



WEEK FOUR

DANIEL IS THROWN INTO A DEN OF LIONS • DANIEL 6

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ASK THIS:

HOW DO YOU HONOR GOD?



DO THIS:



Ask your preteen, "How does it make you feel when you are overlooked? Is there anyone that you are overlooking?"



REMEMBER THIS:

"Love one another deeply. Honor others more than yourselves."
ROMANS 12:10, NIRV

HONOR:

LETTING SOMEONE KNOW YOU SEE HOW VALUABLE THEY REALLY ARE



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MOVING BEYOND THE HOLI-DAZE (PART 1)

By Jim Burns

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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



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