



WEEK TWO

2 KINGS 5:1-14

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even though it's hard,  
and God heals him.

SAY  
THIS

WHOSE WAY IS PERFECT?  
GOD'S WAY IS PERFECT.



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DO  
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DRIVE TIME

As you drive, ask your child to guess which way you will go by pointing in that direction. When you get where you are going, say, "Good job guessing! When we go God's way we don't have to guess if it's right because God's way is perfect!"

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REMEMBER THIS

"God's way is perfect."  
2 Samuel 22:31, NIV

BASIC  
TRUTH

GOD LOVES ME.

REMEMBER THIS

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## MAKING THE MOST OF MEAL TIME

By Sarah Anderson

*We talk a lot about making the most of your family rhythm. One of the times you can leverage in your daily rhythm is mealtime. Read about other times you can leverage on [theparentcue.org](http://theparentcue.org)*

During the younger years, meal time is a circus. As kids get older, it becomes a scheduling feat to get everyone around the table. With little to no effort, meal time can lose any potency it has fairly easily. And that means we have to fight for it. So how do we make meal time matter?

To start, get around the table. Turn off the TV. Leave your phones on the counter. And start talking. The goal of this time to establish your family values. Begin by deciding (with your spouse, if you're married) three values you want to focus on that represent your family. Maybe your kids developing a faith of their own is a given, so think of three other character-based things to complement their faith. Do you want to be a family that celebrates respect? Honesty? Fun? Connection? Communication? Sports? Intelligence? Picking your top three doesn't mean you don't see the importance of other values. It just means you are going to

work to elevate these three things. Then, use your time at the table to celebrate these things.

For example, let's say you decided seeking wisdom was something your family was going to hold in high esteem. Instead of just telling your kids how important it is to grow in wisdom, try sharing some stories of your own. Telling stories of what you've learned (as a kid or even now) gives your kids insight into who you are, not just as a parent, but as a person, and it gives them clues into why your family values what it does.

Ultimately, meal time is a win when it's used to center your family. It can help you regroup, regather, and remind you of your connection with each other and the things that make your family unique. As chaotic as things can sometimes feel, as maddening as your family can sometimes be, you are in it together. So make the time you have together strengthen your family, and become closer and more resilient than ever before.

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