



In the same way,  
let your light shine



before others,

that they may see

your good deeds and

glorify your Father

in heaven.



Matthew 5:16

# GOD'S WORD WEEK 1

**GOD STATEMENT: GOD IS LOVE**  
**SCRIPTURE: LUKE 10:25-37**

**The meaning of the parable Jesus told about the Good Samaritan is simple: "Love your neighbor as yourself."**

Before Jesus told the story of the Samaritan, an expert in the law asked Him, "What must I do to inherit eternal life?" (v. 25). Jesus answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself" (v. 27).

The parable of the Good Samaritan illustrates how we love our neighbors as ourselves. When other people need our help the most, like the man on the road, our love for our neighbor is truly tested. Jesus tells us to be like the Good Samaritan—helping others in times of need—and not like the priest or the Levite who ignored their neighbor. And like the Good Samaritan, we also must not forget about the people we help but continuously pray for and connect with them.

## DISCUSSION

**In what ways has God called you to be a reflection of His love by helping those in need?** If He hasn't, pray that God will open your eyes to opportunities this week.



*by Caleb Shirin, sophomore at College Pathways*

# GOD'S WORD WEEK 2

**GOD STATEMENT:**  
**GOD HELPS UNEXPECTEDLY**  
**SCRIPTURE: LUKE 10:25-37**

**In the parable of the Good Samaritan, a man is beaten to near death on the side of a road.** A priest and a Levite, who are supposed to be the people of God, pass him by. Instead, a Samaritan helps the man, which is completely unexpected. Jesus, a Jew, is telling this story. Jews and Samaritans do not like each other. Both groups believe the other is evil, which is why it's surprising that a Samaritan would help a Jew. Why would the Samaritan help a man he hates?

**It's not expected.** But neither was Jesus. Jesus was the most unexpected Messiah anyone could have ever asked for. The people thought He would come on a horse, that He would take His throne in one fell swoop. The Jews thought He would come and help them by raising them up among the nations, that they would take their rightful place as God's chosen people. But what did He do? He came as a baby in a manger, humbly and subtly. He was unexpected but still helped us.

At the end of the story, the Samaritan brings the Jewish man to a safe place and tells him he'll return to settle the account. Just like Jesus. He promises to come back and pay the price we aren't able to pay.

## DISCUSSION

**In what ways has God surprised you?** What are some ways you can look out for the broken in your family and even outside of it?



*by Ethan Arndt, sophomore at College Pathways*

# GOD'S WORD WEEK 3

**GOD STATEMENT: GOD IS WITH US**  
**SCRIPTURE: LUKE 10:38-42**

**Mary sits at the feet of Jesus, enthralled by every word He speaks.** Jesus looks at her, His beloved friend, and smiles, so full of kindness and joy. Deep peace fills her heart. Her sister, Martha, interrupts. "Jesus, tell Mary to get up and help me!" Mary looks to Jesus. Has she chosen the wrong thing? Jesus smiles again and replies, "Mary has chosen the one thing that is essential for life and it won't be taken from her!" Mary sighs deeply and continues to focus on her Lord, amazed by all God has done and excited about all that is to come.

We too have a choice to sit with Jesus, to be still and listen to His voice, to hear what He values and the words of love He desires to speak over each of us. What does this look like practically, today, you ask? **How do I sit with Jesus, spend time in His presence, and listen to His voice?** God's Word is alive and active for us today! Second Timothy 3:16 tells us, "All Scripture is God-breathed and useful for teaching, rebuking,

correcting and training in righteousness." When we take time to be still and sit with Jesus, we demonstrate our recognition of who Jesus is—Creator, Lord, author, and perfecter of our lives. It also shows our belief that He is trustworthy when we intentionally spend our time listening and responding to His truth and guidance. Finally, as we sit at Jesus' feet and bask in His beauty, we become more like Him.

## DISCUSSION



**Can you remember a time when you stopped and just sat with Jesus?** How can you make sitting at Jesus' feet part of your daily life? How does time with Jesus fill you up so you can overflow in service to others?

*by Lori Welch, Family Care Coordinator*

# GOD'S WORD WEEK 4

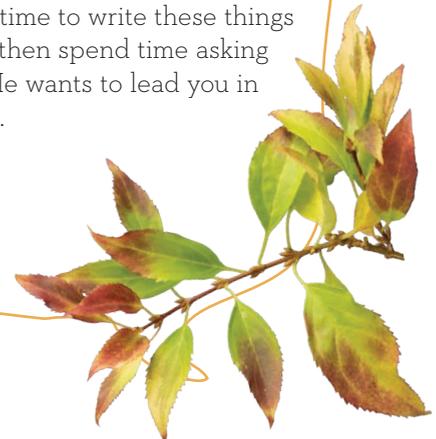
**GOD STATEMENT: GOD IS ENOUGH**  
**SCRIPTURE: LUKE 10:38-42**

**I found myself doing it again.** All day long I'd been stressed and snappy. My mind was racing, my muscles were tight, and my spirit was anxious. My list of things that needed to be accomplished was long, but in my quest to get things done I had not sat with God or entrusted my list to Him. Often, I feel like Martha—with a list of "to-do's" and seemingly no time to sit at the feet of Jesus.

Is it wrong to be like Martha? Martha spent the morning making sure Jesus and the others were comfortable and well-fed. **Her heart was right to serve others. However, Jesus wanted Martha to spend time with Him first.** Jesus wants us to be filled up with His words and His love before we pour out to others. Thankfully, in my stress, God whispers to my heart to slow down and spend time with Him. Proverbs 3:5-6 says, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." When I sit with Jesus and allow Him to direct my steps, He leads me in how to accomplish all I have before me.

## DISCUSSION

**What areas of your life do you need to invite God into?** Where are you carrying burdens not meant for you to carry or racing through your days without God's leading? Take some time to write these things down, and then spend time asking God how He wants to lead you in these areas.



*by Jeni Mason, Family Care Pastor*

# Apple Cinnamon Oat Pancakes

**Fluffy pancakes filled with apples and cinnamon make a delicious fall breakfast.** While these pancakes are best served immediately with the warm, sweet apple topping, they can also be frozen and reheated on a busy morning.

## WHAT YOU'LL NEED

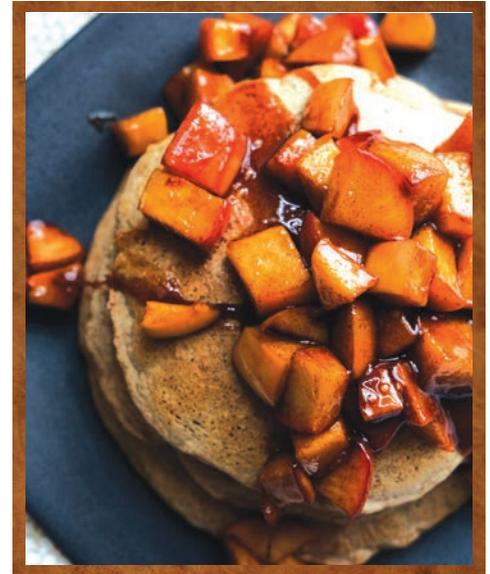
### Pancakes

- 1 cup rolled oats
- ½ cup whole wheat flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 large egg
- 1 ¼ cup seltzer or soda water

- 1 teaspoon vanilla
- 1 small apple, grated (roughly 1 cup)

### Apple Topping

- 1 teaspoon coconut oil
- 1 small apple, diced
- ½ teaspoon ground cinnamon
- 1 tablespoon water
- 1-2 tablespoons maple syrup



## WHAT YOU'LL DO

First, grind oats in food processor or blender until fine. Whisk the oats with the flour, baking powder, baking soda, and spices. Add the egg, vanilla, and soda water and whisk. Grate a small apple and gently fold it into the batter. While you cook the pancakes, make the apple topping. Heat oil in a small saucepan over low heat. Add diced apple, cinnamon, water, and maple syrup. Stir occasionally until soft, about 10 minutes. Pour topping on the finished pancakes. Serve warm.

# Alphabet Snack Mix

**What is better than playing with your food and learning at the same time?** This fun, after-school snack can help older kids with spelling and younger kids with letter recognition. Because it's quick and easy to make, it is worth making large batches. Your kids will love it!

## WHAT YOU'LL NEED

- 1 cup Scrabble Cheez-It crackers
- 1 cup Alpha-Bits cereal
- 1 cup pretzel sticks
- 1 cup peanuts
- 1 cup M&Ms

## WHAT YOU'LL DO

Mix all ingredients together in a large bowl. Serve.



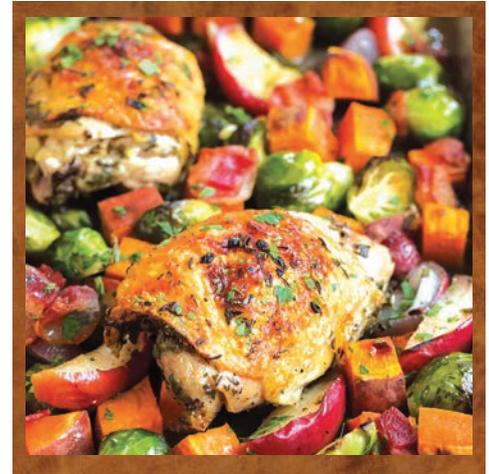
**+  
Try  
making  
this as a  
family!**

# One-Pan Autumn Chicken

**Sweet potatoes, brussels sprouts, and apples are a brilliant fall combination.** This easy, delicious dinner is a healthy option for a busy family. Very little prep time and only one pan means easy clean up! This recipe makes dinner a breeze after those late-night sporting events and band competitions

## WHAT YOU'LL NEED

- 5 (6-7 ounce) bone-in, skin-on chicken thighs
- 4 tablespoons olive oil, divided
- 1 1/2 tablespoons red wine vinegar
- 3 cloves garlic, minced
- 1 tablespoon each of minced thyme, sage, and rosemary
- 1 large sweet potato, unpeeled and chopped into 3/4-inch cubes
- 1 pound brussels sprouts, sliced into halves
- 2 medium Fuji apples, cored and sliced into 3/4-inch thick cubes
- 2 shallot bulbs, peeled and sliced about 1-inch thick
- 4 slices hickory-smoked bacon, chopped into 1-inch pieces
- 2 tablespoons chopped parsley, for garnish



## WHAT YOU'LL DO

Preheat oven to 450° F. Pour 2 tablespoons olive oil, red wine vinegar, garlic, and herbs into a gallon-sized resealable bag. Add chicken, season with salt and pepper, and then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies. Place sweet potato, brussels sprouts, apples, and shallot on an 18- by 13-inch rimmed baking sheet. Drizzle with remaining 2 tablespoons olive oil and toss to evenly coat. Season with salt and pepper to taste. Spread into an even layer. Set chicken thighs over veggie/apple layer. Sprinkle bacon over mixture. Roast in preheated oven until chicken and veggies are golden brown, about 30-35 minutes. Broil last few minutes for a golden-brown crispy skin on chicken. Garnish with parsley. Serve immediately.

# Brown Sugar Peach Cake

**There is nothing like soft, juicy, sweet peaches baked into a dessert that hints at the aroma of fall.** This moist brown sugar cake is a delightful dessert to take to a fall party. The yellow cake mix and canned peaches can be easily stored in the cupboard to whip up this dessert in no time for when an unexpected guest stops by.

## WHAT YOU'LL NEED

### Cake Mix

- 1 (15 ounce) yellow cake mix
- 3 large eggs or the amount specified by your cake mix
- 1/3 cup vegetable oil
- 1/2 cup peach nectar
- 1 pound peeled and chopped peaches (about 3-4, fresh or canned)
- 1 drop orange food coloring (optional)

### Brown Sugar Frosting

- 8 tablespoons unsalted butter, cut in pieces
- 1/2 cup heavy cream
- 1 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 1/2 cups confectioners' sugar, sifted



## WHAT YOU'LL DO

Preheat oven to 350° F. Blend together the cake mix, eggs, oil, nectar, and food coloring, if using, until well combined. Fold in the peaches and turn the batter into a lightly sprayed 9- by 13-inch pan. Bake for about 28 minutes or until done. Check that no batter comes out on a toothpick. Put the butter, cream, and brown sugar in a saucepan and bring to a boil, stirring constantly. Remove from the heat and add the vanilla and the sifted sugar. Whisk until well blended with no little lumps of sugar. Pour the frosting over the cake; work to get it evenly coated on the first try because it will set up quickly. Let the frosting harden at room temperature or in the refrigerator before cutting.

# The Tree of Good Manners

First Corinthians 10:31 says, “So whether you eat or drink or whatever you do, do it all for the glory of God.” Growing up, we were always taught how important manners are. No matter where my family was, my parents always reminded my brothers and me to be kind, treat others how we want to be treated, and show respect to adults. **Looking back I feel so blessed that my parents were teaching us ways to glorify God.** When we show the reputation of Jesus, our behavior begins to affect the way others see Him. Isn't it amazing how His light shines through our actions alone?

When we say, “Thank you,” we are growing a root of gratitude.

When we host dinner for loved ones, we are growing a root of hospitality.

When we say, “Please,” we are growing a root of respect.

Take some time this month to work on manners and explore what each manner can do in your children's lives.



## PRAYER

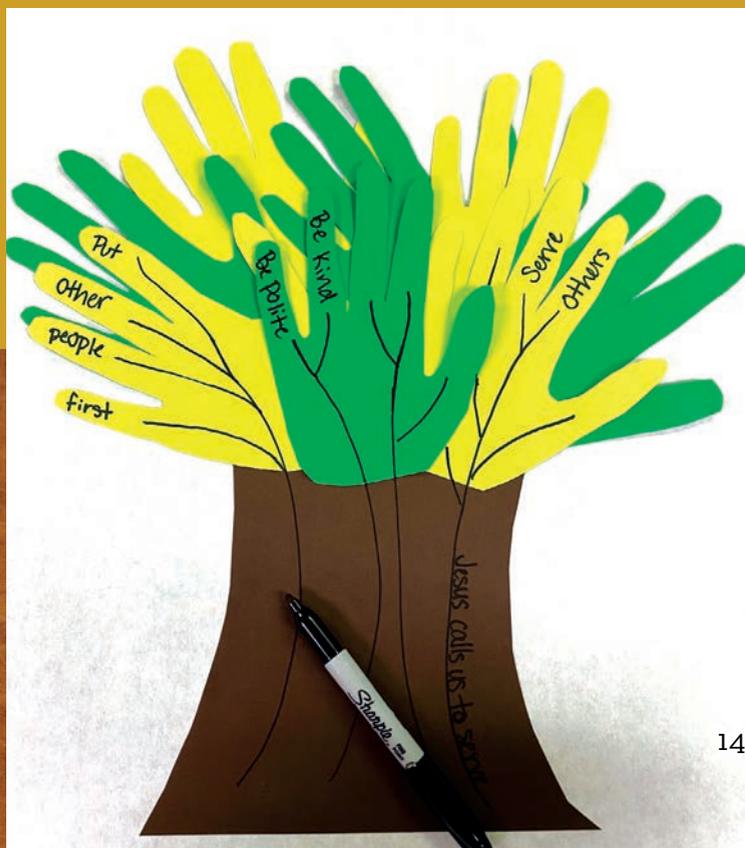
**Lord, help us with our manners.** Help us grow good roots through everything we do. We love You, and we seek to glorify You always. Thank You.

## WHAT YOU'LL NEED

- glue stick
- scissors
- colored paper
- markers

## WHAT YOU'LL DO

1. Cut a tree trunk from a brown piece of paper and glue it to a piece of construction paper.
2. Have each family member trace his or her hand on a colored sheet of paper.
3. Cut out the paper hand shapes and glue them above the tree trunk.
4. On the fingers of each hand, write a good manner we all should practice in daily life.
5. Going down from each hand, draw a root or vein into the trunk and write what biblical principle each manner is based on.



## GAME TIME

### WHAT YOU'LL NEED

- 3 or more family members

### BEFORE YOU START

**An old-fashioned game of “Mother, May I” can be used to teach manners to your kids.** This game works great with mixed age groups and can help you get some extra manners practice in before a family dinner. No matter the age, a little refresher on asking permission can't hurt!

### HOW TO PLAY

Line up the players shoulder to shoulder about a foot apart. The player who is “Mother” stands in front of the other players. Mother will then call on a child by name and give her instructions so she can move forward. For instance, “Emma, take two giant steps forward.” The child who is called on must then say, “Mother, may I?” Mother then responds with either “Yes,” and the child takes the steps forward, or “No,” and the child doesn't move. If a child makes a move and forgets to ask, “Mother, may I?” then she must go back to the starting line. If another child takes the steps out of turn, he must also go back to the starting line. The first child to reach Mother wins.

**The real fun of “Mother, May I” is when kids add twists and even their own rules.** For instance, instead of simple steps, Mother can ask that children waddle, bunny hop, jump, or scoot. And all the steps don't have to go forward—they can be backward too, which can help the game last longer.

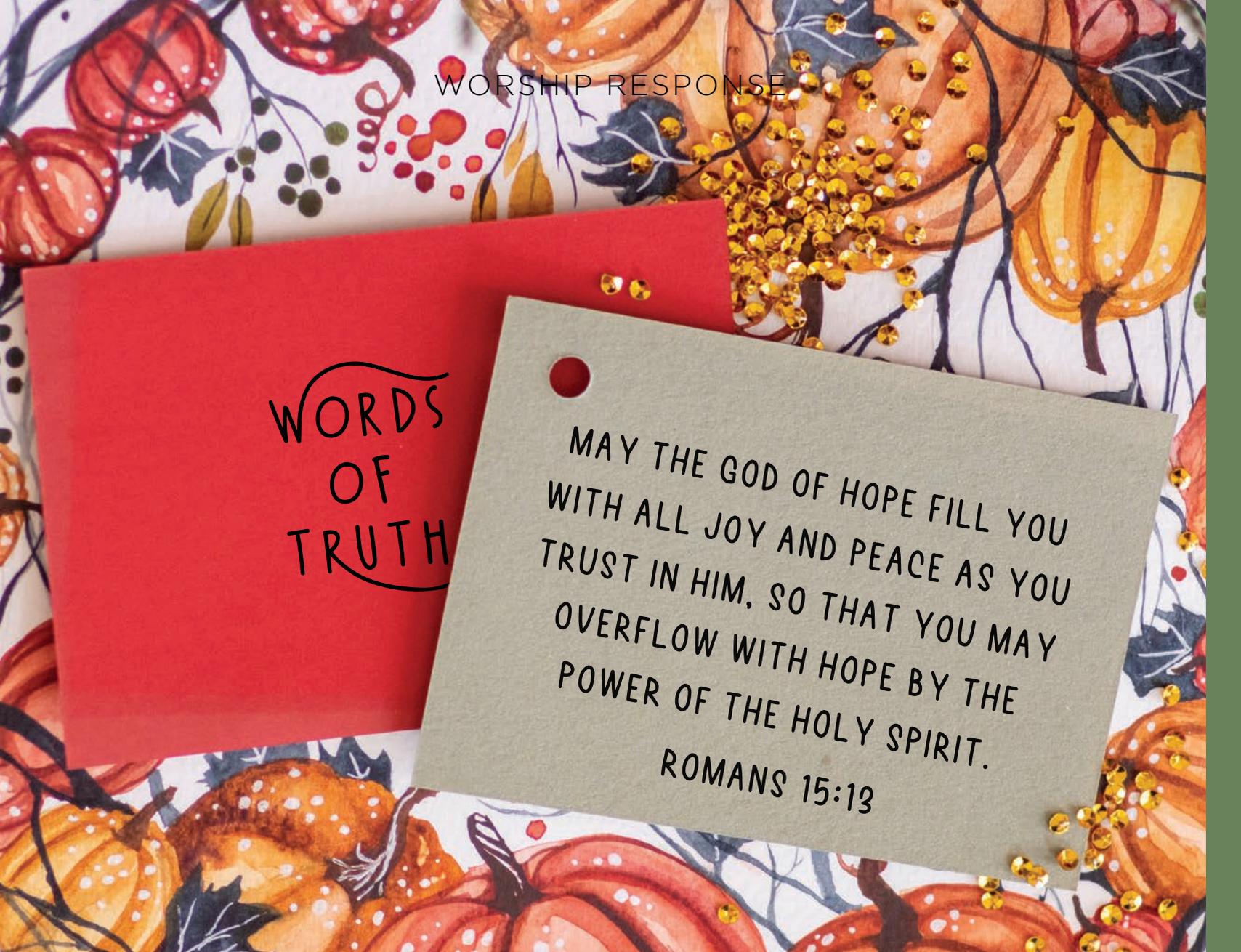
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*by Holly Newman, Pastor of Parents and Families*



# The Manners Version — of —

# “Mother, May I”



WORDS  
OF  
TRUTH

MAY THE GOD OF HOPE FILL YOU  
WITH ALL JOY AND PEACE AS YOU  
TRUST IN HIM, SO THAT YOU MAY  
OVERFLOW WITH HOPE BY THE  
POWER OF THE HOLY SPIRIT.  
ROMANS 15:13

# Scripture Cards

**Serving is a great way to show others the love of Jesus.** However, if we do not spend time at Jesus' feet, allowing Him to fill our hearts and minds, then we risk serving out of our own strength rather than as a response to a God who fills us up and gives us the strength we need. We must allow time in our schedules to sit at the feet of the One who empowers us to do all things.

This month, as a way of responding in worship to God, who has perfectly modeled what serving others looks like, take some time as a family to be still in His presence. **Turn on some worship music and listen for His voice. Read Scripture over one another:** Psalm 23, Ephesians 3:16-19; Romans 15:13; John 4:14. Pray for one another and ask the Lord to fill you up with His power so you can serve those He puts in your path. Then, as a family, make a list of encouraging Scriptures. The Scriptures can be relevant to a certain topic or just Scriptures to confess. Write out your chosen passages on index cards and punch a hole in the top left-hand corner of each card. Run a loose-leaf ring through the cards to connect them. Make one stack of cards for your family and one to give to another family. Read through these cards each day as a reminder of God's love for you and as a reminder to pray these Scriptures over others.

# Revealing the Love of Christ

Read  
Matthew 5:16.

**Jesus is the King. But instead of coming to earth and demanding the right to be served Himself, He chose to serve those around Him.** In doing so, He displayed the Father's incredible love for them. He also showed us how to demonstrate God's love for others simply by respecting them and using our manners.

Using our manners doesn't only mean saying "Please" and "Thank you," although those are very good things to do. **But using our manners also refers to the way we behave, which can include our body language and our attitudes.**

When we choose to serve others with a joyful heart and a positive attitude, we model Jesus' kindness. Sometimes we may not feel like being kind or having a good attitude when we serve. But when we decide to respond to others in love, no matter what we're feeling, we're using our manners to display God's great love for them.

**While you serve, think about how you can practice your manners. Ask yourself these questions:**

- How can I put others before myself?
- Am I using my words to build them up?
- What kind of attitude do I have as I'm serving?

Work together as a family and use your manners through your body language, words, and attitude.

Let's worship at the feet of Jesus by serving those He loves.

by Annie Cribbs, Family Care Administrative Assistant

## ACTION

September 12 is Grandparents Day. As a family, ask a grandparent or an elderly person in your neighborhood how you can serve him or her. You may even go to an assisted living center to be the hands and feet of Jesus. Serving could mean spending time with the person, making a phone call, sending a letter, mowing the lawn, walking the dog, etc. There are endless ways to serve others!



**+  
Try picking  
a bouquet  
for an  
elderly  
neighbor**

## BLESSING

# Bless with Your Words



A BLESSING CAN BE A PRAYER OF COMMISSION, A BIBLE PASSAGE, OR WORDS OF ENCOURAGEMENT. BLESSINGS CAN BE SPOKEN OVER A CHILD FOR THE PURPOSE OF DECLARING GOD'S PROTECTION, JOY, AND WISDOM OVER HIM.

### WEEK 1 SCRIPTURE: 1 John 4:7-21

**(Child's name), may you know that you serve a God who is love.** Out of His abundant love, He has put people in your life to show you acts of His perfect love. May you too show God's love to others as you live to honor and glorify Him.

### WEEK 2 SCRIPTURE: Psalm 72:18-19; 1 Thessalonians 3:12; Luke 6:27-28; John 13:34

**(Child's name), may God's unexpected blessings fill you with wonder and cause you to worship.** May God's extravagant love toward you overflow to others—even to your enemies. May you love and serve others as Jesus Christ has loved you.

### WEEK 3 SCRIPTURE: 1 John 3:16; Matthew 28:20; John 14:26; Matthew 5:1

**(Child's name), may you know that God loves you and is always with you.** May you choose to take time every day to sit at the feet of Jesus and listen to His voice. May the Holy Spirit teach you all things and remind you of everything that Jesus says to you. And may you shine the light of Jesus to be a blessing to others.

### WEEK 4 SCRIPTURE: Psalm 46:1-3; 1 Corinthians 10:13

**(Child's name), may you know that you serve a God who is bigger than anything you face.** From your chore list to your busy schedule, God is with you always. He wants to walk with you through your whole life—best times and worst times. May you remember that you can trust God in all things.

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*by Mary Windebank, Director of North Elementary and Jill Nardini, North Elementary Teacher*

# Journal

remember and celebrate

prayer

thankfulness and praise