

Not Consumed



PARENT
GUIDE

NEW Beginnings

A Biblical Journey
towards *change*

BY KIM SORGIUS



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What's in this Study?

- Day 1:** Why Change?
- Day 2:** New Mercies Every Day
- Day 3:** Assessing Myself
- Day 4:** Being Content in this Season
- Day 5:** Making Plans for the Future



HOW TO USE THIS BIBLE STUDY

Studying the Bible as a family is an incredible journey full of blessing, growth, and, yes, a little adventure along the way. But sometimes as parents we get frustrated because the process doesn't look quite like we envisioned. To keep this from happening, let's manage our expectations from the start and set up our family Bible study time for success!

The Purpose of Bible Study

It's important to know and keep our purpose in focus. Are we doing this to impress others? Look holy? Fulfill an obligation? Of course not. But sometimes we can slip into that gray area when we don't stay focused on why we are really doing this.

When we get down to it, the purpose for Bible study is:

- To know God better by knowing His Word.
- To learn, discern, and share truth.
- To enjoy a deeper relationship with God.

Will your kids remember the purpose? Probably not. So when your kids give lousy answers, pick their noses, fight, or even complain during your family time, keep your purpose in perspective. As parents you're planting seeds, trusting that God will one day bring the growth. Don't imagine that other families are doing a better job. Trust God to take your offering of family Bible study - even if it's a little messy - and work in the hearts of your kids in His time and ways. He's faithful!

How to Successfully Study Together

Often families think the best way to study the Bible together is to sit in a circle and have each person read/answer questions. In truth, this is a good way to feel frustrated. Little kids can get lost and older kids can feel bored.

In order to meet each person where they are, the actual "study" part should be done on an age-appropriate level. To put it simply, any child over the age of 8 who can read on their own should be spending some time studying the Bible on their own. Once everyone has had the opportunity to study and process, come together to discuss what you've learned. Your conversations will be much richer!

Here's a breakdown of what that might look like for each age level.

Parent Guide:

The parent guide has two aspects. First, there is a personal study for you. You'll be studying the same thing as the kids, but it's tailored to help you think through it as a parent. At the conclusion of each lesson, you'll also find the central Scripture, key truth, and discussion questions. This section is designed to help you lead the discussion with your kids.

I recommend that you study on your own before beginning your day. Once everyone has completed the day's study, it's time to come together and discuss! Below you'll find a strategy for working with each age level.

For kids ages 4-7:

We recommend that each family member has a book. This helps kids feel like they aren't too young to be a part. Our Primary level books are written for this purpose. Mom/Dad reads the lesson out loud to the child and the child responds by answering questions verbally, as well as drawing in the space provided.

In our home, I gather all of the kids in this age level and work together with them while the older kids are studying independently.

For kids ages 8-12:

This is the premium age for spiritual growth! These kids are sponges, soaking up everything possible about God. Be sure they have their own book so they can move at their own pace and take ownership of what they are learning. Encourage them not to get hung up on things they don't know. They can ask questions during your family time.

The goal of their independent study is to get them in the Bible for themselves and to think deeply about what they are learning BEFORE anyone else puts ideas into their head. This is truly the key to helping kids have authentic life-changing faith.

For teens ages 12 and up:

If you try to think for your teens, you'll quickly find yourself frustrated. God has uniquely designed this age group to challenge ideas, discern truth, and fight for what they believe. Now is the time to make sure they have many great tools at their fingertips.

Studying independently will provide the opportunity for them to read God's Word themselves and think through what they believe before discussing it. If you've ever felt like your teens weren't engaged, this is why. They need to study and grasp on their own before they can contribute to a discussion, much like you and I!

As you take steps towards family Bible study, remember, ultimately spiritual growth isn't up to you. Your job as the parent is to create an environment and provide the tools and instruction necessary for spending time with God. God's job is to transform hearts. Keep at it! I'm cheering you on!

-Kim Sorgius









Why Change?

DAY 1

Happy New Year! Today is the first day of a brand new year. The date on your calendar has CHANGED!

A brand new year is a reminder that almost everything in life changes at some point. The leaves fall off the trees when it turns colder. People grow taller. Animals lose their fur.

Can you think of any other things that change?

	_____		_____
	_____		_____
	_____		_____

Take a few minutes and brainstorm these as a family. Perhaps google pictures of changes to help younger kids see the differences.)

Sometimes people think change is a bad thing, but most of the time it's actually a really good thing. That's because change gives us the chance to make better choices. It gives us the chance to start fresh or start over.

Read **Isaiah 53:6**. How does the Bible describe people?

The Bible says we are like sheep who have gone astray. We've gone our own way and not obeyed God. The truth is, we all need to start over! (Isn't it reassuring to know that you and your family aren't the only ones?) We all need the chance to make better choices.

Read **2 Corinthians 5:17**. Why does the Bible say we should want to change?

Isn't that wonderful? Jesus Christ died to make us new.

Are you a new creation in Christ? Write your testimony. Be sure you share it with your kids! Don't assume they know it.



What are some things you've done this past year to go your own way and disobey God.

Pray and ask God to help you and your children to want to change these things. Thank Him for sending the Holy Spirit to help you! Ask Him to help your whole family to be ready to learn and change as you work through this Bible study.

Scripture: 2 Corinthians 5:17

Key Truth: We are new creatures in Christ and should be eager to turn away from our old sinful selves as we GROW and change to become more like Him.

Discussion: What kinds of things change?

Why should Christians work on changing things about themselves?





New Mercies Every Day

DAY 2

Name some things that you feel like you failed at this past year.

Read **Philippians 3:13-14**. What does Paul tell us we must forget if we want to press on toward our goal?

Go back and cross out each of the things you listed above, thanking God that it's in the past!

What hope does **2 Peter 1:3-4** offer us despite our failures?

In verses 5-7, What does Peter tell us we need to seek after? Make a list.

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

In verses 8-10, if we do seek after those things, what benefit will it have for us?

Be transparent and share these with your kids. Real parents who make real mistakes are an example to help kids understand that they aren't the only ones who mess up. We get the privilege of walking alongside them and living out that example.

It's easy to convince ourselves that we can not make things right. We are sure that God is tired of our constant failures. But the Bible says otherwise.

Write **Lamentations 3:22-23** in the space below.

This is my favorite verse of all time because it's the most beautiful reminder of God's love. EVERY single day His mercies are new.

**His love never ends and
He is always faithful. Even
when we mess up!**

Close today with a prayer thanking God for loving you even when you fail. Thank Him for forgiveness and new beginnings EVERY single day!

How does this make you feel?

Scripture: Lamentations 3:22-23

Key Truth: All people fail, but God's mercy is new every day. His lovingkindness and faithfulness NEVER ends.

Discussion: What are some ways you have failed this past year?
How does Lamentations 3 encourage you to never give up?





Assessing Myself

DAY 3

So far we've talked about why God wants us to change and how He gives us mercy and forgiveness for our past failures. Now let's look at WHAT we need to change.

Read **Psalm 139:23-24** out loud three times as a prayer to God. Ask Him to show you what He wants you to change this year.

Let's look at some key verses and consider what God wants for our lives. As you read these verses, jot down phrases of things that you might need to change.

Romans 12:1 _____

Matthew 5:16 _____

Hebrews 10:24-25 _____

I John 4:7-8 _____

Philippians 4:8 _____

Ephesians 4:25-32 _____

Ephesians 5:15-21 _____

Are there any other verses that you can think of? List some other "fruit" that we would see in our lives if we are obeying God and following Christ.

This is a great thing to discuss as a family. Let your kids come up with ideas first and then put your heads together. You'll love the ideas! Also, before sending your kids to make their lists, be sure you go over the 4 categories and talk about what might go in them.

Now write out several sentences that describe who you want to be in Christ. Think about yourself spiritually, emotionally, physically, and relationally.

Who I Want to Be in Christ

Spiritually

Emotionally & Academically

Physically

Relationally
(friends and family)

Isn't it incredible to know that God will help you with each of the things you listed? Pray and thank Him for helping you. Ask Him to show you what steps to take.

Scripture: Psalm 139:23-24

Key Truth: It's good to ask the Lord to show us how we can fix our mistakes and become more like Him.

Discussion: What are some of the things that Bible tells us about how Christians should live?

What sentences to did you write to describe who you want to be in Christ?





Being Content in this Season

DAY 4

Read **Ecclesiastes 3:1-8** and note some of the “times” or seasons of life mentioned.





Ecclesiastes was written by Solomon, a man who had absolutely everything from riches to wisdom, and yet he was still searching for more.

Note his conclusion in **Ecclesiastes 3:22**. What stands out to you in these words?

If there is a time for everything, that means sometimes things don't happen when we hope they will. It means God has called us to the very place we find ourselves in today.

What is in your heart right now that you wish was different? Write something that is out of your control like financial trouble, desires for a larger house, better car, a better situation at work or school, etc.

Sometimes we want to do something in our lives, but it's just not time. God asks us to wait.

Read **Isaiah 40:31**. How does the Bible describe people who wait on the Lord?

Read **Psalms 37:3**. What does this verse tell you about waiting for the Lord?

When we wait for the Lord, we trust Him, because we know that His ways and His timing is better than our own plans. But waiting doesn't mean that we should sit and do nothing. This verse reminds us to "do good" while we wait!

Waiting is hard for everyone, but especially kids. Talk about what your kids are hoping for and ways that they can trust the Lord with His timing.

What are you waiting for right now? Write a prayer telling God about it and thanking Him that He has a season for everything.

Scripture: Ecclesiastes 3:1-8

Key Truth: There is a time for everything and God's timing is perfect.

Discussion: Have you ever known someone who had "everything" but still wasn't happy? Why do you think this happens?

What are you waiting on the Lord for this coming year?





Making Plans for the Future **DAY 5**

What are your wildest dreams for yourself and your family this year?

Without a plan, we are not very likely to accomplish much. It's good to decide that there are some things we want to change in our lives like we did on Day 3, but now we need to make a plan as to how we will make those changes.

Set aside a time to meet with each of your kids individually. Discuss their goals for the new year and help them make a plan for how to make it happen.

Read **James 4:13-16**. Before we make any plans, what do we need to remember?

We need to remember that God is in control of our plans and we are not.

But don't worry. That's a GOOD thing, because God's plans are even better than we can ask, think or imagine!

Read **Jeremiah 29:11** and write down what kind of plans God has for you.

Read **Romans 8:28**. What does this verse share about God's plans for us?

Even when it doesn't make sense to us, God's plans are for our good. He takes even the worst of situations and uses them for good in our lives. Isn't that an awesome promise?

Read **Proverbs 16:9**. What is your job when it comes to planning?

What is God's job?

What are you waiting for right now? Write a prayer telling God about it and thanking Him that He has a season for everything.

Scripture: Proverbs 16:9

Key Truth: We are responsible for making plans for our future, but God plans the steps. He is ultimately in charge of what happens and we can trust Him.

Discussion: What are your wildest dreams for this new year?
How does God fit into your planning for the new year?

