

## ***Rhythm and Time***

At the conclusion of your 3 family times, commemorate the commitment to rhythm with a gift related to time. This can be a new watch, a family heirloom watch, an hourglass/sand timer, a sports themed/animal themed calendar, etc. Take into consideration your child's level of responsibility. You may not want to spend a large amount on a watch if your child may lose it or break it.

Present the gift to your child during a special time, possibly at the dinner table at home one evening. Once you've completed the kickstarters, schedule the special time of celebration. If the gift is a family heirloom and there's a story to share or a relative to present the gift, even better. Use the script below as a guide during the presentation or use it as a reference in writing a note inside the gift.

We've spent some time looking at what it means for your life to have RHYTHM with your priorities, your time with God, and with rest. We've learned it's OK to say no in order to say yes to things that are most important to us. We've figured out a plan for a consistent time to spend with God, and scheduled time to rest each week. All of us have a limited amount of time each day, and we want to use each minute to it's fullest. I believe you are ready to take on this rhythm we've discussed and honor God with how you spend your time. We want you to have this gift. Every time you look at it we hope you'll remember that time is a gift from God and we all get to choose how we spend it.

## **Helping your child develop a God time**

Explain to your child that God time is simply time between them and God. During God time you can take time to read the Bible, pray, and listen to music.

The first step is determining a TIME and PLACE. Good places to choose from would be his/her bedroom, kitchen table, wherever they do their homework, etc. Then figure out a time. Are they an early riser, do it in the morning. Maybe right after school is out or after homework, while you're cooking dinner, or right before bed are all good options.

Next, help your child know what to do during his/her God time. Make sure they have a good translation of the Bible to read (NirV, NIV, ICB, The Message, etc.). You can direct your child to read a story each day and then write down in a journal what they read/what it meant. Starting in the New Testament in Matthew is a good start. There are also many devotional guides for young children at your local Christian bookstore.

Maybe your child is unsure how to pray, and it's possible you've never talked with them about HOW to pray. Prayer is simply talking and listening to God. They can pray by first thanking God, then telling God how much they love Him, and end with asking God for needs.

In order to make this most successful, it'd be best for you to do this with them for about a week. Help them think about what they're reading. Pray first, then let them pray. This

is your chance to model for them how to have a God time. Once your child seems to understand, let them initiate this on their own. Remember to check in with them weekly to see how their God time is going. Ask them what they are learning about God, Jesus or the bible.

Having a consistent God time is something with which most believers struggle. This is your opportunity to make sure your child is set up for success. That he/she knows the importance of a God time and that it becomes a very natural rhythm in his/her everyday life.