

NINTH BIRTHDAY

SERVING

EASTVIEW FAMILY RESOURCES



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THIS YEAR AT A GLANCE...

Over the next two years, we will put an emphasis on teaching our children to make a difference. This year we will focus on serving and next year we will center on giving. We want to communicate to our children that our faith should be active. We want our kids to get out of the stands and into the game. We are not just spectators that fill up the seats for the Sunday event, we are game-changers, in the trenches with sleeves rolled up, busy about our Father's business.

HERE'S WHAT YOU'LL FIND INSIDE:

- **Letter from Jason Smith**, Next Gen Pastor at Eastview.
- **A Letter To Your Child** A guide to writing a letter to your child with memories and affirmations
- **"WORSHIP" Overview** Practical ways to foster an environment of service in your home.
- **Worship at Home ideas** Ideas to get your family engaged in serving God throughout the year.
- **Spiritual Gifts Assessment For Your Child** A tool to begin to discover potential gifts.
- **This Year's Parenting Plan Checklist** A summary of this year's focus with an easy checklist.
- **Marriage Plan** Follow this simple plan to keep your family healthy beginning with your marriage.
- **Digital Resources** The Parent Cue App and RightNowMedia are two digital resources we highly recommend.



According to our records, you are celebrating a birthday in your family this month! As you celebrate your child's birth, we want to provide this booklet to help you as you guide your child on a spiritual journey to know, love and follow Jesus. This year's focus is: SERVING.

At Eastview, we believe that God designed the home to be the primary place for discipleship in a child's life. It is our privilege to come alongside you as you raise your child in the ways of the Lord. We offer this Family Ministry Map as a guide to help you raise your child one step at a time — with one annual focus each year. This certainly isn't the only parenting plan you could follow, but over the 18 years of your child's life, you will have followed a fairly comprehensive plan to raise your child in the faith.

These booklets are not intended to cover all there is to know about each topic. Sometimes parents feel overwhelmed with the responsibility of raising their child to know the Lord, and aren't sure where to start. So we have created simple steps to

get you started. We also include recommended resources to help you in your parenting journey. Visit our Family Resource Center and Eastview Bookstore where our staff and volunteers can help you with other topics and resources.

During the time that your child is in our elementary programs here at church, we will be focusing on:

SEEING ME IN GOD'S STORY

KNOWING GOD'S GRACE

CHOOSING TO FOLLOW JESUS

We are committed to being a faithful partner to you and your family. Our staff is praying for your child by name this month. If you have anything that we can pray for specifically, or if you have any questions, send me an email or call 309-451-5000.

Jason Smith,
Next Gen Pastor
jsmith@eastview.church



MY LETTER TO YOU FOR YOUR 9TH BIRTHDAY

Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will speak life and love into your child, as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the rest of their lives. You could collect them in a journal or write each letter as a separate piece of paper.

1. Things I've loved about you this year...
2. Important memories from this past year...
3. Some of my favorite time with you is when we...
4. Your favorite books to read are...
5. Your favorite hobbies are...
6. Things that make you laugh...
7. Your favorite things to do with your friends...
8. Your favorite food this year...
9. I've been praying about this for you this year...
10. I've been praying about this for me as a parent this year...
11. What I want for you in life...
12. A scripture verse I have picked out for you this year...

**Include a photo of your family with the letter to give a year by year collection of memories all in one place.
Each year after giving your child the letter, get it back and keep them all somewhere safe.
You will give back all of the letters to your child in the 18th year for LAUNCH.**

NINTH BIRTHDAY: SERVING

Over the next two years, we will put an emphasis on teaching our children to make a difference. This year we will focus on serving and next year we will center on giving. We want to communicate to our children that our faith should be active. We want our kids to get out of the stands and into the game. We are not just spectators that fill up the seats for the Sunday event, we are game-changers, in the trenches with sleeves rolled up, busy about our Father's business.

YOUR CHILD WAS CREATED ON PURPOSE AND FOR A PURPOSE: Each person has the innate need to be part of something meaningful, something bigger than themselves. God meets that need by inviting all of us to get outside of ourselves and take part of His good work in this world. He has uniquely created each of us for an intended purpose. That is a major emphasis this year. Your child will grasp the value they have when they view themselves through this lens. Check out this dynamic version of Ephesians 2:10

"We are God's masterpiece, handcrafted by God in Christ Jesus to do His good work which he specifically prepared for us long ago."

Just as you were specifically chosen to raise your child, there is work set aside by God specifically for your kiddo. God has entrusted us with gifts, talents and time. As believers we have

the great opportunity to worship and glorify God through the spiritual discipline of service. This service is lived out in both the informal settings of everyday life at home or school, as well as specific ministry that we think God has gifted us and called us to.

LIFESTYLE OF SERVICE: All Christians are called to live a life of service. While sometimes that is reflected in more formal situations, every day offers us the opportunity to have a general attitude of service. This year, focus your family on the everyday opportunities to live out Ephesians 5:1-2:

"Be imitators of God as dearly loved children, and live a life of love, just as Jesus loved us and gave himself up for us as a sacrifice, a pleasing aroma to God."

Whether it's helping with dishes when it's not our turn because brother has a science project to do, or putting down the video game to help a neighbor shovel the snow, we have opportunities throughout this year to teach our kids that we are servants in this world. Your child might be naturally gifted to serve (Romans 12:7) as some Christians are, but all Christians are called to serve even if it's not "our gift."

FORMAL ROLES OF SERVICE: Beyond the expectation that all Christians are marked by servant attitudes, the Holy Spirit has gifted each one of us with a special gift that contributes to the body. There are tools that can help us discover our unique gifts and explore how we might use those gifts to glorify Him, like the Assessing Your Child's Spiritual Gifts tool included in this booklet. You can also discover your gift by trying a variety of ways to serve and paying attention to what you are good at and what brings you joy. Finally, we can listen to the people in our lives. For example, many preachers have stories where as a child, someone told them that they thought God was going to make them into a preacher someday. The church's affirmation is a great way to find your giftedness.

ENGAGE THEIR INTERESTS: You'll notice that the one-word parenting plan for this age group on our PHASE TRI-FOLD that comes with this packet is ENGAGE. At this point in your child's life, he or she might change their minds a lot about what they like and what they want to grow up to become. She might be planning to spend her life as a dancer in the morning, a veterinarian by the afternoon, and an

artist by bedtime. He might want to do nothing but build things with Legos, or talk about sports or books. Don't grow weary in listening and asking questions, treating these conversations with tremendous wonder and curiosity. Showing interest in their interests will help you bond and increase their trust in you. ENGAGE their interests by getting involved with them. This applies to serving too!

MODEL SERVICE: You might need to resolve to become better about serving in your life this year as well. If you typically don't pitch in and help your spouse much, this is the year to get better at that so that your kids see a servant's attitude in you. If you're not currently serving in some role at church, pray for God to help you find a good place to serve that fits you well. Model what you are teaching your child this year, and it's more likely it will stick.





SERVING SUGGESTIONS

Along with Ephesians 2:10 and 5:1-2, teach your children Galatians 5:13, or a portion of it really... “serve one another in love.” You could print it out and hang it on your fridge, or write it with a dry erase marker on your bathroom mirror. Refer to it often. Frankly, kids sometimes have a harder time serving people in their own family, over serving people who don’t live with them. But this year, make it a personal mission to work through some of the attitude struggles we have with siblings serving siblings, or kids pitching in around home. It will benefit not only your family now, but it will impact the way they serve their own future spouse and children.

UNDER THE RADAR: If your child is resistant to this year’s focus, you might have greater success teaching your child to serve others in his family by not putting them on the spot. Have quiet conversations where you ask them to do something nice for the family (for example, helping a sibling clean up a mess they didn’t make), but don’t do it in front of the family. This will allow you to do any heart-work without the added pressure of an audience. Hopefully after a year of focus on this, your child will have begun to initiate more of this on his own. Occasionally reward your child, but do not do it every time or the ambition for her service might change to a more selfish motive. Make sure to give your child plenty of opportunities and praise for growth.

BIRTHDAY COUPONS: For birthdays this year, consider having the kids give “serving” coupons to family members for their birthdays. These can be as simple as “substitute for your turn of one night of dishes” or “make your bed for 3 days.”

OUTSIDE THE HOME: Make memories this year by serving outside of the home as a family. These can be fun occasions and teach valuable lessons: rake an elderly person’s yard together (don’t take \$!); leave secret gifts for a needy family on their porch, knock on the door and run!; volunteer at a 5k or charity event together; host an international student for dinner; babysit for an adoptive or foster family; secretly wash a neighbor’s car early in the morning and then go get donuts; pass out smiles and flowers at a nursing home; make dinner for a family with a newborn; or send care packages to soldiers or college students.

IDEAS FOR SERVING AS A FAMILY AT EASTVIEW: This year, as you focus on serving, consider having a family meeting to kick the year off and have a brainstorming session on ways your family can serve at church. Below are some ideas to make some memories while making an impact on the heart of your child.

- **Serving Opportunities For Your Child** As a nine year old, there are places your child can serve on his own at Eastview. He can serve on an arts team like drama, choir, sound and lights or art. To get more information on that email Maggie at mhundley@eastview.church. Each grade level has opportunities to serve in their own area on Sundays - some opportunities are for the service they attend, and some are for during a service where he is not actually in the service (this works well if you are serving one service/attending the other service too). Talk to your child's pastor to get more information.
- **Seize the Moments at Eastview** Whether it's our quarterly food drives, Imagine, cleaning days, etc. use the various all-church initiatives as opportunities to engage your children. As you take them to help you do the shopping for a food drive, for example, you are building memories and important lessons in their hearts.

- **Pitching In** Throughout this year, look for opportunities as a family to pitch in when you can with informal opportunities for serving. For example, after a church function, stick around and help clean up and put things away. After Sunday service, go through the hallways and pick up trash. Show up on a Saturday for an hour and help clean up litter or weeds. Help the kids to see the church as "our church." Help them develop ownership and to build a mindset of being a servant.
- **Family Missions Trip** There are options available for families to take an international missions trip. For more information, stop by the Missions kiosk on the upper level or check out upcoming trips at www.eastview.church/outreach/global.
- **The Food Pantry** Working in Eastview's Food Pantry is a great opportunity for families to serve together. For more info, email charmellewatkins@gmail.com.



ASSESSING YOUR CHILD'S SPIRITUAL GIFTS

Spiritual Gifts Assessment Tool ©Inkling Innovations and Lydia Randall

You can help your child identify, develop and use the gifts God has given them from an early age.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in it's various forms.

1st Peter 4:10 NIV

You may choose to complete this assessment with your child or answer the questions knowing what is true about them. You can also invite other family members to assess the child since various people may perceive different gifts in action.

TO GET STARTED:

Pray: Ask the Lord for wisdom and guidance before you take the assessment.

Reassure: Tell your child this is just a tool, not a test. There are no right or wrong answers.

Observe: This assessment can help you begin the process of discovering gifts and guiding your child. You may find new gifts as your child matures and encounters new experiences and opportunities to serve others.

Spiritual Gifts Assessment

For each of the groups, mark one statement with a 1, another with a 2 and another a 3 as follows:

- 1 = Describes me/my child LEAST
- 2 = Describes me/my child SOMEWHAT
- 3 = Describes me/my child MOST

GROUP ONE

- __1a. I like to be organized.
- __1b. I enjoy sharing with others.
- __1c. It makes me sad when others are sad or having a hard time.

GROUP TWO

- __2a. I can tell the best choice when I have options.
- __2b. I like to help new people feel welcome.
- __2c. I am a good listener and enjoy helping others when they have a need.

GROUP THREE

- __3a. I like to encourage others.
- __3b. I enjoy learning new things.
- __3c. Others want to talk to me about their problems or struggles.

GROUP FOUR

- __4a. When I need to make a decision, I ask for opinions of others and look at what God's Word says about it.
- __4b. Others seem to follow my lead and my ideas.
- __4c. I enjoy communicating with others verbally and in writing.

GROUP FIVE

- __5a. I am confident that God hears and answers our prayers.
- __5b. I enjoy seeing how God can use the money I give to help others.
- __5c. People ask me for advice or what I think about certain things.

GROUP SIX

- __6a. I am good at getting homework and other tasks done.
- __6b. I enjoy seeing how God can use the money I give to help others.
- __6c. I am good at talking in front of a group of people.

GROUP SEVEN

- __7a. I clearly know if something is right or wrong.
- __7b. I understand spiritual truths and can share those with others.
- __7c. I enjoy helping others.

GROUP EIGHT

- __8a. I like to help others when they are sad or having a hard time.
- __8b. Others seem to follow my lead and my ideas.
- __8c. I enjoy helping others feel accepted.

GROUP NINE

- __9a. I enjoy inviting others to church to hear about Jesus.
- __9b. I am confident that God's Word is truth.
- __9c. I like to help others make good decisions.

GROUP TEN

- __10a. I trust God's promises even when it seems like things aren't going my way.
- __10b. I enjoy getting everyone to follow me or my ideas.
- __10c. I am good at talking in front of a group of people.

GROUP ELEVEN

- __11a. I like details.
- __11b. I like to learn from my parents, teachers and pastors.
- __11c. I make wise decisions.

GROUP TWELVE

- __12a. I am a good judge of a person's character.
- __12b. Others look to me when they don't know what to do.
- __12c. I stick up for people when I see others not being nice.

GROUP THIRTEEN

- __13a. I like to encourage others.
- __13b. It makes me sad when others are sad or having a hard time.
- __13c. I enjoy communicating with others verbally and in writing.

GROUP FOURTEEN

- __14a. I am a good listener and enjoy helping others when they have a need.
- __14b. I like to be organized.
- __14c. I am good at talking in front of people.

GROUP FIFTEEN

- __15a. I enjoy sharing with others.
- __15b. I clearly know if something is right or wrong.
- __15c. I enjoy telling others about Jesus.

GROUP SIXTEEN

- __16a. I like to help new people feel welcome.
- __16b. I enjoy learning new things.
- __16c. Others look to me when they don't know what to do.

GROUP SEVENTEEN

- __17a. I want to do something when I see that someone has a need.
- __17b. Others want to talk to me about their problems or struggles.
- __17c. I forgive others easily.

GROUP EIGHTEEN

- __18a. I can tell the best choice when I have options.
- __18b. I am confident that God's Word is truth.
- __18c. I enjoy seeing how God can use the money I give to help others.



GROUP NINETEEN

- __19a. I am good at explaining things to others.
- __19b. I like to learn from my parents, teachers and pastors.
- __19c. I like to find the good in others and cheer them on.

GROUP TWENTY

- __20a. I am good at getting homework and other tasks done.
- __20b. I like to help others make good decisions.
- __20c. I enjoy getting everyone to follow me or my ideas.

GROUP TWENTY-ONE

- __21a. When I need to make a decision, I ask for opinions of others and look at what God's Word says about it.
- __21b. I like to help others make good decisions.
- __21c. It makes me sad when others are sad or are having a hard time.

GROUP TWENTY-TWO

- __22a. People ask me for advice or what I think about certain things.
- __22b. I enjoy learning new things.
- __22c. I enjoy inviting others to church to hear about Jesus.

GROUP TWENTY-THREE

- __23a. I enjoy helping others feel accepted.
- __23b. I am confident that God hears and answers our prayers.
- __23c. I enjoy helping others.

GROUP TWENTY-FOUR

- __24a. I know that God has blessed me and I want to bless others.
- __24b. I clearly know if something is right or wrong.
- __24c. Others seem to follow my lead and my ideas.

GROUP TWENTY-FIVE

- __25a. I like details.
- __25b. I like to help others when they are sad or having a hard time.
- __25c. I know that God has blessed me and I want to bless others.

GROUP TWENTY-SIX

- __26a. I enjoy telling others about Jesus.
- __26b. I make wise decisions.
- __26c. I like to help new people feel welcome.

GROUP TWENTY-SEVEN

- __27a. I am a good listener and enjoy helping others when they have a need.
- __27b. I like to find the good in others and cheer them on.
- __27c. I know God has blessed me and I want to give to others to bless them.

GROUP TWENTY-EIGHT

- __28a. I want to do something when I see that someone has a need.
- __28b. I enjoy seeing how God can use the money I give to help others.
- __28c. I enjoy making new friends.

GROUP TWENTY-NINE

- __29a. I enjoy telling others how they can become a Christian.
- __29b. Others look to me when they don't know what to do.
- __29c. I like to help others even when I don't get any credit for it.

GROUP THIRTY

- __30a. I understand spiritual truths and can explain them to others.
- __30b. I enjoy sharing with others.
- __30c. I trust God's promises even when it seems like things aren't going my way.

GROUP THIRTY-ONE

- __31a. I enjoy telling others how they can become a Christian.
- __31b. I forgive others easily.
- __31c. I like to learn from my parents, teachers and pastors.

GROUP THIRTY-TWO

- __32a. I am good at getting my homework and other tasks done.
- __32b. I want to do something when I see that someone has a need.
- __32c. I am a good judge of character.

GROUP THIRTY-THREE

- __33a. I enjoy telling others about Jesus.
- __33b. I like to be organized.
- __33c. I stick up for people when I see others not being nice.

GROUP THIRTY-FOUR

- __34a. I like details.
- __34b. I trust God's promises even when it seems like things aren't going my way.
- __34c. I forgive others easily.

GROUP THIRTY-FIVE

- __35a. I enjoy helping others.
- __35b. I enjoy getting everyone to follow me or my ideas.
- __35c. I like to encourage others.

GROUP THIRTY-SIX

- __36a. I am good at explaining things to others.
- __36b. I stick up for people when I see others not being nice.
- __36c. I like to encourage others.

GROUP THIRTY-SEVEN

- __37a. I can tell the best choice when I have options.
- __37b. I enjoy inviting others to church to hear about Jesus.
- __37c. I enjoy communicating with others verbally and in writing.

GROUP THIRTY-EIGHT

- __38a. I enjoy telling others how they can become a Christian.
- __38b. I am confident that God hears and answers our prayers.
- __38c. I like to help others when they are sad or having a hard time.

GROUP THIRTY-NINE

- __39a. I understand spiritual truths and can share those with others.
- __39b. I like to help others even when I don't get any credit for it.
- __39c. I enjoy making new friends.

GROUP FORTY

- __40a. I like to help others even when I don't get any credit for it.
- __40b. When I need to make a decision, I ask for opinions of others and look at what God's Word says about it.
- __40c. I am good at explaining things to others.

GROUP FORTY-ONE

- __40a. I like to help others even when I don't get any credit for it.
- __40b. When I need to make a decision, I ask for opinions of others and look at what God's Word says about it.
- __40c. I am good at explaining things to others.

GROUP FORTY-TWO

- __42a. I am a good judge of character.
- __42b. I make wise decisions
- __42c. I like to find the good in others and cheer them on.

**Proceed to the next page to tally up
the score for this assessment.**



SCORING THE ASSESMENT: Fill in the blanks that correspond to the number in the table on the next page. After you have filled in all the numbers, add up the figures in each row, going across. Put each total in the blank provided. Circle your 4 highest scores. This is not an exhaustive list of all of the possible spiritual gifts, but it will get you started as you begin the process of identifying and developing some of the gifts God has given.

- **Top Four Scores** = You probably have this gift.
- **Bottom Four Scores** = You probably don't have this gift
- **Middle Scores** = You might have this gift.

SPIRITUAL GIFTS:

- A = Administration (*Organizing people to do things well*)
 B = Discernment (*Sensing good vs. bad influences or attitudes in others*)
 C = Encouragement (*Giving emotional support to others*)
 D = Evangelism (*Telling others the good news of Jesus*)
 E = Faith (*Trusting God even in hard times*)
 F = Giving (*Sacrificing to meet needs and support God's work*)
 G = Hospitality (*Making people feel at home*)
 H = Knowledge (*Being aware of God's truth*)
 I = Leadership (*Setting a plan and getting others to follow*)
 J = Mercy (*Caring for hurting/suffering people*)
 K = Pastor/Shepherd (*Caring for another person's spiritual well-being*)
 L = Helping (*Doing what needs to be done behind the scenes*)
 M = Teaching (*Explaining God's truth in a way people can understand*)
 N = Wisdom (*Applying God's principles to real-life situations*)

									TOTAL
1a.	6a.	11a.	14b.	20a.	25a.	32a.	33b.	34a.	A
2a.	7a.	12a.	15b.	18a.	24b.	32c.	37a.	42a.	B
3a.	8a.	13a.	19c.	25b.	27b.	35c.	38c.	42c.	C
9a.	15c.	22c.	26a.	29a.	31a.	33a.	37b.	38a.	D
5a.	9b.	10a.	18b.	23b.	30c.	34b.	38b.	41b.	E
1b.	5b.	15a.	18c.	24a.	25c.	27c.	28b.	30b.	F
2b.	6b.	8c.	16a.	23a.	26c.	28c.	36c.	39c.	G
3b.	7b.	11b.	16b.	19b.	22b.	30a.	31c.	39a.	H
4b.	8b.	10b.	12b.	16c.	20c.	24c.	29b.	35b.	I
1c.	12c.	13b.	17c.	21c.	31b.	33c.	34c.	36b.	J
2c.	3c.	9c.	14a.	17b.	20b.	21b.	27a.	41a.	K
7c.	17a.	23c.	28a.	29c.	32b.	35a.	39b.	40a.	L
4c.	6c.	10c.	13c.	14c.	19a.	36a.	37c.	40c.	M
4a.	5c.	11c.	21a.	22a.	26b.	40b.	41c.	42b.	N

NOW WHAT?

1. Use the results to help your child find opportunities to serve God by using his or her gifts. Based on the nature of their gifts, these opportunities might be at church, at home, at school or some type of informal role.
2. Come up with 2-3 ideas of how your child can serve others using his or her top gifts. Teach them that unlike a birthday gift, a spiritual gift is one that is given to someone in order to give it away to others.
3. Pay attention and encourage your child when you see him or her living out specific spiritual gifts. Affirmation will play a large role in their discovery of what God has made them. Now, that doesn't mean to mislead them by telling them they are wonderful at things they really aren't. But it is important for you to recognize and affirm their attempt at serving God with their gifts. Just as with most things in life, we get better at things with time and maturity. This applies to our spiritual gifts as well. Paul tells Timothy to fan his gift into flame. Help your child develop their gifts by coaching them as they experiment with different opportunities.
4. Continue to test the results as your child grows and matures in his or her faith adventure. This gift assessment is only a tool to get things started, and NOT meant to be the definitive path for life. Many people discover different gifts as they grow in their relationship with Jesus.
5. Remind your child that he or she was created by God for a specific purpose. Reinforce Ephesians 2:10 all year this year. Even as they are entering adolescence, remind them of the significance they have as God's special creation by keeping this verse in front of them. Put it up in their room, quote it often and let them know how proud you are of them for doing God's good work in this world.





YOUR CHILD IS GOD'S MASTERPIECE

Ephesians 2:10 tells us that we are all handcrafted masterpieces of God created to do something specific in this world, something that God prepared long ago for us to do. That is such a significant thing in your child's life. Reinforce this truth constantly throughout their life. Every person needs to realize how valuable they are. Your kids need to know that they are a part of something bigger than themselves, that they have a purpose for being here. As the leader of your family, invite your spouse and your children to be a part of something big. Set your family "on mission" in this world and find out what specifically God has created you to do for Him. A simple daily prayer can be something like, "God, please use our family to do your good work in this world."

FUN WAYS TO IMPRESS EPHESIANS 2:10 ON YOUR CHILD'S HEART

Work with your child to memorize this verse throughout the year.

There are a lot of fun ideas to be creative with it, but here are a few suggestions to get you started.

RACE THE CLOCK: If your child likes competition, write each word of the verse on an index card. Make a set for each person in the family. Shuffle the cards. On "go" race to see who can put their set in order first. At first, give them a paper with the verse on it so they can reference it. After a while, take that away.

BACK AND FORTH: Sit in circle and read the verse. Then go around the circle, each person saying the next word in the verse. Let everyone see the verse for a while, but eventually, take the verse away and see if you can make it through the whole verse as a family.

DISAPPEARING WORDS: Write the verse on a white board, window or mirror with a dry erase marker. Have everyone read the verse. Without them looking, erase some words. Then have them read the verse again, filling in the missing words. Repeat this until all the words are gone and they have the verse memorized.

HAVE IT SHOW UP...EVERYWHERE! Consider making this verse a part of your home décor. Or write it on the bathroom mirror with dry erase marker. Put it on notes in their lunch or on their pillows. Use this verse as you pray for your child before bed, keeping a copy of it in their room.



SAFEGUARDING YOUR HOME

PROTECTING YOUR CHILD FROM ONLINE THREATS

Did you realize that your child is in the average age window that children are first exposed to pornographic content on the internet? If you haven't already, you need to make sure that every device in your family is protected. Having unprotected devices in your home would be as if our parents had left explicit magazines lying around the house, expecting us to make good choices.

3 STEPS TO PROTECTING YOUR CHILD ONLINE

1. **Talk to your child about using their devices.** Discuss how they should never give out personal information or chat with strangers. Have an age-appropriate conversation about pornography. Stress how important it is to let you know if they come across inappropriate content. Make sure they know you are a safe person to talk to about what they've seen. For help in talking with kids about pornography, check out Good Pictures/Bad Pictures and Good Pictures/Bad Pictures Jr. by Kristen Jensen, M.A. and Gail Poyner, PhD. There are also great resources at family.org and covenanteyes.com.
2. **Set boundaries for internet usage.** Require that all internet usage be done in a central area of the house where parents and other family members will be. Do not allow surfing while you are not home, including homework which typically requires a lot of need for google images.

Do not allow devices in a child's room - they should not need privacy to be on the internet.

3. **Protect your devices with a content blocker and report generator.** There are several companies that provide these services/software. Focus on the Family partners with Net Nanny and Forcefield. Covenant Eyes is used by many families at Eastview. These programs will not only block content, but will also send accountability reports on everyone's usage in the family. You should also go into the settings of each device and determine the restrictions for that device, which is then protected by a 4 digit PIN.

Commit yourself to being intentional about being a gatekeeper for your child's heart and mind - no apologies. It will be impossible to protect them entirely, but these simple steps are a good start toward giving them a good shot at never knowing the dark world of a porn addiction.

THIS YEAR'S PARENTING PLAN SUMMARY/CHECKLIST

WEEKS TO GRADUATION: 468 and counting
PHASE PARENTING PHRASE: ENGAGE their interests

*“For we are God’s masterpiece. He has created us anew in Christ Jesus,
so we can do the good things he planned for us long ago.”*

Ephesians 2:10

- Read the contents of this booklet and the tri-fold Phase Summary that comes with this booklet.
- Write a letter to my child.
- Have my child take the gifts survey in this booklet.
- Serve together as a family several times this year.
- Pray and read the Bible with my child daily.
- Follow This Year’s Marriage Plan below. *(We know not every parent is married. We don’t mean to offend by including this segment.)*

THIS YEAR'S MARRIAGE PLAN

Each year we want to encourage you to make a plan to keep your marriage healthy. One of the most important gifts you'll give to your child is the love you give to your spouse. When mom and dad love each other and demonstrate the traits of a healthy (NOT PERFECT!) marriage, it not only sets a good example of a godly marriage, but gives them a greater sense of security and well-being. Andy Stanley in [The Principle of the Path](#) writes "We don't drift to good places." (Thomas Nelson, 2008). Good marriages require intentionality. Use the plan below to make an intentional effort in your marriage this year. Read [The Best Us](#) by Ted Lowe (©MarriedPeople 2016) for a full explanation of Have Serious Fun! Love God First; Respect and Love; Practice Your Promise.

Have Serious Fun! Date Night Scheduling: Grab your calendars and mark at least TWO date nights for each month and PROTECT those dates. Remember that you were boyfriend and girlfriend before you were dad and mom, and have fun together! No family administration discussions! For extra fun, watch for sponsored "Date Nights" by Eastview's Marriage Ministry. Each date night, you swing by the church to receive your plans for the evening.

Love God First - Faith Practices 101: Research finds that couples who pray together at least twice a week have a divorce rate of less than 1% (HomePointe). Commit to praying as a couple at least twice a week. Plan which worship service the two of you will attend together each week – don't "divide and conquer" in order to volunteer.

Love and Respect - Write an Annual Letter: Write a letter to your spouse for your anniversary this year, much like the one in this booklet that you will write to your child. Write a letter of memories from this past year, affirmations, prayers and promises to each other.

Practice Your Promise - Personal Growth: Set a "secret goal" to grow as a spouse, such as "listening better," "praising her in public," or "initiating romance." Write it down and seal it in an envelope or save it on your phone. When you receive next year's booklet, open the envelope or file and assess your progress.

Invest In Your Marriage: Join an email blog like [lesandleslie.com](#), choose one book to read this year, or choose a small group study on marriage. The Eastview Family Resource Center, Eastview Marriage Ministry and RightNow Media have many helpful events and resources.




EASTVIEW RESOURCES

WE BELIEVE THAT EVERY PARENT
WANTS TO BE A GOOD PARENT.
WE CAN HELP YOU TAKE THE NEXT STEP.

STEP-BY-STEP PLAN: As a part of our Eastview Church Family, we never want you to feel like you have to parent alone. We want to come alongside you in your parenting journey and provide resources and relationships that can help you along the way. While this is certainly not the ONLY Christian parenting plan out there, and probably not even the best one, it is a way to raise your children in the faith over the years, with one specific focus a year.

FAMILY RESOURCE CENTER & EASTVIEW BOOKSTORE: However, you will have specific needs along the way that we do not cover in these booklets. You might have a child with special needs, or your child might be dealing with a specific issue, or you might need more creative ideas for family times together... whatever it is, we will do our best to offer helpful resources. Stop by our Family Resource Center on the lower level of the atrium. We can point you to great organizations like Focus on the Family (focusonthefamily.com) and others that give expert advice on all things family. We have topical cards that give you some quick advice on a variety of topics with recommended resources and next steps to take at Eastview. We highlight various books and resources to help with different aspects and seasons of parenting and marriage. Our Bookstore is also a wonderful resource for us at Eastview. Sure, you can buy books on Amazon, but at our bookstore, all of the books have been recommended by Eastview Staff and leaders and our helpful staff and volunteers are able to help you find the just right resource.



MEMBER CARE: At Eastview, we believe that the care of our members is very important. Because of this, we have different areas where we can assist our members needs, whether that be counseling referrals, help needs and family journeys.

- **CARE APPOINTMENTS:** We know that connecting to others for prayer and encouragement is a necessary part of our spiritual formation, especially in times of need. Care Appointments are scheduled times we have set aside to meet with you for pastoral care. We would like to hear your story, pray with you, and offer guidance on your next steps. To sign up for a care appointment visit eastview.church/membercare.
- **COUNSELING REFERRALS:** We want to help people connect to Christian Counselors when professional services are needed for healing and growth. For information on counselors in our area contact: Sara Thompson sthompson@eastview.church or 309.451.5057.
- **HELPS MINISTRY:** We depend on our small groups to help support one another and take care of one another's needs. For our church members that are not already in a small group, we can utilize our helps ministry team. This team can assist with meals, and limited transportation to our Sunday services during times of illness, hospitalization, new baby, or other life interruptions. For more information, please contact Nicki Green at ngreen@eastview.church or 309.451.5033.
- **CARE GROUP:** Eastview Care Groups range from support groups for parents with kids with autism to men's sexual integrity groups to divorce care to single moms groups and more. We keep a list of them at the Family Resource Center, or you can learn more about them at www.eastview.church/caregroups. For specific information, contact Jason Sniff at jsniff@eastview.church.
- **THE FAMILY ROOM:** Open on Sundays before, after and during services, our family room is a place to connect with caring staff and volunteers for prayer and encouragement.

DOWNLOAD THE PARENT CUE APP

As a parent, some of the most important things you do for your child don't happen in a single day. You make small deposits in their life week after week - over time. That's why the Parent Cue App gives weekly cues to help you make the most of the time you spend with your kid or teenager. This app is brought to us by The ReThink Group, producers of the Phase Summaries that come with these booklets, as well as the curriculum we use for our 4th & 5th Grade Ministry at ECC.



Easy encouragements to help your child start their day.



Ideas for meaningful talks on the way to soccer practice.



Conversation starters while grabbing drive thru tacos or sitting around the table.



Great reminders for ways to end the day on a great note.



Timely help for those moments that take you by surprise.

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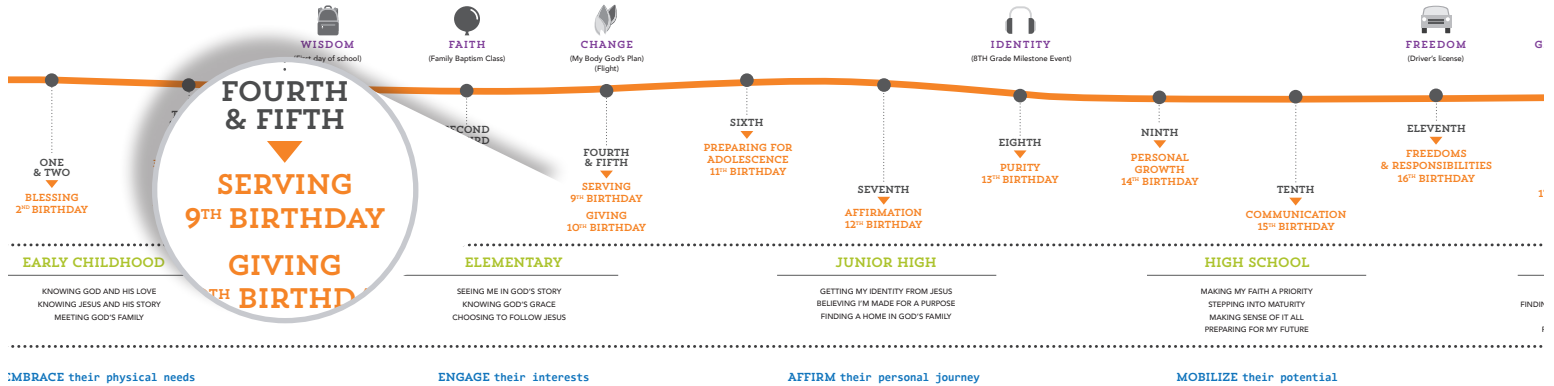
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CHECK OUT THE KIDS' SECTION AND VIDEOS ON PARENTING AND MARRIAGE!

EASTVIEW FAMILY RESOURCES

FAMILY MINISTRY MAP

HILDREN



AN INTENTIONAL PLAN FOR YOUR FAMILY. STEP BY STEP PARENTING FROM BIRTH THROUGH HIGH SCHOOL.

The Eastview Family Ministry Map is a bird's eye view of our strategy for helping families thrive. From the formation of families as young couples date, through the child rearing years, to the empty nest, we have a plan that families can follow to build strong marriages and pass on a legacy of faith to the next generation—one step at a time. For the full map, visit our Family Resource Center in the lower level atrium next to the bookstore.

SIGN UP FOR OUR PARENTING PLAN: TEXT "#PARENTPLAN" TO 309.808.6002

Each year on your child's birthday we will provide you with a new booklet to help you focus on one aspect of your child's life and spiritual formation. Each booklet contains helpful information on developmental milestones, simple ideas for passing on your faith in everyday rhythms, as well as practical ways to speak into their lives. Every parent wants to be a good parent. We can help you with the next step.