



WEEK THREE

MATTHEW 6:25-27

Don't Worry

ASK
THIS

How can you find peace
even when life seems hard?



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How can you find peace
even when life seems hard?

DO
THIS



BED TIME

When do you find it difficult to show love to others? The truth is, we don't always have it in ourselves to respond with love. But the awesome thing is that God can give us His love for others! He loved us first, and when we ask, He will give us His love to pass on to others. Any time you're tempted to act in an unloving way this week, ask God for His love to give to others.

REMEMBER THIS

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself."
Galatians 5:22-23a, NIRV

LIFE
APP

LIFE APP—What God is doing in you to
change the world around you

DO
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QUANTITY OF QUALITY TIME

By Stephen Jones

When I was a kid, my grandfather would come to our house for dinner all the time. He used to say coming to our house was better than going to the movies.

I have three siblings, all sisters, so I was the only boy—and the youngest. I'm sure he found the level of mischief that ensued as a result of those dynamics quite entertaining. And although he came to our house, apparently to see a show, I was the one who was mesmerized by him. Kind, caring, and fun are just a few of the adjectives that describe my grandfather. I loved when he came over. And more than anything, his visits taught me the importance of quality time.

Now, we all know that quantity time, the amount of time you spend together, is important. I love when my daughter is reading, and she asks me to sit on the couch next to her. Even though we aren't interacting, it means something to her. The quantity of time we spend with our children provides comfort and communicates importance.

But we often rely on quantity time as a substitute for quality time. It's not quite the same, though. Sitting in the same room with my kids while we are each on our electronic devices may mean we are spending time together, but it's not intentional, undistracted time. And it won't build memories in the same way.

I was just twelve years old when my grandfather passed away. It's been over twenty-five years, but I still remember him coming over for dinner and tickling my feet until I couldn't breathe. I still remember spending the night at his house, watching Tom and Jerry, his favorite cartoon. I still remember going fishing with him, and I still remember the cabinet in his house that always had gum. In the span of my life, I didn't have much quantity time at all with Paw. But I had a whole lot of quality time that produced some pretty amazing memories.

Think about your favorite memories with the special people in your life and you'll realize, too, that it was the amount of quality time you spent together that made the difference. So this week, turn off the TV, put down the phone and spend some quality time with your children.

- Tickle their feet until they can't breathe.
- Make up a dance in the middle of the kitchen.
- Play tag outside.
- You'll be glad you did.
- And there will be a lifetime of memories to show for it.

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