

G.R.A.C.E. PLACE FALL NEWSLETTER

Grace Lutheran Church

Nov. 15th – 21st, 2020

Issue 10



Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting password is 09192020

Join Zoom Meeting:

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtgNG8reCtJaS9VTUZsdz09>

Last week we learned how to listen. I pray that you continue to practice your listening skills.

We are listening to our bodies and this week we are going to move them! Exercise can be fun. I hope your family can explore that this week! Exercise doesn't just mean workouts and push-ups.

Winter is closing in and I pray this gives you all sorts of ideas on how to stay active, have family time, and enjoy it!

This newsletter will also address why physical health is important and being active and healthy can help us do God's work!

*Every move I make I make in you; you make me move Jesus.
Every breath I take I take in you.*

American Ninja Warrior

Create an obstacle course like Ninja Warrior with couch cushions, a pull-up bar, anything you've got at home! The fun is not only creating the course but working your way through it!

Online Class

As everything has moved online, this is an easy task! As a family, think about something new you'd like to try like maybe dancing or karate, etc. Find a class on YouTube for free to do as a family!

Wipeout

Just like Ninja Warrior, this is another obstacle course! But instead, your family throws pillows or balloons at you as you try to pass the couch cushions!

Nerf Gun Wars

Give each family member a nerf gun, a corner of the house to start, and set a timer! Who will win in the family nerf gun war?

Balloon Tag

Head to the dollar store, grab balloons, a multi-colored bag is perfect! Each color

represents a family member! Blow up your balloons and try to tag others with your balloon ONLY by hitting it with your palm! If someone else hits your balloon or gets hit by it, they are out!

Meditation/Yoga/Pilates

Last week we listened to our bodies. You can continue that this week with a yoga, meditation, or Pilates class. How are you at listening to your body?

LISTEN TO YOUR BODIES

1 Corinthians 6:19-20 (NRSV)

“Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.”

When you do not take care of yourself physically or emotionally, your body feels it. You get tired, sometimes ore hungry, lazier, and less aware of the people around you.

Caring about your physical (and mental) health gives your body a huge boost. You feel restful, balanced, and are able to think and care for others around you.

God calls us to be a part of this world and to love and care for God's people, The best way we can do God's work is to take care of our ourselves. We need to be full before we can fill others. We need to love ourselves before we can love others.

Being physically healthy is not just about working out and working hard. Being physically healthy also means eating well. It means your body has healthy fat and some muscles. Physical health is multiple pieces and this week we are only focusing on the exercising.

Strengthening and taking care of our body is a way to celebrate and thank God. It is a way to start loving who we are, who God made you.

Love yourself, love others, go have fun!

Daily Devotions:
d365.com

“Every move I make” Song Session

