toll on teenagers' zzz's. Ensure lots of "good nights" during the new school year with these tips:

Agree on and maintain a bedtime that provides plenty of sleep. If your teen gets up at 6 a.m., a 10 p.m. bedtime provides a minimum amount of recommended rest (teenagers need eight to 10 hours of sleep). Be prepared to encounter

resistance, but remind your kids that sleep is as important to health and wellness as are diet, exercise, and medical care.

Keep cell phones and laptops out of bedrooms. Because late-night and overnight use of devices is on the rise, making them inaccessible is key. Even if your teens aren't on their phones, chances are their friends text at all hours. Your kids may claim they need a phone for an alarm clock, but Walmart still sells those!

By Darren Sutton

### MAINTAINING A BIBLICAL BODY IMAGE

Although most people struggle with some aspect of their appearance, teenagers tend to obsess more than most. Yet their busy schedules make it nearly impossible to make necessary physical "improvements" (exercise, healthy diet, adequate rest, etc.).

Approach the topic of body-image from God's standpoint, using these Bible passages:

*1 Corinthians 6:19-20*—We aren't our own. Self-discipline, including proper exercise and rest, is one way we honor Christ's sacrifice for us.

*Romans 12:1-2*—We're a living sacrifice. How we care for our bodies is a testament to our relationship with Jesus.

# IN THEIR WORLD

## PLAYTIME WITH TEENS

Digital games offer simple, mobile connections, yet board games are still fun and engaging. Best of all, many teenagers are still willing to play them!

Consider these teen-friendly games sweeping the blogosphere:

*Settlers of Catan* (catan.com)—Players collect resources to build roads and settlements. A typical game lasts 90 minutes.

*Apples to Apples* (mattel.com)—After the judge picks a card, players select a card from their hand that best represents the judge's card. The player wins the round if the judge chooses his or her card. A typical game lasts 30 to 60 minutes.

More suggestions and reviews are available at [www.TheologyOfGames.com](http://www.TheologyOfGames.com) and [www.TheBoardGameFamily.com](http://www.TheBoardGameFamily.com).



## ENTER THE DIGITAL-AGE POF BOARD GAMES

By now, Candy Land and Chutes & Ladders have probably found their way to the back of your family's closet. Game-loving kids have morphed into screen-loving teenagers. Yet for millennials, games remain a popular online pastime, forming a "digital trinity" that also includes texting and social media.

Connect with your gaming fanatics using apps (available for Android and Apple devices) that you can play together:

### **Words With Friends, Hanging With Friends, & Scramble with Friends**—

These digital versions of Scrabble, Hangman, and Boggle test players' skills and command of vocabulary.

**Warship**—Sink ships and build connections with kids who used to love the board game Battleship.

**Traditional games**—Familiar games such as checkers, chess, Yahtzee, and Connect Four are available for free download on nearly all data-enabled devices. Similar to their board-game counterparts, these games are easy to understand and more portable than their traditional cousins.

Just because you've lost some pieces to The Game of Life or your family schedule no longer allows for a four-hour Monopoly marathon, game-playing doesn't have to take a back seat at home. Download, play, and connect with your kids!

# AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 The Edge Youth Ministry 7-9pm (Grades 7-12)	5	6	7	8
9	10	11 The Edge Youth Ministry 7-9pm (Grades 7-12)	12	13	14	15 Take this City Youth Event Riverside Park More info to follow....
16	17	18 The Edge Youth Ministry 7-9pm (Grades 7-12)	19 The Edge Youth Ministry BEACH DAY(Stump Lake) 9-4pm \$30	20	21	22
23	24	25 The Edge Youth Ministry(Last summer session) 7-9pm (Grades 7-12)	26	27	28	29
30	31	1 Fall Kickoff September 15 7pm	2	3	4	5



Dear Parents,

This summer has been a blast so far with lots more to come! The Atlantis Waterslides were amazing, and each Tuesday night has been great! We are learning more and more about being close to God and how that will change our lives, and the lives of people around us.

In an effort to activate ourselves to reach our community, we will be holding a Take This City event in August. Take This City is an effort to reach the people in our city and push the message that "you are loved." We believe that this message is becoming lost in our culture that says "you have to act a certain way in order to be loved." Jesus loves Kamloops and we are going to invite people

to youth, hang posters that say: You are Loved, and do our best to follow Jesus into the streets of Kamloops!

Thank you for helping us invest into your Children,

Blessings,

Stephen Boughton (Youth Intern)  
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