



## PROVE YOU LOVE THEM

by Kristen Ivy

I love my kids.

If I'm really honest, there's something inside me that wants them to know how much I love them. I'm not sure why. Maybe it's because I know how significant love is in the life of a child and I just hope they know, really know, how much they are loved—but they don't. How could they? They're kids. They might never understand or appreciate the way I love them.

That's okay. A kid doesn't have to understand or appreciate a parent's love in order to be affected by it.

So, what if the best thing we can do for our kids is not to get them to understand how much we love them, but to prove to them that we love them enough. What does enough mean? Maybe, in their world, it's as simple as **SHOWING UP**.

We can show up predictably.

Whatever your work schedule, or your activity schedule, or your school schedule, you can show up in predictable ways. It's how you greet them in the morning, how you meet them at the end of the school day, how you end the day together and how you spend your weekend. It's the small ways that you show up in their world, day after day, week after week, that communicate love.

We can show up mentally.

Okay – this won't apply all the time. There are sometimes when our mental energy is somewhere else, that's just life. But there are moments when we can show up mentally more than others. We can plan strategic moments to disconnect and focus on what they have to say. One of the best times to show up mentally might be riding in the car. Some research actually shows that conversations happen more easily when we don't have direct eye-contact.

We can show up randomly.

These are the really fun moments. The surprises. It can be an unexpected note in the lunch box or a text in the middle of the day. It can be a non-traditional dinner night doing exactly what they want to do. Whatever it is, when you show up randomly, you have an opportunity to show your kid that you are thinking about them when they least expect it.

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## BIBLE STORY

### LUKE 19:1-10

Jesus has dinner with Zacchaeus and forgives him for the wrong he has done.

## SAY THIS

**WHO DOES JESUS LOVE?  
JESUS LOVES EVERYONE.**

## DO THIS



### MORNING TIME

When you go in your child's room this month say, "Good morning, [child's name]!" (Hold arms out wide.) "Mommy/Daddy loves you SOOOOO much! And Jesus loves you even MORE!" (Hug child.)



### DRIVE TIME

As you drive, say the memory verse together: "Love each other as I have loved you." Take turns replacing the words "each other" with the names of people you know.



### CUDDLE TIME

Cuddle up with your child this month and pray, "Dear God, we want to love everyone like Jesus loves everyone. Please help [child's name] and me see ways we can love others, like sharing, being kind, and praying for others. Thank You for loving us no matter what. In Jesus' name, amen."



### BATH TIME

Add toy food to bath time. Encourage your child to wash the food and "cook dinner" for you to enjoy. Talk about how Jesus ate dinner with Zacchaeus. Jesus wanted Zacchaeus to know He loved him and wanted to be his friend.

**BASIC  
TRUTH**

**JESUS WANTS TO BE MY FRIEND FOREVER.**