



WEEK TWO

NEHEMIAH 2:11-18

Nehemiah Plans to Rebuild the Wall

SAY THIS

Don't wait for someone else to do what needs to be done.



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Nehemiah Plans to Rebuild the Wall

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Don't wait for someone else to do what needs to be done.

DO THIS



MEAL TIME

Q & A for kids: What is something you never seem to see that needs to be done? (e.g., dirty clothes on the floor) (Hint: Your parent probably knows the answer to this if you don't.)

Q & A for parents: Are you more distracted by people, technology or other tasks when it comes to finishing a job?

REMEMBER THIS

"Work at everything you do with all your heart. Work as if you were working for the Lord." Colossians 3:23a, NIV

LIFE APP

INITIATIVE—Seeing what needs to be done and doing it

DO THIS



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INITIATIVE—Seeing what needs to be done and doing it

## MAKING THE MOST OF MORNING TIME

By Sarah Anderson

Mornings can be rough. If you have anywhere to be with your kids in the morning, getting out the door is a task of epic proportions. But maybe part of what makes mornings hard is we try to get *through them* more than we try to *use them*. If we had a goal—like instilling purpose, and a mode of accomplishing it, like encouraging words, we could change the look and feel of our day.

My husband literally treats morning like a coach with his team—giving our two boys a pep talk before he heads out the door. It's like a motivational speech—which is the point: to encourage and inspire the boys for the day ahead. He tells them how he knows they are going to be kind to each other, treat each other in a loving way and give their mama no drama. Some days it feels like a "name it and claim it"—like if he puts the idea in their head, there's a better chance of it actually happening.

Sometimes it works. Other times it doesn't.

But the point is to start the day that way because it gives kids, even in an indirect way, a really crucial understanding: Every day is fresh and new. Every day is the chance to do this all again, and to maybe even do it better. Mornings are where forgiveness and lack of grudges can show up best.

Here are some practical morning time tips:

- Communicate ideals for the day, in conduct and behavior with *hope—not demands*. Let your kids know you want them to win for the day.
- Let your kids know what the plans are for the day. A play date? An errand? When kids know their routine will be or how it will change, they have a better chance of having a good day.
- Tell your kids how proud you are of them, how much you believe in them, and the potential you see in them. No matter how old they are, they will never outgrow the need for encouraging words.
- Reserve at least five minutes for yourself, before your kids get up. It's hard to instill purpose in others if you feel depleted.
- Set the tone for your home. Don't let your kids' emotions steer the ship. Decide how you want mornings to feel and do everything you can to make them feel that way.

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