



EVANGEL KIDS VOLUME 1

IT'S FALL, Y'ALL

Family First | September - November

Learning to Exhale

BY LISA MITCHELL

This week I sat at my kitchen table and had a good cry; it felt like the weight of life and all the roles I play had suddenly become too heavy to bear. Have you been there? I often get myself to this place, running far too fast for far too long only to find that I have been forgetting to breathe!

This season for many of us has been one of holding our breath and waiting... waiting for this virus to go away, for "normal" to come back, for the relationships we had built our lives around - grandparents, coaches, friends.

As I've been praying and pleading with God about how to move forward, I felt Him speaking, "lead from an exhale." Leading from an exhale means acknowledging that we are incapable of the standards that we place on ourselves, the checklists society asks us to live up to, and yes, even the good intentions of churches asking for one more thing. Leading from an exhale, in a word, is grace. Grace to skip a week, grace to let it go, grace to choose the worthwhile over the to-dos.

So this, my friends, is your buffet of grace! (It's also my buffet of grace!) It's putting the tools in your hand so that you can choose how you're going to strategically invest in the spiritual lives of your families, you can use what you want and, without any guilt, ignore what you don't! This is a call to friendship and real over filters and highlight reels. It's a chance to laugh and choose life over to-dos. It's a sacred calling to invite Jesus into the race, allowing Him to slow the pace and teach us to breathe again. Inhale... exhale... grace.

This issue:

Learning to Exhale
PAGE 01

September Content
PAGE 02

October Content
PAGE 03

November Content
PAGE 04

Announcements, Events,
and Updates
PAGE 05

Week of Sept. 6

READ: GENESIS 2:7-22

God didn't wipe his hands of us; He promised a Redeemer. Look for opportunities this week to talk about what redemption is and how Jesus is our Redeemer.

FOR THE FUN OF IT

See how many words you can come up with that rhyme with fall. You could work as a team or make it a competition!

Week of Sept. 13

READ: GENESIS 12:1-8

God is worthy of all worship! Look for opportunities this week to talk about ways we can worship and how worship fits into your every day.

FOR THE FUN OF IT

In conversation, ask your family what toppings you would use to make the best s'mores ever. Then sneak out and pick them up for a fun treat!

Week of Sept. 20

READ: EXODUS 3:1-22

God had a mission for Moses. When Moses obeyed God, He made Him Lord of His life. Look for opportunities this week to talk about how we can choose God as Lord of our lives.

FOR THE FUN OF IT

It's selfie time! Take a picture of your family trying our Nailed It Challenge (to the right) and tag us on Instagram! @evangel_kids

Week of Sept. 27

READ: EXODUS 5-11... OR SUMMARIZE IT!

The plagues showcased God's power over all the fake gods of Egypt. Look for opportunities this week to talk about how God is the one true God.

FOR THE FUN OF IT

How many items can you find in your house that start with the letter "F"? Set a timer for 2 minutes and work in teams or as individuals.

The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and His understanding no one can fathom.

ISAIAH 40:28

CAN YOU NAIL IT?

We want to see your best leaf cookies.

Submit your pictures to lisa@evangelpc.com by Sept. 25 to be featured on our social media contest. The winner gets a prize!





Week of Oct. 4

READ: EXODUS 12:1-29

The miracles in this narrative paved the way for a new life for the nation of Israel: from slavery to freedom. Look for opportunities this week to talk about how Jesus invites us into a new life.

FOR THE FUN OF IT

Ask everyone in your house, "What's your favourite part of fall?"

Week of Oct. 11

READ: PSALM 18:1-3

This Psalm worships God for being our Deliverer. Look for opportunities this week to talk about God as Deliverer and worship Him like the Psalmist.

FOR THE FUN OF IT

Why not play a twist on sharing what you are thankful for by going through the alphabet. You could do this individually, one at a time, or as a team.

Week of Oct. 18

READ: EXODUS 16

God provided for His people as they traveled. Look for opportunities this week to recognize God as our Provider.

FOR THE FUN OF IT

What is the strangest thing currently in your bedroom? Each person has 2 minutes to find it, then vote on the strangest item.

Week of Oct. 25

READ: NUMBERS 9:15-23

God was with His people both guiding them and protecting them in the cloud and fire. Look for opportunities this week to talk about how God guides and protects your family in their day to day lives.

FOR THE FUN OF IT

Come up with a song, rap, or poem about fall. You MUST use the words: fall, orange, and pumpkin in your creation.

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.

PROVERBS 3:5-6

CAN YOU NAIL IT?

We want to see your fanciest pumpkin pie design! Submit your pictures to lisa@evangelpc.com by Oct. 23 to be featured on our social media contest. The winner gets a prize!



Week of Nov. 1

READ: EXODUS 20:1-17

God wants the best for His people. Giving them the Ten Commandments gave them the foundation for healthy and peaceful relationships with each other and God. Look for opportunities this week to talk about relationships.

FOR THE FUN OF IT

Go for a drive and look at the fall leaves.

Week of Nov. 8

READ: EXODUS 40

God wants to be with us, an active part of our daily lives. Look for opportunities to share this week about what that looks like for you.

FOR THE FUN OF IT

As a family, rake up the leaves... then jump in the piles!

Week of Nov. 15

READ: JOSHUA 1:1-18

God is faithful! He never fails! Look for opportunities to share this truth with your kids this week.

FOR THE FUN OF IT

Who can you encourage this week? As a family, write a note and send it old school!

Week of Nov. 22

READ: 1 SAMUEL 1:9-20

God speaks to us! This week, take some intentional time to listen for God.

FOR THE FUN OF IT

Make some memory verse art and send us the picture!

Week of Nov. 29

READ: 1 PETER 1:18-21

Jesus is the Redeemer the Israelites were waiting for. Let's celebrate Jesus as Redeemer this week.

FOR THE FUN OF IT

Have everyone pick a Christmas movie to watch before Dec. 24.

**With a mighty hand
and outstretched arm;
His love endures
forever.**

PSALM 136:12

CAN YOU NAIL IT?

We want to see your extreme chocolate cake skills!

Submit your pictures to lisa@evangelpc.com by Nov. 27 to be featured on our social media contest. The winner gets a prize!





THIS FALL:

DON'T WATCH ALONE

Who will you invite to church... in your home?

What to Watch For:

- FAMILIES IN FOCUS
 - (IF YOU WANT TO BE FEATURED, EMAIL PASTOR LISA)
- DON'T WATCH ALONE RECIPES
- COMMUNITY GROUP SIGN-UPS
- PARENTING CHALLENGES
 - SEPT | IDENTITY
 - OCT | FAITH COMMUNITY
 - NOV | OUT OF THE COMFORT ZONE
- ANNOUNCEMENTS REGARDING NOV & DEC GATHERINGS

Don't Miss It:

Sunday AM Gathering
SEPT 13 | 9 & 11 AM

Children's Church:
You Made All Things Good!
SEPT 13 | 9 & 11 AM

Sunday PM Gathering
SEPT 27 | 6:30 PM

PRETEEN PARTY!
SEPT 30 | 6:30 PM

Sunday AM Gathering
OCT 11 | 9 & 11 AM

Children's Church:
Loads of Thanks!
OCT 11 | 9 & 11 AM

Sunday PM Gathering
OCT 25 | 6:30 PM

PRETEEN PARTY!
OCT 28 | 6:30 PM