

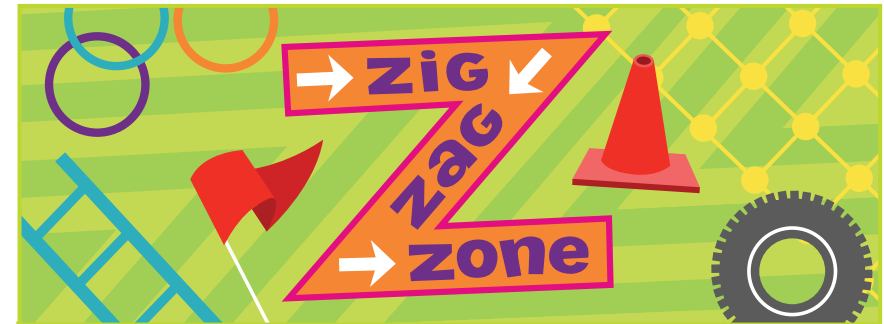
WEEK TWO

1 SAMUEL 18:7, 12-14

God helps David be strong in battle.

SAY THIS

WHO CAN HELP YOU?
GOD CAN HELP ME.



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1 SAMUEL 18:7, 12-14

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WHO CAN HELP YOU?
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DO THIS



DRIVE TIME

As you are about to drive off say, "Since God helps us help others, let's look for ways we can help others while we're at the [grocery store]. We can think of ways to help on our way. Let's see, at the [grocery store], someone may need us to smile and let them go first or let them have the closer parking spot. What are others way we can help at the [grocery store]?"

REMEMBER THIS

"We have the Lord our God to help us."
2 Chronicles 32:8 NLT

BASIC TRUTH

GOD LOVES ME

DO THIS



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BASIC TRUTH

GOD LOVES ME

This is an excerpt adapted from *Don't Miss It* by Reggie Joiner and Kristen Ivy

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Your son or daughter is speeding through each phase of life faster and faster, and if you're not careful, it's easy to miss.

You will only get 365 days to know your three-year-old as a three-year-old, and then they will be four. And you will never know them again as a three-year-old.

So don't hurry through the present phase of your kid's life just so you can move on to whatever is next. Don't embrace an attitude that says, "This is just a phase I need to get through as soon as possible." Instead, inspire your family to believe, "This is just a phase, and I don't want to miss it."

The fact is you have a limited number of weeks with your son or daughter.

Try creating a visual countdown clock. Start with a jar of 936 marbles. Why 936? Because that is the estimated number of weeks between birth and high school graduation. Then reduce the number of marbles in your jar to match the actual number of weeks you have left with each child.

Then start a simple ritual: Remove one marble every week.

Over time, the practice of losing marbles can have a meaningful effect. It will remind you to value your time.

It will make each week matter a little more. It will reinforce a simple principle: When you see how much time you have left, you tend to do more with the time you have now.

You may be thinking...*That's a really stupid idea. I already feel enough pressure. I can't wait to be reminded every day that I'm running out of time with my kids.* Okay. Maybe there is a downside to creating a marble countdown clock—like: depression, guilt, anxiety, drinking.

So, you could consider the alternative: Ignore that time is slipping away and pretend your kids will never grow up. What if you could find balance between living in denial that your kid will pack their bags and move out one day, and the sheer panic that makes you double-bolt and padlock the doors to keep them in?

Try creating a countdown clock to help you make the most of the time. Prioritize what matters most and make the most of the time you have left.

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