

Winter Greetings - Grace Newsletter

INTENTIONAL

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 17th you are invited to join Kelsey for a zoom check-in from 9:00-9:30am.

Join Zoom Meeting

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

Meeting ID: 577 106 8839
Passcode: 09192020

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.

Last week you had an opportunity to set your own goals! This week we are going to focus more on a goal of faith formation. Specifically, spiritual practices.

When we set resolutions, we are being intentional about how we are eating, or living, or

even exercising. When I say spiritual practice, you think of prayer, meditation, and even worship. But let us think spiritual practice as being more intentional with ourselves, others, and God.

Holy Cr**, a podcast from Holy Cross Lutheran Church in Menomonee Falls, WI for “parents who want to raise their kids and follow Jesus but aren’t exactly sure how to do either” discusses Top 10 ways to practice faith while parenting. This newsletter invites your family to practice these 10 spiritual practices this week with intentionality.

Intentionality:

Being intentional means being more aware and conscious of what you are doing. Be in the moment not just in the motion. When you are more intentional and aware, you will learn more about yourself, others, and God. How are you going to be intentional this week with your everyday tasks?

Ephesians 4:15-16

“But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body’s growth in building itself up in love.”



Faith Formation

Last week we talked about goal setting and asked your family to set a couple goals for your faith formation. This week, we want to help you reach those faith formation goals with some spiritual practices. Prayer, worship, and reading the Bible are all great spiritual practices. But everyday tasks such as mealtime, car rides, and even walking around the block with your family are also spiritual practices. When you are more intentional in our activities, we find God present in even the simplest things.

Spiritual Practices:

Mealtime – meals are a holy thing just as communion is holy. Mealtime is a spiritual practice. Pray and check-in with your family about their day.

Bedtime – take time at bedtime with your child (young or old) to read a story or debrief about their day. Take this time to intentionally connect with each other and invite God in.

Car Time – As you rush your child(ren) to school, extracurricular, or just take a drive, use this time to be more intentional with each other. Wonder, talk, pay attention to what you are driving by, and/or listen to K-love or a podcast. Talk about what you see or what you have heard. Be intentional and invite God in.

Walking – not only is exercising a spiritual practice but talking a walk connects you to God’s creation and gives you a time to slow down and be present and more intentional.

Play – Be playful, be imaginative, be open to laughter. Be engaged and intentional in playing!

Downtime – mindlessly watching tv, playing on your phone. Make down time more intentional and give yourself space to relax and give your mind a break. Take a bubble bath or color.

Listen to the podcast on Spotify for the other 4 spiritual practices!

Intentional Conversation Starters

Think back through your day. What made you happy, or where did you see the light of God? Share that moment with your family. What made you sad, or where did you feel distant from God (maybe something you wish you could do differently)? Share that moment. Allow each member of the family to share. Once you have shared, consider what God might be inviting you to do tomorrow. Now offer a prayer thanking God for this time of sharing and ask for guidance as you start the new day.