



**WEEK FOUR**  
LUKE 17:11-19

Jesus heals ten lepers and one comes back to say thank you.



**REMEMBER THIS:**

"I will give thanks to the Lord with my whole heart."

PSALM 111:1, ESV



**SAY THIS:**

Who can you thank for everything?  
**I CAN THANK GOD FOR EVERYTHING.**



**DO THIS:**



Add plastic toy food and animals to bath time. As they are floating in the water, tell your child to close their eyes and pick one of the toys. When they open their eyes, ask them to name the toy and then say together, "Thank You, God, for [toy]."

**BASIC TRUTH:**  
GOD MADE ME.



**WEEK FOUR**  
LUKE 17:11-19

Jesus heals ten lepers and one comes back to say thank you.



**REMEMBER THIS:**

"I will give thanks to the Lord with my whole heart."

PSALM 111:1, ESV



**SAY THIS:**

Who can you thank for everything?  
**I CAN THANK GOD FOR EVERYTHING.**



**DO THIS:**



Add plastic toy food and animals to bath time. As they are floating in the water, tell your child to close their eyes and pick one of the toys. When they open their eyes, ask them to name the toy and then say together, "Thank You, God, for [toy]."

**BASIC TRUTH:**  
GOD MADE ME.

MOVING BEYOND THE HOLI-DAZE

By Jim Burns

For many of us, the holiday season is a time that is anticipated with both joy and anxiety. Sure, we love the celebrations, the family traditions, and we cherish the memories of holidays gone by; but along with them, we add the stresses of preparation, expectations, and the fear of letdowns or family squabbles that we have experienced in the past. With this in mind, here are a few tips that can help restore some sanity to your family, and hopefully make for an enjoyable, meaningful holiday season.

1. Set manageable expectations.

Spend some time now setting realistic and manageable expectations for your holiday season. Be realistic and upfront about what your family can do. Make a list of what is possible and prioritize your most important events and activities for you and your family. Then, pace yourself. Organize your time.

2. Acknowledge the past but look toward the future.

Life brings changes. Each season of life is different. Determine to enjoy this holiday season for what it is. Acknowledging the past, whether it was good or bad, is appropriate. But, if you find that this year has been a rough one and you don't anticipate having the best holiday season ever, try not to set yourself up for disappointment by comparing today with the "good old days." Take advantage of the joys the present holiday season has to offer.

3. Develop and encourage a life of gratitude.

Gratitude is an attribute that transcends circumstances. No matter what your circumstances, there is reason to be thankful in them. Your circumstances may never change, but your attitude toward them can change . . . and this can make all the difference. If you want to help your kids develop an attitude of gratitude, get started by having each family member create individual lists of "Twenty Reasons Why I'm Thankful." Share your lists as a family on Thanksgiving or Christmas Day.

4. Do something for someone else.

One of the ways we can demonstrate that we are grateful to God for His many blessings is to help others. Even if this has been a difficult year for you and your family, helping others will help you too, as your focus will move from your own circumstances into serving others. There are always people who can use a helping hand. So, enrich this holiday season for your family by getting involved in serving others.

For more way to move beyond the holi-daze, read the full article on theParentcue.org



For more blog posts and parenting resources, visit: ParentCue.org



PARENT CUE

Download the free Parent Cue App AVAILABLE FOR IOS AND ANDROID DEVICES

MOVING BEYOND THE HOLI-DAZE

By Jim Burns

For many of us, the holiday season is a time that is anticipated with both joy and anxiety. Sure, we love the celebrations, the family traditions, and we cherish the memories of holidays gone by; but along with them, we add the stresses of preparation, expectations, and the fear of letdowns or family squabbles that we have experienced in the past. With this in mind, here are a few tips that can help restore some sanity to your family, and hopefully make for an enjoyable, meaningful holiday season.

1. Set manageable expectations.

Spend some time now setting realistic and manageable expectations for your holiday season. Be realistic and upfront about what your family can do. Make a list of what is possible and prioritize your most important events and activities for you and your family. Then, pace yourself. Organize your time.

2. Acknowledge the past but look toward the future.

Life brings changes. Each season of life is different. Determine to enjoy this holiday season for what it is. Acknowledging the past, whether it was good or bad, is appropriate. But, if you find that this year has been a rough one and you don't anticipate having the best holiday season ever, try not to set yourself up for disappointment by comparing today with the "good old days." Take advantage of the joys the present holiday season has to offer.

3. Develop and encourage a life of gratitude.

Gratitude is an attribute that transcends circumstances. No matter what your circumstances, there is reason to be thankful in them. Your circumstances may never change, but your attitude toward them can change . . . and this can make all the difference. If you want to help your kids develop an attitude of gratitude, get started by having each family member create individual lists of "Twenty Reasons Why I'm Thankful." Share your lists as a family on Thanksgiving or Christmas Day.

4. Do something for someone else.

One of the ways we can demonstrate that we are grateful to God for His many blessings is to help others. Even if this has been a difficult year for you and your family, helping others will help you too, as your focus will move from your own circumstances into serving others. There are always people who can use a helping hand. So, enrich this holiday season for your family by getting involved in serving others.

For more way to move beyond the holi-daze, read the full article on theParentcue.org



For more blog posts and parenting resources, visit: ParentCue.org



PARENT CUE

Download the free Parent Cue App AVAILABLE FOR IOS AND ANDROID DEVICES