



August 2009



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## Diligent Discipline

These past few weeks my wife and I have been pouring over names for our soon-to-be-born son! **It's an exciting process but much more difficult than I expected.** The criteria for picking a good name for your offspring has many more components than I had first imagined. **To list a few: a good meaning, unique, initials can't spell anything bad/weird, can't have any bad feelings associated with it,** and you should be able to yell it well for those few times when they get into trouble.

This last one has my particular focus this week. Our August newsletter centers around the topic of *discipline*. **It's a word that many don't like to use but know the necessity for it in raising kids.** God's word tells us to "train a child in the way he should go, and when he is old he will not turn from it" Proverbs 22:6. Giving our children proper instruction and correcting may be hard but is very necessary. **Please take the time to read over this week's tips and resources and look for the 2nd installment in your inbox featuring more articles on the subject next week.** We have purposely split the newsletter in half to make it easier for families to digest all the pertinent information.

**A few reminders, don't forget to check out [UpLink](#) every week with your children for awesome resources to extend their (and your) understanding of God's word. We also want to encourage everyone to be a part of this year's AWANA program on Tuesday nights from 6:15 to 7:30pm.** This is an awesome discipleship program to give your children an opportunity to deepen their relationship with Jesus. Sign up night is September 1 at 6:15 and our first Club Meeting is September 8!

Disciplining in love,

### Most-Used Discipline Methods

In a survey, more than 1,500 parents revealed what discipline looks like in their homes. Parents from 27 states, Canada, and Puerto Rico said they most often discipline with these strategies:

- Timeouts: 42%
- Removing privileges: 41%
- Yelling: 13%
- Spanking: 9%
- Sending kids to their bedroom: 27%



Ask God:

1. To help you lovingly correct and guide your children.
2. To help you set and stick to firm, reasonable limits.
3. To give your children a spirit of willful obedience.

### Parenting Insights

**It's tempting to use rewards or bribes to make children behave.** But Larry Shallenberger, writing in *Children's Ministry Magazine*, says rewards are actually harmful to children's emotional and spiritual development.

1. **Rewards distort children's values.** When prizes are the focus, children's interest in the desired behavior is diminished. We send the message that obedience is unnatural.
2. Rewards distort character development. Promises of prizes get children focused on "working the system." They also promote dependence and lead to "me-focused" kids.
3. Rewards create a faulty image of God. When you bribe children to attend church or learn Bible verses, **they're less likely to build a friendship with God.** They may view him as an impersonal dispenser and withholder of rewards.

## OpenTheBook

**“For the Lord disciplines those he loves, and he punishes each one he accepts as his child.... God’s discipline is always good for us, so that we might share in his holiness.”**

Hebrews 12:6, 10

Discipline is a positive way to teach self-control. God molds and shapes Christians all their lives. He lovingly corrects us so we can be more like him.



### Teachable Moments

1. **Rule Roulette**—Play cards or board games as a family, but take turns setting new rules. Talk about what it’s like to remember the changing instructions. Then share some reasons that rules need to stay constant.
2. **Simon Says**—With younger children, play Simon Says, giving everyone a chance to be Simon. Then discuss what it’s like to give orders and be “obeyed.” Also talk about what makes following instructions easy or difficult.
3. **Three Strikes**—Attend a local athletic event as a family, and look for ways players follow or break the rules. Afterward, talk about misbehavior and its consequences in sports and life. Share ways that athletes—and other people—learn and grow from their mistakes.



**“So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. Teach them to your children. Talk about them when you are at home and when you are **ON THE ROAD**, when you are going to bed and when you are getting up.” Deuteronomy 11:18-19, NLT**

Children comply more readily when they participate in family decisions, especially ones involving rules and consequences. Start a discussion about the necessity and goals of discipline:

1. Why is it important to have rules in a family, in school, and in society? How do rules help us?
2. What makes you want to obey God? What makes you want to obey your parents?
3. Why is it hard to obey at times? What helps you obey?
4. If you could change one rule, what would it be, and why?

## Offer Children Positive Discipline

Parents use a variety of discipline methods, with varying degrees of success. But the goal is the same: obedient, safe children who can **internalize right from wrong**. Experts say that no matter children’s age, development, or behavior, the key to disciplining them is understanding their heart and finding out what makes them “tick.” If you can look beyond the symptoms of misbehavior and ask “Why is this child behaving this way?” then you can make a positive change.

Creating a clear discipline policy is vital to shepherding your family. Here are some tips to get started:

**Keep It Simple.** If you set too many rules, no one can keep them straight. Ensure that children understand by having them act out each rule (for example, “Hang up your coat when you come home”).



**Keep It Consistent.** Consistency makes it easier for children to remember expectations for the long haul. Don’t ignore misbehavior just because you’re too tired to deal with it at the time.

**Keep It Fair.** You can still tailor consequences to a child’s age or personality. For example, a guideline for “timeouts” is one minute for every year of a child’s age. Just be sure to apply rules to everyone.

**Keep It Fresh.** Post expectations where everyone can see them. Take the time to review rules regularly with children, but also equip kids to follow them. Adapt discipline methods as children develop.



## What's Playing at the Movies

Movie: *G-Force* (July 24)  
 Genre: 3-D action comedy  
 Rating: PG (for some mild action and rude humor)  
 Cast: Will Arnett, Sam Rockwell, Penélope Cruz, Tracy Morgan, Nicholas Cage  
 Synopsis: A team of trained secret-agent guinea pigs tries to stop an evil billionaire from destroying the world with household appliances. When the government shuts down the guinea pigs' mission, they're sent to a pet shop. The wannabe heroes must plan an escape so they can end the threat and save the world.  
 Discussion Questions: How does God "train" us to go out and serve him? In what ways do you feel prepared or unprepared to do this? What type of "mission" might God have in mind for you? Would you rather be a hero or a servant, and why?



## What Music I s Releasing

Artist: Britt Nicole  
 Album: *The Lost Get Found* (August 11)  
 Artist Info: Britt Nicole (Brittany Nicole Wadell) began singing at her North Carolina church at age 3. She turned down a college scholarship to launch a music career. Hits from her first album, *Say It*, included "You" and "Believe." Now 24, Britt Nicole is releasing her sophomore album.



Summary: **Britt Nicole's high-energy pop songs contain catchy hooks and lyrics geared toward young people. In her new album's title track, she encourages listeners to follow God's nudge to share their faith: "Don't let your lights go down. Don't let your fire burn out.... Don't be afraid to stand out. That's how the lost get found."**

Discussion Questions: When have you felt like God was encouraging you to tell someone about him? What happened? Read Matthew 5: 14-16. How brightly is your "light" shining right now? In what ways do you "stand out" for God?

## What Games Are Out

Title	Content	Rating & Platform
<i>Wallace &amp; Gromit's Grand Adventures</i>	In five episodes and a variety of puzzles, gamers follow the strange adventures of a strange man and his even-stranger dog.	E; PC, Xbox 360
<i>Treasure World</i>	Similar to the hobby of geocaching, this game sends you into the real world, seeking wi-fi hotspots to unlock virtual prizes.	E; Nintendo DS
<i>Tales of Monkey Island</i>	This adventure series has five episodes on PC and continues on the Wii. Guybrush goes on a quest to end the spread of a pox.	Rating pending; PC, Wii

RATINGS: EC=Early Childhood, E=Everyone (ages 6+), E10+ (ages 10+), T=Teen (ages 13+)



**What's happening right now** that may affect your children and family:


- Researchers have identified a "warrior gene" that is linked to aggression in boys. It may make them more likely to join gangs and use weapons. (msnbc.com)



- Daytime naps offer more than just rest. For 4- and 5-year-olds, taking a siesta may help reduce hyperactivity, anxiety, and depression. (American Academy of Sleep Medicine)

## Quick Stats

- In a national poll, 20% of parents say they've left their preteens home alone for an entire day. (C.S. Mott Children's Hospital)
- Cheerleading accounts for two-thirds of injuries to female athletes. The other most dangerous sports for girls are gymnastics and track. (sciencedaily.com; msnbc.com)

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<b>check out - UpLink</b>						
2	3	4	5	6	7	8
KidZones 9:00 & 10:30	Spencer Lake Summer Camp				Garage Sale in the Big Room 8-6	Garage Sale in the Big Room 8-2
9	10	11	12	13	14	15
KidZones 9:00 & 10:30						
16	17	18	19	20	21	22
KidZones 9:00 & 10:30 Water Baptism class 11:45am						
23	24	25	26	27	28	29
KidZones 9:00 & 10:30 Water Baptism @ Heegeman's 2:00pm						Men's Breakfast 7:30am
30	31			Begins with registration night on Sept. 1 @6:15pm Kickoff on Sept. 8		
KidZones 9:00 & 10:30						

**Water Baptism**  
August 23 @2:00pm

If you or children are interested please contact the church office and plan on attending the class on August 16th after 2nd service.



## Rock Zone Summer Series - James 1:22

Date	Lesson Topic	Bible Story
August 2	Following What God's Asks Us to Do— <a href="#">UpLink</a>	Joshua 3, 4
August 9	Giving Back to God— <a href="#">UpLink</a>	Genesis 28:10-22
August 16	Following Jesus— <a href="#">UpLink</a>	Matthew 28:1-6, John 20:26-31
August 23	God is Dependable— <a href="#">UpLink</a>	Matthew 16:13-19