

Winter Greetings - Grace Newsletter

RESOLUTIONS

GOALS & RESOLUTIONS

Welcome back! Happy New Year! Grace kids programming will continue online via newsletters, zoom check-ins, and monthly supply pickups for the next 3 months. Join us on a chilling faith formation adventure!

This Sunday, Jan 10th you are invited to church for supply pick-up from 9:00-9:30am! We are handing out framed goal whiteboards for your family!

There will be *no* zoom check-in this week because of supply pick-up.

It is the start of a new year and we are going to make some resolutions. Resolutions are a firm decision to do (or not to do) something / being determined. There is a tradition at New Years to make a resolution or goal that you will try and achieve in the next 12 months such as eating less chocolate or working out more.

This week you are going to make, set, and start working towards goals YOU made! You will receive at supply pick-up (or can make in the link below) a picture frame whiteboard to help you achieve your goals!

Now, how do you set a resolution? To start the conversation, watch the movie *Tangled* (found on Disney+). While you are watching, think about these questions then talk about them with your family at the end of the movie:

- What did Rapunzel set her mind on and decide to do/go see?
- What ways did Rapunzel try to make her goal/dream come true?
- What is something you feel strongly about making happen just as Rapunzel did?

HOW TO SET goals

1 HELP THEM PICK THEIR GOAL

HELP THEM CHOOSE A GOAL THAT IS IMPORTANT FOR THEM

WITH YOUR KIDS

2 REFINE THAT GOAL

MAKE IT A SMART GOAL:
S - SPECIFIC
M - MEASURABLE
A - ACHIEVABLE
R - REWARDING
T - TIME-BOUND



PRINTABLE WORKSHEETS

3 BREAK IT DOWN

BREAK DOWN YOUR GOAL INTO MINI-GOALS
CREATE AN ACTION PLAN WITH STEPS TO COMPLETE EACH MINI-GOAL

4 SET DEADLINES

SET DEADLINES FOR THEIR BIG GOAL & MINI-GOALS
MAKE A SCHEDULE FOR THEIR ACTION PLAN

5 IDENTIFY OBSTACLES

IDENTIFY POTENTIAL CHALLENGES AND OBSTACLES
AND HOW CAN THEY OVERCOME THEM

Learn how to set goals with your kids and how to help them keep

to their goals with rewards, achievable and measurable tasks, and

identifying obstacles that may hinder them from achieving their goals.

<https://www.moritzfinedesigns.com/best-year-reflection-goal-setting-worksheet-kids-adults/>

Philippians 3:12

“Not that I have already obtained this or have already reached the goal;
but I press on to make it my own,
because Christ Jesus has made me his own.”



Faith Formation

This week we are setting goals. What are some goals that will help your faith grow? Maybe a goal could be making sure you pray every night before dinner or before bed. You could read a Bible story to a family member each weekend or get through a chapter yourself once a week. Set your sights to be closer to Jesus!

Think about how you can stop, look, listen, ask, and participate in your faith.

Stop: how can you work to set goals to pause in your daily life to take moment and put on your faith lenses to see where God is working?

Look: how can you help yourself see God at work? Maybe put “God At Work” signs around and when you see it, look for where God may be?

Listen: Sometimes listening is the hardest thing we can do, especially when we are trying to listen to God who speaks in ways we are not always expecting. Set a goal to help make a space for you to listen whether it be a time for meditation or yoga or even just dwelling in God’s word.

Ask: Talking can also be faith formative because God does want to hear from us! Speak up and talk with God! Ask and pray!

Participate: How are you engaged in your faith? In a faith community? What goals may you be able to set to help you participate in your faith and a faith community? Join a Bible study? What do you need?

What goals are you going to set to get closer to God this year?

Goal-setting Printables for Families

Take these printables and print them out. Put each one in a picture frame.

Now write all your goals on the glass with a whiteboard marker!

When you reach a goal or need to readjust, you can just wipe and write!

No need to get discouraged if goals are not met because nothing is written in permanent ink!

<https://drive.google.com/file/d/1wEDcsUB4lm8mSjTR1ZkKE4H6XZsAoVi2/view>