Parent Guide
Week of October 11

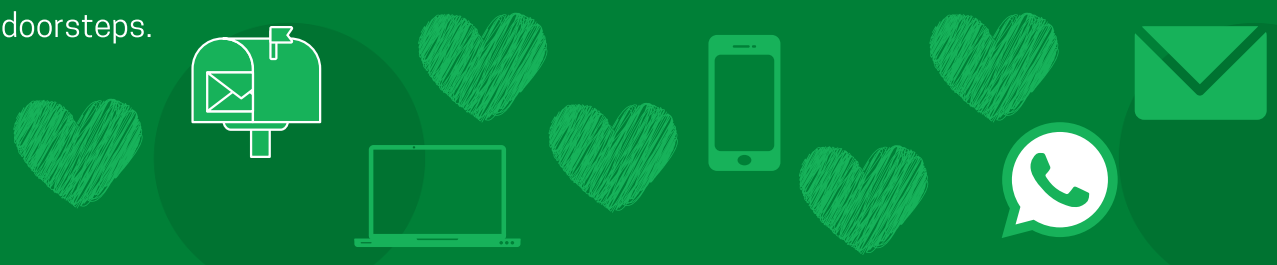
Memory Verse:
A Cheerful Heart Is Good Medicine, But A Crushed Spirit Dries Up The Bones.
Proverbs 17:22

Bible Time: Remember last week we learned that God alone holds true wisdom -- there is no one above Him! He is our source of life and life giving words. So today we are going to talk about our words.

Have you ever used sidewalk chalk? What happens when you press the chalk into your driveway or sidewalk to make a beautiful picture? The chalk grinds down and leaves chalk dust behind, right? When we draw on our driveways or sidewalks we don't even realize that we're leaving behind a little trail of chalk dust. So then can we gather up the dust and use it to draw another picture? Think about that for a minute is chalk dust good for anything? No! It's never going to be a stick of chalk again, is it? It's pretty easy to crush chalk and blow it away. Today we are going to read a Bible verse about something else that is easy to crush. Open your Bible and read Proverbs 17:22. A cheerful heart is good medicine, but a crushed spirit dries up the bones. What does this verse say a cheerful heart is like? Good medicine. Why is medicine good for you? Does it help you to get well? What is a crushed spirit like? The verse says like, dried-up bones. How do you think a spirit could get crushed? How do you feel when someone says something mean to you? You would feel sad. Re-read the verse again and see if you can find one small little word that makes a big difference. Did you find it? **But!** When we have cheerful hearts, we feel better about things. It's like we've taken the right medicine to get well. And our cheerful hearts also make other people feel better. Here comes the little word: but. If we're not careful, our cranky and crabby hearts can crush someone else's spirit so it's like dried-up bones.

God wants us to encourage each other, not crush each other's spirits the way we can crush chalk. So let's be reminded that our hearts are cheerful because we know that Jesus loves us. When we start to feel discouraged or sad, cheer us up with your love. Then please help us to spread that cheer to others!

Random Acts of Kindness: Look around your neighborhood. How can you show a little kindness while still social distancing? Get that sidewalk chalk out and write an encouraging chalk message, cut out paper hearts and stick them on mailboxes, leave an uplifting note on someone's doorsteps.



Being Kind Online: Do you text, email, or play live online games? If so, how do your words and actions demonstrate kindness? Rate yourself on a scale of 1-10 in each situation. 1 being completely mean and 10 being exceptionally kind. Next, pick one area to increase your kindness level.

Pray:
Help us to have cheerful hearts and spread that cheer to others. Help us to trust in your love and understand that there is power in our words to build up or tear down. Amen.