



URBAN SAINTS

Parent Takeaway

Hope in a time of despair

This is Easter week

This week we'll be talking in our group Zoom call about having hope in a time of despair. All around us the news is pretty grim and we hear so few messages of hope. But the Easter story of Jesus coming back to life after the cross reminds us that, even when it seems like everything is lost, there is still hope.

We'll be encouraging the young people to look forward with hope to a time when this season is finished.

Tip of the week

We know that finding activities for your kids to do without you can be a challenge. So our tip, let your kids watch "Some Good News" by John Krasinski (see link below) and encourage them to write a 'script' for their very own "Some Good News" show. Maybe they can even record it or act it out to you at the end of the day. This might mean they can get in touch with friends or look online for good news stories that they can collate and encourage you and others with. Or you might want to use another prompt or activity that your kids love or want to learn that they have to make a show around (dance, karate, juggling).

(https://www.youtube.com/watch?v=F5pgG1M_h_U)

Creative idea - one thing that you can do together

Our Bible verses for this week talk of Jesus 'rising' from the dead. Why not challenge yourselves to bake some bread or brownies together? As the dough rises you could reflect on what challenges you are 'rising' to as a family and individually. What are the ingredients you are needing to mix together to get through (patience, love, understanding)?

An encouragement for you

Though the young people will have really looked forward to the holidays, as a working parent, especially if you're trying to work from home, the holidays can be really tough. So if things don't work out the way you planned it, if your house looks a mess or you didn't get anything on your to-do list done, don't give yourself a hard time. Hang in there, you're doing well! Once your kids are in bed, maybe take 5 minutes to yourself, forget about what you think has to be done and just breathe.

But there's one other thing I remember, and remembering, I keep a grip on hope:
GOD's loyal love couldn't have run out, his merciful love couldn't have dried up.
They're created new every morning. How great your faithfulness!

Lamentations 3:21-24 The Bible