



Know where to look

WEEK TWO

MATTHEW 20:1-15

Parable of the Vineyard Workers

SAY THIS

Adjust your attitude.

DO THIS



DRIVE TIME

When you are driving around ask your kids to pick something they see that they are thankful for, but to not say it aloud. Tell them to play "I Spy" with their choice and try to guess what they are thankful for!

REMEMBER THIS

"Give thanks no matter what happens. God wants you to thank him because you believe in Christ Jesus."

1 Thessalonians 5:18, NIV

LIFE APP

GRATITUDE – Letting others know you see how they've helped you



MAKING ROOM FOR THE MEMORIES

By: Sarah Anderson

It's the most wonderful time of the year. We're on the cusp of all things holiday and fun. The festivals. The fairs. The pumpkin patches. And more holiday spectaculars are just around the corner. It's the kick off to a magical—if not insane—season, made all the more magical and insane—with kids.

Not more than a few weeks ago, I was reminded of how magical and insane this time of year is. Our family had planned and attended so many "fun" things that particular weekend we turned into tired, cranky, sugar-assaulted, grumpy people.

I wanted to be the fun parents and to create memories. But with so much "fun" planned, we started running on less and less, our fuses getting shorter and shorter until it didn't matter what we were doing. We were too exhausted and grumpy to enjoy it. Sound familiar?

And that's when it hit me. **When it comes to making memories, my kids are cataloguing more than the experience itself. They are taking note of the emotions that come along with them.**

They see a stressed out mom. A tired dad. And they are living in sugar strung out bodies. I'm learning if I want to create good memories that last a lifetime, then I have to do more than just plan for the fun. We have to be

present at a place to enjoy the fun.

What that means for my family is something different than what it means for yours. For ours, it means sometimes we have to say NO . . .

. . . To some birthday parties, festivals, fairs, and holiday shenanigans.

Not because we are boring and straight-laced parents. **We know to get the most out of an experience we have to bring the most into it. Our best.**

When my kids remember their childhood. I want them to remember fun experiences. But I also want them to remember happy parents in those experiences. A mom who is at peace. A dad who is present. A family where stressed out wasn't the norm.

Emotions make great memories, too. I want my kids to remember joy, peace, generosity, and gratitude during the holidays. Those only come when you give them space to flourish. So, we are sowing "no's" now so we can reap the kind of memories we want to have later.

So figure out what matters to you. And make room for it.

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