



AUG 23, 2020



GRACE YOUTH



BACK TO SCHOOL

We will meet on Zoom again this week. I will send the link out via flocknote in the *afternoon*. MS/HS will start at 7:00 still and will run till 8:00. HS is welcome to hang out afterwards for more discussion/hang out time.



Pasta Takes a Dark Turn

What it is: Statements like “I had pasta tonight” and “I finished my shampoo and conditioner at the same time” have become coded language on TikTok that mean the poster is depressed and may be thinking of self-harm.

Why there's light, even in the darkness: For the most part, TikTok captions have never been written with adult viewers in mind, but for the app's mostly teen audience. These cries for help are frightening, especially when you consider how easily they might fly under a parent's radar. But at least these teens *are* asking for help. Posts captioned “I had pasta tonight” are typically love-bombed by friends, acquaintances, and even strangers leaving words of encouragement, resource links, and “reasons to stay.” If you'd like help on how to address mental health issues with your teens, check out this [Parent's Guide to Suicide & Self-Harm Prevention](#) made by Axis.



A 4-WEEK SERIES FROM **ROMANS** ON **SPIRITUAL HABITS**

SERIES OVERVIEW:

If your faith were a muscle, how flexible would it be? Could it stretch to your knees? Your shins? Your toes? Or are you not sure you even have any faith to stretch in the first place? Just like your body, if you want a faith that is strong, growing, and capable of carrying you through difficult challenges, you're going to need to stretch it. It might be fun. It might be challenging. But it will definitely be worthwhile. In this series, we'll discover four ways we can stretch our faith from Paul, the author of the book of Romans and a man whose life was completely transformed by Jesus. Thanks to Paul's words, we know we can stretch our faith by making a commitment, by starting something new, and by letting something go. We can even stretch our faith when we feel like we've failed.

HEALTHY HABITS

Do you ever worry that your teenager is too unorganized or undisciplined, or that they have more bad habits than good? It's important to help our kids develop discipline, but keep this in mind — because of the way a teenager's brain is developing, it's not easy to break a bad habit (or start a good habit) at this age! Be patient and encouraging. (But don't be afraid to enlist the help of a professional



HEALTHY HABITS

counselor or therapist if their habits are really concerning you.)

Check out this short video for some tips on how to parent well when your student is struggling to develop the habits you want him or her to start developing.

https://www.gracecommunitychurch.net/wp-content/uploads/2020/08/ParentTip2_V4_GrowStudents.mp4





GRACEKIDS



Sunday Series:

Don't miss this weeks Flash Forward lesson. Elementary aged kids will watch "Dispatch Hope" hosted by Xylo and Nova! Together they will play fun games, worship, and help kids who feel like they are in a hopeless situation find truth in God's Word, the Bible! Email me if you are not on our private fb group: mj@gracecommunitychurch.net

Memory Work:

We are memorizing Romans 12:12 for this series. Print out the memory verse page below (one for Elementary and a different one for preschool) and hang it somewhere you'll see it and say it every day. Try the bathroom mirror and encourage your child to say it and think about the words as they brush their teeth!



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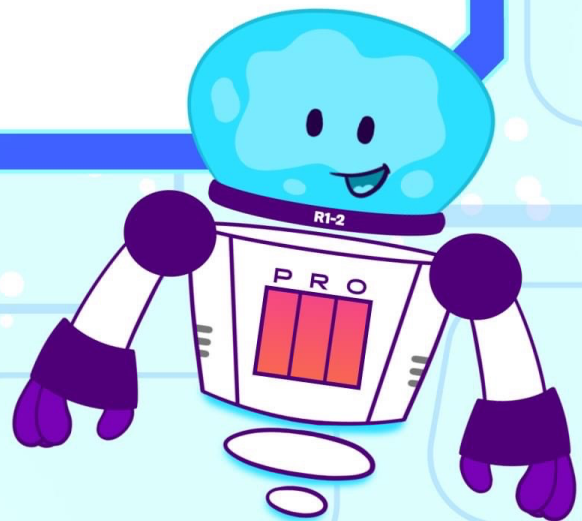
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**FLASH
FORWARD**

PRESCHOOL
MEMORY VERSE

**"Be happy because
of the hope you have."**

ROMANS 12:12A [ERV]



FLASH
FORWARD

ELEMENTARY
MEMORY VERSE

"Be happy because
of the hope you
have. Be patient
when you have
troubles. Pray
all the time."

ROMANS 12:12 (ERV)



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