

## BIBLE STORY

### ACTS 12:1-19

Peter's friends faithfully pray for him when he is put in jail for telling people about Jesus.

## SAY THIS

**WHO GIVES YOU THE POWER TO DO EVERYTHING?  
JESUS GIVES YOU THE POWER TO DO EVERYTHING.**

## DO THIS



### MORNING TIME

When you go into your child's room this month, say, "Good morning! It's a new day! Wiggle your legs and pump your arms so you can power up and get your energy going! Good job! And who gives you the power to do everything? Jesus gives me the power to do everything!"



### DRIVE TIME

As you drive, say this cheer with your child. "Power up! Power up! Power up, up, up, up, UP!" Repeat. Ask your child, "Who gives you the power to do everything?" Then say together, "Jesus gives you the power to do everything!"



### CUDDLE TIME

Cuddle with your child and pray, "Dear God, You are so faithful. Thank You for never giving up on us and for always being with us. I pray I will be faithful no matter how hard things get. I want [child's name] to know he/she can always depend on me. We love You, God. In Jesus' name, amen."



### BATH TIME

As you bathe your child, ask, "Who gives you power to splash water? Jesus! Who gives you the power to blink your eyes? Jesus! Who gives you the power to pat your belly? Jesus!" Continue naming actions. End with, "Jesus gives you the power to do everything!"

**BASIC  
TRUTH**

**JESUS WANTS TO BE MY FRIEND FOREVER**

## OVERCOMING NEW PARENT ANXIETIES

By Leah Jennings

The words "new parents" and "anxiety" seem to be synonymous. If you Google the phrase "parent anxiety," you'll see titles such as "49 Parent Fears and How to Ease Them" and "Top 10 Fears of New Moms."

### WHAT FEAR TELLS YOU

Parenting in this generation looks a lot differently than in generations past. Instant access to all kinds of research tells us what we're doing wrong. This overload of information leaves us feeling stressed and afraid we're unable to properly care for our children. Most new parent anxieties are centered around the same themes:

#### "I'M NOT GOOD ENOUGH."

Blog and social media posts are constant reminders that the world is full of perfect parents and we're not among them. We often wonder if we're reading to our children enough, if we're socializing them enough, and if we're doing enough to aid in their physical, mental, emotional, and spiritual development.

#### But the truth is: You are more than enough.

God has entrusted you with this child for a reason. Trust that He will lead you in his or her upbringing. You are everything your child needs.

#### "I'LL MESS UP/UNINTENTIONALLY HURT MY KID."

There's bound to be some research out there that supports the idea that

whatever way you're raising your child is secretly scarring them for life. Either side always ends in your kid needing therapy when they get older.

#### But the truth is: Your child is under God's protection.

There's nothing you can do that will cause irreparable damage when you submit your kids to God and surrender your parenting to Him daily. They are safe and secure in Him.

#### "OTHER PEOPLE ARE JUDGING MY PARENTING."

Your kid throws a full-on fit in the middle of the grocery store and you can just feel all kinds of judgment from onlookers. You're certain they think you're a bad parent who is incapable of controlling a child.

#### But the truth is: They're too worried about themselves.

While it may seem lonely and horrible at first to imagine that you aren't anyone else's first order of business, there is also a great release to be found in this idea.

New parents, join me in releasing our fears that our kids won't reach their full potential because of something we're doing wrong. Instead, let's replace those fears with truth that we are enough to parent our children as God calls us to.

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