



# Parent Connection

## Help Kids Love and Value Themselves as God's Own

Self-esteem takes a big hit as kids approach and enter adolescence. As their bodies change, young people are constantly bombarded with unattainable standards in the media. Cornell University's Joan Brumberg says America has "a culture of kids who are being socialized to unrealistic images." These impressionable kids constantly come up short when they compare themselves to society's perceived ideals.



When self-esteem suffers, kids react in numerous ways. The worse kids feel about themselves, research shows, the more obsessed they become with buying stuff. Others turn to violence to try to fit in. One study found that girls are turning to alcohol to manage their low self-esteem and to repress anxieties and fears. Some kids behave provocatively or have plastic surgery to try to fit in and attain the world's beauty standards.

When teenagers see themselves through the world's eyes, they'll fall short. Our job is to help them begin to see themselves through God's eyes. He not only made each young person in his image but also has a plan for each of their lives.

David R. Smith at theSource4YM.com says an effective strategy for boosting self-esteem is providing service opportunities. "When we put young people in situations where they help others who are worse off than themselves, it is not only a great opportunity to show love and compassion to the needy, it provides these young people with a larger world view than the 'plastic' exterior they see in the media and the shallow world around them." Read on for more ideas about boosting your teenagers' self-image in a God-centered way.



**Focus**  
on **Prayer**

### PRAY THAT:

1. God will help your teenagers have a realistic self-image based on their value as his special creation.
2. God will protect your kids from harmful images and messages portrayed through the media and peers.
3. You will be empowered to view your teenagers and yourself through God's eyes, not the world's.
4. Your teenagers will value inward character more than outward appearance.



### Many kids don't like what they see in the mirror.

- 81% of 10-year-olds are afraid of getting fat, and 66% of girls ages 10 to 14 say they want to change some aspect of their appearance. (Dove Campaign for Real Beauty)
- High school girls tend to see themselves as 11 pounds over their ideal body weight, while boys perceive themselves as heavier than they are and want to be even bigger. (*American Journal of Health Behavior*)
- Not everyone agrees there's a self-esteem crisis. Psychology professor Jean Twenge says today's kids are brimming with self-confidence, which can lead to narcissism. Setting unrealistic goals can blow up in kids' faces, Twenge says. (*The Narcissism Epidemic*)



# MUSIC SPOTLIGHT



**Mainstream Artist**

**Background:** A record executive discovered Usher at age 13 on *Star Search*. Since then, he's sold more than 40 million albums worldwide and has won five Grammy awards. *Billboard* magazine called him the second-greatest artist of the previous decade.

**Albums:** *Raymond v. Raymond* (2010), *Confessions* (2004), *8701* (2001), *My Way* (1997)

**What Parents Should Know:** Most of Usher's songs are about relationships and love, but many also deal with sexuality—in very explicit language. Usher's nonprofit organization helped rebuild parts of New Orleans after Hurricane Katrina.

**What Usher Says:** Regarding his growth as an artist, Usher says, "The knowledge that rests in the mistakes slowly but surely become wisdom.... Where I stand as a husband, as a father, as an individual, as a businessman, is all a testimony to what I've been through and where I've been."

**Discussion Questions:** What are some positive consequences that can result from mistakes? Would it be better if we never messed up? Why or why not? Read aloud Romans 8:1-4. What do these verses say about our past—and future—mistakes? What attitude should Christians have about our sins, and why?



**Christian Artist**

**Background:** TobyMac, a member of the former Christian rap group DC Talk, has gone on to a successful solo career. His songs have been featured on films, TV shows, sports events, and video games, and he won a Grammy in 2009.

**Albums:** *Tonight* (2010), *Portable Sounds* (2007), *Welcome to Diverse City* (2004), *Momentum* (2001)

**What Parents Should Know:** TobyMac is a genuinely talented hip-hop artist. His infectious sounds are a viable alternative to often-profane secular lyrics. He is vocal about his commitment to diversity, saying we are all God's children.

**What TobyMac Says:** "Music is something that can actually open people's minds to who God is. Music will never change the world, but God can choose to use music, and that's what I count on. I want [my songs] to move people's lives forward—move people toward God."

**Discussion Questions:** How similar are you and your peers, culturally and faith-wise? Are you comfortable being around people who look different from you? Why or why not? What are God's views about diversity? Read aloud John 3:16. What evidence have you seen of God's love for everyone? What can we do to reach across cultural lines?

## FILMWATCH

**Movie:** *Legion* (releases Jan. 22)

**Genre:** Supernatural thriller

**Rating:** R (for strong bloody violence and language)

**Synopsis:** God loses faith in mankind and wants to start over. So he sends his angels to bring about Armageddon on earth. The archangel Michael (Paul Bettany) is now a fallen angel who's siding with the humans. He tries to protect a waitress who might be pregnant with the second coming of Christ.

**Discussion Questions:** Do you think God ever gets disgusted or angry with humans? Do you think he ever punishes us for our sins? Explain. What is God's plan to save our broken world? Read aloud Matthew 24:30-31. What do you think it will be like when Christ returns to earth? Do you want that to happen during your lifetime? Why or why not?



# Up Coming Events

|             |   |
|-------------|---|
| February 7  | Game Day XLIV<br>5:00-10:00 p.m.<br>@ The Bridge                |
| February 14 | \$20 Deposit Due for Mission<br>Arlington                       |
| February 28 | Fellowship After Fellowship<br>Family Fun Night<br>Location TBA |
| March 13-16 | MIA: Mission Arlington  |
| April 16-18 | Disciple Now<br>\$25 Due March 31                               |
| May 26      | Family Park Night<br>@ Landreth Park                            |
| May 27      | Wet & Wild<br>End of Year Canoe Trip<br>\$10                    |
| July 12-17  | Centrifuge<br>Union University<br>\$315                         |



## Mission Arlington

**What:** Student spring break mission trip.  
**Who:** All students 7<sup>th</sup>-12<sup>th</sup> grade & parents.  
**Where:** Mission Arlington  
Arlington, TX  
**When:** March 13-16, 2010  
**How Much:** Free  
(A \$20 Deposit Will Be Required to Sign Up)

Mission Arlington is an inner-city mission that works with children, teenagers, adults and families to provide resources and ministry to families throughout the Metroplex area of Texas including Dallas and Fort Worth.

# Disciple NOW

What is Disciple Now?

A Disciple Now (or D-Now) is a retreat where small group Bible Studies are held in people's homes throughout Joplin. The groups will come together for worship, recreation, a mission project, food and fun.

April 16-18, 2010  
\$25

Volunteers Needed

1. Transportation: We need people with mini-vans, SUV or other passenger vehicles to transport students to and from host homes.
2. Meals: There will be two meals at the church and we need people to come cook for the students.
3. Transportation: We need guys with trucks to transport luggage on Friday night and Sunday morning.

If you would like to help please contact Bro. Ed by e-mail at ed@fellowshipstudents.org or at the church office at (417) 781-5174.

## Stand in the Gap

Sundays @ 5:30

in the Youth Room.

Come Pray With Us



## Game Day XLIV

This year we are trying something new with our "Superbowl Party". Instead of trying to do it at the church with limited resources, we are going to connect with several other area churches to host a "Superbowl Party" at the bridge.

## Game Day XLIV

February 7, 2010  
5:00-10:00 p.m.



for more information go to [www.fellowshipstudents.org](http://www.fellowshipstudents.org)

# February 2010

| Sun  | Mon | Tue | Wed          | Thurs | Fri | Sat |
|--|-----|-----|--------------|-------|-----|-----|
|  | 1   | 2   | 3            | 4     | 5   | 6   |
|  |     |     | 6:00 Journey |       |     |     |
| 7  | 8   | 9   | 10           | 11    | 12  | 13  |
| 9:15 Bible Study<br>Game Day XLIV<br>5:00-9:00<br>@ The Bridge                                   |     |     | 6:00 Journey |       |     |     |
| 14   | 15  | 16  | 17           | 18    | 19  | 20  |
| 9:15 Bible Study<br>5:30 Stand in the Gap<br>\$20 Deposit Due for Mission Arlington Mission Trip |     |     | 6:00 Journey |       |     |     |
| 21   | 22  | 23  | 24           | 25    | 26  | 27  |
| 9:15 Bible Study   |     |     | 6:00 Journey |       |     |     |
| 28   |     |     |              |       |     |     |
| 9:15 Bible Study<br>5:30 Stand in the Gap<br>7:00 Fellowship<br>After Fellowship                 |     |     |              |       |     |     |

