



Develop Christ-Centered Self-Esteem

Many parents and programs focus on boosting children's self-esteem, or helping them feel good about themselves. Children with high self-esteem work happily alone, are responsible, tolerate frustration, accept new challenges, and display a range of emotions. Children with low self-esteem make self-demeaning comments, feel insecure about others' opinions of themselves, blame others for personal weaknesses, are easily influenced by others, and avoid situations that produce anxiety. So high self-esteem is a positive thing.

One problem with the world's view of self-esteem, though, is that beliefs based on other people's praise may vary from day to day. Yet God's views remain constant. So for children to have a Christian self-concept, they must see themselves from God's viewpoint: as unconditionally loved and accepted. Here are ideas for rooting worth not in kids' looks or performance but in their relationship with God:

Let children know that God loves and values them. Remind kids that God loved them enough to pay the highest price for them—his Son's life. Say things such as, "You're special to God."

Celebrate each child's God-given strengths. When children display their talents, point them to the giver. Say things such as, "I thank God for giving you a beautiful voice."

Teach children to accept failure. When problems arise, don't jump in and save the day. Instead, pray together for guidance. Also, remind children that God loves them even when things don't turn out as they had hoped or planned.



Self-Esteem Insights

People's feelings about themselves develop at young ages and have serious consequences, as various studies show:

- 42% of first- through third-graders want to be thinner.
- 80% of 10-year-olds are afraid of being fat.
- Girls' self-esteem peaks around age 9 and then nosedives.
- Aggressive boys tend to have a vulnerable, fragile self-esteem.
- Children with low self-esteem are more likely to be bullied, use alcohol and drugs at young ages, and even experiment with sex earlier than their peers.

PowerSource



Ask God:

1. To assure your children of his love and care for them.
2. To help your children base their worth on God's view of them and not the world's.
3. To help your children know that their gifts and talents come from God.

Parenting Insights

Self-esteem takes a hit during early adolescence. But you can help meet preteens' unique needs.

1. **Preteens aren't at home in their bodies.** Rapid growth can cause clumsiness. Promote teamwork and acceptance, not competition. Allow down-time for bodies that tire easily.
2. **Preteens want to be treated as young adults.** Seek kids' opinions and surround them with adults who can help them navigate any rejection from peers.
3. **Preteens are socially conscious.** Ban all putdowns, and model this behavior, too.
4. **Preteens need to be loved unconditionally and forgiven frequently.** Be quick to express forgiveness and to ask for forgiveness yourself.

OpenTheBook

"Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us."

Romans 12:3

We have value because God made us and loves us. Through faith in him, we're his sons and daughters, honored children of the heavenly king.

Teachable Moments

1. Compliment Class—

Genuine compliments are priceless and contagious, but they can feel awkward. During daily interactions, help your children learn to comfortably give and receive compliments.

2. The Last Shall Be First—

Serving gives children an indestructible, independently rechargeable self-worth mega-boost. Create opportunities for kids to share their God-given talents with someone in need. For example, they can read aloud, sing, or play music at a nursing home.



3. Positioned for Success—

Create tasks for kids that are achievable yet challenging. If your child is shy, for example, help him or her take some brownies to a new neighbor. Then gradually encourage your children to try increasingly difficult tasks.



"So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. Teach them to your children. Talk about them when you are at home and when you are ON THE ROAD, when you are going to bed and when you are getting up." Deuteronomy 11:18-19, NLT.

Your children's perceptions of themselves may seem to change from day to day or even hour to hour. Use these questions to start a conversation about self-concept and self-worth.

1. What are your favorite things about yourself, and what are you most proud of? Why do you think God gave you those things?
2. If you could change one thing about yourself, what would it be, and why? How would you explain that change to God?
3. What makes you valuable and special? How does God view you?
4. How can you have positive self-esteem without being stuck up?

Family Experience: You're Important to God

When we remember to place God first, our self-worth becomes empowered and eternal. Use these fun experiences from *IT: Innovative Tools for Children's Ministry (Group)* to help family members understand that they must rely on God.

- **Crowned With Glory**—Gather a Bible, garland, and Mylar streamers. At dusk, go outside and ask: "When you look at the world around you, what reminds you of God's greatness?" Read aloud Psalm 8:3-5. Ask: "Why do you think people are important to God? How has God shown you that you're important to him?"

Say: "Our value comes from God. Psalm 8:5 lets us know how much God values us." Repeat the verse together. Say: "God must think pretty highly of us to treat us this way." Make shiny crowns. Then say each person's name, followed by "...is important to God."



- **Marble Roll**—Gather marbles, water, and flour. Form pairs and give each pair a marble. Have pairs dip their marbles in water and roll them back and forth. Ask: "What was it like to roll and catch the wet marble?" Then have pairs dip their marbles in flour and try rolling them back and forth. Make sure there's enough flour to cause resistance. Ask: "What happened when you changed one thing with your marble? How does the way you feel about yourself change as you grow up?" Have an age-appropriate discussion about good and bad changes that affect self-esteem. Say: "No matter what you do that changes your self-esteem, always remember that your value comes from God."



What's Playing at the Movies

Movie: *The Secrets of Jonathan Sperry*
(Sept. 18)

Genre: Christian drama

Rating: PG (for mild thematic elements)

Cast: Gavin MacLeod, Jansen Panettiere, Robert Guillaume

Synopsis: This coming-of-age tale takes place in a quaint town in the early 1970s. Three inseparable 12-year-old friends face challenges, including a town bully. Their lives change when they meet Jonathan Sperry, age 75, an encouraging mentor. The film contains a clear Christian message, emphasizing how the Bible contains answers for everyone's lives.

Discussion Questions: Talk about someone, besides your family, who's made a lasting difference in your life. What do you think you'll remember most from your childhood, and why? Read 2 Timothy 3:14-17. How is the Bible relevant to the stuff you're facing now?



What Music Is Releasing

Artist: Selena Gomez

Album: *Kiss and Tell*

Artist Info: Gomez, now 17, has been an actress since appearing on *Barney and Friends* at age 7. After being discovered by the Disney Channel, she appeared in two Disney shows. Now she has a lead role in *Wizards of Waverly Place*.

Summary: On her "pop-rock-techno-inspired" debut album, Gomez aims to create "fun" music that parents and kids can enjoy together. Some of the deeper lyrics address how plastic Hollywood can be. Gomez says she tries to "live day by day" and not focus on media scrutiny or rumors.

Discussion Questions: What entertainment does our family enjoy together? What does it feel like to be under lots of scrutiny? Read Ecclesiastes 3:1. What helps you take life one day at a time?



What Games Are Out

Title	Content	Rating & Platform
<i>Gardening Mama</i>	Players grow and harvest various flowers, fruits, and veggies by using the stylus as a gardening tool.	Wii; E
<i>Go Play Lumberjacks</i>	Players use the Wii Remote to saw trees, split logs, and compete in events such as the Pole Climb and Log Roll.	Nintendo DS; E
<i>TMNT: Turtles in Time Re-shelled</i>	The Teenage Mutant Ninja Turtles return in this downloadable 3D remake. Contain lots of beat-'em-up cartoon violence.	X-box Live; T

GAME RATINGS KEY: EC=Early Childhood, E=Everyone (ages 6+), E10+ (ages 10+), T=Teen (ages 13+)



Culture & Trends

What's happening right now that may affect your children and family:

- More than 1,200 teachers have petitioned educational book publisher Scholastic to stop selling toys to kids. Last year, about one-third of the items in Scholastic's catalogs weren't books. (usatoday.com)
- Due to budget cutbacks, more parents are now chipping in money toward classroom essentials, including teachers. PTA groups are raising funds to keep school programs and staff that would be cut otherwise. (msnbc.com)

Quick Stats

- Children eat an average of 228 more calories during meals when the television is on. (University of Toronto)
- About 10% of public elementary schools require students to wear uniforms. (publicschoolreview.com)



September 2009

		1	2	3	4	5
			KM2 5:00-5:45 pm Portable #2 MPKids Training 6:00-7:30 pm Portable#3 Zone 56 6:30 – 8:00 pm Portable #6			
6	7	8	9	10	11	12
SS 10:00 am			KM2 5:00-5:45 pm Portable #2 Zone 56 6:30 – 8:00 pm Portable #6			
13	14	15	16	17	18	19
SS 10:00 am CC 8:30 & 11:15 4 th Grade Bible Class 4:00-5:00 pm Portable #6			KM2 5:00-5:45 pm Portable #2 Zone 56 6:30 – 8:00 pm Portable #6		Bible Retreat for 3 rd -5 th graders at Bridgeport Camp	Bible Retreat for 3 rd -5 th graders at Bridgeport Camp
20	21	22	23	24	25	26
SS 10:00 am CC 8:30 & 11:15 4 th Grade Bible Class 4:00-5:00 pm Portable #6			KM2 5:00-5:45 pm Portable #2 Zone 56 6:30 – 8:00 pm Portable #6			
27	28	29	30			
SS 10:00 am CC 8:30 & 11:15 4 th Grade Bible Class 4:00-5:00 pm Portable #6			KM2 5:00-5:45 pm Portable #2 Zone 56 6:30 – 8:00 pm Portable #6			

SS= Sunday School

CC= Children's Church: Children's Ministry after the children's sermon for children 4 years to 2nd grade

KM2: Music ministry for 1st thru 4th graders

Zone 56: Ministry for 5th and 6th graders

UPCOMING EVENTS AT AUMC

September 2, 2009 6:00-7:30 pm MPKids Training in Portable #3

September 10, 2009 Bible Retreat Registration Deadline

September 18-19, 2009 Bible Retreat for 3rd-5th graders at Bridgeport Camp

September 13, 2009 – November 8, 2009 Sundays 4:00-5:00 pm 4th Grade Bible Class in Zone 56 Portable #6

November 14, 2009 Pure in Heart Conference

November 22, 2009 Children's Ministries Auction 2009

December 13, 2009 at all 3 services Watoto Children's Choir

Liz Edwards, Director of Children's Ministry
 308 Denton Street, Argyle, Texas 76226
 940-464-1333 liz@argyleumc.org

Bible Retreat 2009

For Third, Fourth & Fifth Grades
Living the Bible as United Methodists



**Friday, September 18th at 6:30 pm thru
Saturday, September 19th at 4:30 pm**

All 3rd, 4th, & 5th graders are invited to our third annual Bible Retreat at Bridgeport Camp. With all sorts of games, music, low ropes course, Frisbee golf, and other outdoor activities, this is a fun way to learn more about the Bible in a beautiful camp setting. Registration is available online at <http://2010bible retreat.eventbrite.com>. Cost is \$55. **Registration deadline is September 10th.** We need parents to come with us also! Contact Liz for more details.

CHILDREN'S CHURCH SEPTEMBER SCHEDULE

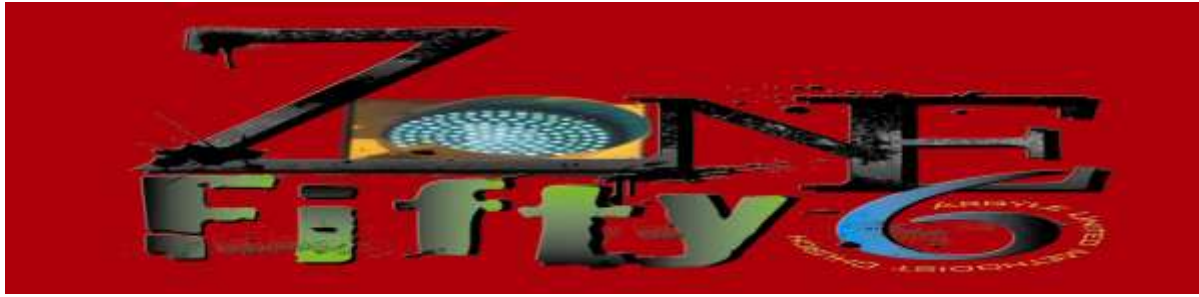
Date	8:30 Service CC	11:15 Service CC	11:15 Service CC
September 6	COMMUNION		
September 13	Tana & Rick Smith 940-382-9148	Stacey & Jay Wilson 940-464-7163	Cassandra & Scott Krumme 940-380-8264
September 20	Elaine White 940-728-2278	Jennifer & David Bullock 214-513-8313	Michele & Bryan Langley 940-725-0128
September 27	Jill & Haden Etheridge 940-728-1155	Holly Carl 817-903-9512	Carmen & Jamie Goodson 940-725-0800



As much as we would like to think otherwise, our children are continually receiving mixed messages of what is culturally appropriate behavior. As parents, it is our responsibility to help our children to understand what GOD says is appropriate behavior. To assist parents in this important task, Compass Christian Church in Colleyville is hosting a Pure in Heart Conference **Saturday, November 14th**. The Pure in Heart Conference is for girls ages 7-12 and their mothers, grandmothers, or female mentors. This is not a sex education class, but a time of worship and reaffirmation of what it means to be a beloved child of God. Early registration prices (by **October 23**) are \$35 for adult women and \$20 for girls. Lunch and conference materials are provided. Early registration is strongly encouraged as space is limited. For more information and to register online: www.reviveourhearts.com



We have an exciting new ministry starting for kids in grades 1-4 who would like to make a difference in the world. Our first meeting and agent training is September 2nd, 6-7:30 pm in Portable #3, aka Mission Headquarters. Parents are asked to stay for this meeting also. MPK will meet the first Wednesday of the month. For more information contact Beth Ward at 940-725-0291 or cbem@verizon.net



This ministry for 5th & 6th graders includes Sunday school and weekday praise, missions, Bible study, snack supper, & fun. We meet Sunday mornings at 10 am & Wednesday evenings from 6:30-8pm in portable # 6. If you have a 5th or 6th grader be sure they come get in the ZONE! Parents, please contact Liz Edwards to sign up as a Zone 56 helper. 940-464-1333 or liz@argyleumc.org

ZONE 56 FALL/WINTER SCHEDULE 2009						
Date	Event	Lead	Helpers		Snack Supper	
9/2	WOW night	Kelli Stoops	Brenda Hagler		Stephanie McClure	Brenda Mooney
9/9	Missions-Off site Hilltop Elem.	Elaine White	Lisa Lyles			
9/16	GOD night	Tressa McCabe/??			Shari Skaggs	Kay Graff
9/23	WOW night	Kelli Stoops			Jamie Tomlinson	
9/30	Drama Night	Steve Sheridan	Julie Sheridan			



CHILDREN'S MINISTRY AUCTION 2009. Be sure and mark your calendars for **Sunday, November 22nd** for this year's annual Children's Ministry Auction. We are able to provide quality Children's Christian Education to our community (free Vacation Bible School, Bible presentations, etc.) thanks to our annual auction and the many volunteers who make it possible. Please join our 2009 auction team as we prepare for our "Mission Possible" auction. Please contact Elaine White at 940-728-2278 or esmwhite@verizon.net, Kristy Johnston at 940-390-4842 or crazyrazy@verizon.net, or Kim Hand at 464-1333 or kim@argyleumc.org to find out how you can help to continue to make Children's Ministries a Mission Possible! We need your help!

Giant-Sized Faith

David and Goliath



Our Memory Verse is:

"Don't ever be afraid or discouraged! I am the Lord your God, and I will be there to help you wherever you go." Joshua 1:9 (CEV)

David was a shepherd, soldier, song writer, musician, and king, as well as a man after God's own heart (1 Samuel 13:14). He was a man of many faults as well as of great faith. The many stories about his life can be found in 1 and 2 Samuel and many are retold in 1 Chronicles.

The story of David and Goliath is a story from his childhood. While David's situation is not one most kids can connect to directly (how often do they find themselves in a literal battlefield?), it is one that can be a reminder that even when things look hopeless, children are not powerless when they have the power and Spirit of God in their lives. God is with us always, no matter our size.

What we will learn:

- God is with you in difficult situations.
- God gives us hope even when everything seems hopeless.
- God works in ways we do not expect and through people we do not expect.
- We should not seek success for ourselves; we should seek to serve the Lord.
- Rely on God because God is more powerful than anything you will face in this world.

August 23-September 20, 2009

	K	1st	2nd	3rd	4th
August 23	Movie-108	Story-107	Games-105	Computer-100	Drama-106
August 30	Drama-106	Movie-108	Story-107	Games-105	Computer-100
Sept. 6	Computer-100	Games-105	Movie-108	Drama-106	Story-107
Sept. 13	Story-107	Computer-100	Drama-106	Movie-108	Games-105
Sept. 20	Games-105	Drama-106	Computer-100	Story-107	Movie-108

Teachers: Older 2's and 3's (3 by Dec.31, 2009) Kelly Perritt, Kelly Hawkins & Carly Hawk. Pre-K Cyne & Brandon Hindman. Rotation shepherds: Kindergarten, Nicole Hackett & Kristy Johnston; 1st grade, Dona & Bill Perkins; 2nd grade, Jo Ellen Bergstrom; 3rd grade, Kathy Wright & Tammra Allison; 4th grade, Tracey Portz & Chris Funck. Movie: Darren & Stacie Schnabel; Computer, Steve & Mary Betzhold, David & Megan Rigby; Drama, Harold & Dana Ratcliff, Jeff Bergstrom; Game, Steve & Adrienne Austin, Allen & Bonnie Bundens; Story, Bob & Rose Baird.