

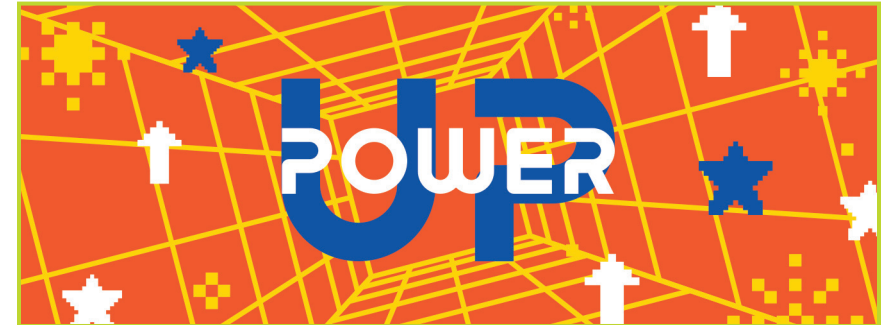
WEEK THREE

JOHN 14:27;
MATTHEW 6:25-34

Jesus uses birds and flowers to teach us why we should not worry.

SAY THIS

WHO GIVES YOU THE POWER TO DO EVERYTHING?
JESUS GIVES ME THE POWER TO DO EVERYTHING.



WEEK THREE

JOHN 14:27;
MATTHEW 6:25-34

Jesus uses birds and flowers to teach us why we should not worry.

SAY THIS

WHO GIVES YOU THE POWER TO DO EVERYTHING?
JESUS GIVES ME THE POWER TO DO EVERYTHING.

DO THIS



CUDDLE TIME

Cuddle with your child and pray, "Dear God, thank You for sending Jesus to give us peace. Every time we see a bird or a flower, help us remember that Jesus gives us the power to have peace. We don't every have to worry about anything because we have Jesus. You are the best, God, and we love You very much. In Jesus' name, amen."

DO THIS



CUDDLE TIME

Cuddle with your child and pray, "Dear God, thank You for sending Jesus to give us peace. Every time we see a bird or a flower, help us remember that Jesus gives us the power to have peace. We don't every have to worry about anything because we have Jesus. You are the best, God, and we love You very much. In Jesus' name, amen."

REMEMBER THIS

"I can do everything by the power of Christ."
Philippians 4:13, NIV

BASIC TRUTH

JESUS WANTS TO BE MY FRIEND FOREVER

REMEMBER THIS

"I can do everything by the power of Christ."
Philippians 4:13, NIV

BASIC TRUTH

JESUS WANTS TO BE MY FRIEND FOREVER

QUANTITY OF QUALITY TIME

By Stephen Jones

When I was a kid, my grandfather would come to our house for dinner all the time. He used to say coming to our house was better than going to the movies.

I have three siblings, all sisters, so I was the only boy—and the youngest. I'm sure he found the level of mischief that ensued as a result of those dynamics quite entertaining. And although he came to our house, apparently to see a show, I was the one who was mesmerized by him. Kind, caring, and fun are just a few of the adjectives that describe my grandfather. I loved when he came over. And more than anything, his visits taught me the importance of quality time.

Now, we all know that quantity time, the amount of time you spend together, is important. I love when my daughter is reading, and she asks me to sit on the couch next to her. Even though we aren't interacting, it means something to her. The quantity of time we spend with our children provides comfort and communicates importance.

But we often rely on quantity time as a substitute for quality time. It's not quite the same, though. Sitting in the same room with my kids while we are each on our electronic devices may mean we are spending time together, but it's not intentional, undistracted time. And it won't build memories in the same way.

I was just twelve years old when my grandfather passed away. It's been over twenty-five years, but I still remember him coming over for dinner and tickling my feet until I couldn't breathe. I still remember spending the night at his house, watching Tom and Jerry, his favorite cartoon. I still remember going fishing with him, and I still remember the cabinet in his house that always had gum. In the span of my life, I didn't have much quantity time at all with Paw. But I had a whole lot of quality time that produced some pretty amazing memories.

Think about your favorite memories with the special people in your life and you'll realize, too, that it was the amount of quality time you spent together that made the difference. So this week, turn off the TV, put down the phone and spend some quality time with your children.

Tickle their feet until they can't breathe. Make up a dance in the middle of the kitchen.

Play tag outside.

You'll be glad you did.

And there will be a lifetime of memories to show for it.

For more blog posts
and parenting resources, visit:
ParentCue.org

QUANTITY OF QUALITY TIME

By Stephen Jones

When I was a kid, my grandfather would come to our house for dinner all the time. He used to say coming to our house was better than going to the movies.

I have three siblings, all sisters, so I was the only boy—and the youngest. I'm sure he found the level of mischief that ensued as a result of those dynamics quite entertaining. And although he came to our house, apparently to see a show, I was the one who was mesmerized by him. Kind, caring, and fun are just a few of the adjectives that describe my grandfather. I loved when he came over. And more than anything, his visits taught me the importance of quality time.

Now, we all know that quantity time, the amount of time you spend together, is important. I love when my daughter is reading, and she asks me to sit on the couch next to her. Even though we aren't interacting, it means something to her. The quantity of time we spend with our children provides comfort and communicates importance.

But we often rely on quantity time as a substitute for quality time. It's not quite the same, though. Sitting in the same room with my kids while we are each on our electronic devices may mean we are spending time together, but it's not intentional, undistracted time. And it won't build memories in the same way.

I was just twelve years old when my grandfather passed away. It's been over twenty-five years, but I still remember him coming over for dinner and tickling my feet until I couldn't breathe. I still remember spending the night at his house, watching Tom and Jerry, his favorite cartoon. I still remember going fishing with him, and I still remember the cabinet in his house that always had gum. In the span of my life, I didn't have much quantity time at all with Paw. But I had a whole lot of quality time that produced some pretty amazing memories.

Think about your favorite memories with the special people in your life and you'll realize, too, that it was the amount of quality time you spent together that made the difference. So this week, turn off the TV, put down the phone and spend some quality time with your children.

Tickle their feet until they can't breathe. Make up a dance in the middle of the kitchen.

Play tag outside.

You'll be glad you did.

And there will be a lifetime of memories to show for it.

For more blog posts
and parenting resources, visit:
ParentCue.org