Knox Family Time



A Time to Connect With Each Other Throughout The Week

Questions Connected to our Scripture:

- What do you feel is your biggest strength?
- What piece of "armor" do you feel you "wear" the most?
- How do you feel you can become stronger in the Lord?

This Week's Scripture:



Each week, Ms. Kim creates a Godly Play video that is posted to our Knox Kids page as well as our website. It is another great way to learn about God and his stories.

"Be Strong & Courageous"

A Family Devotional

When we put on our "full armor of God" we need to be truthful and honest, we need to fight for what is right (justice), we need to spread the good news of Jesus Christ, we need faith, and we need the Holy Spirit. We also are reminded that our sins are forgiven because of Jesus Christ and how he has died for our sins, which in other words, is salvation. We don't need all of the fancy equipment that you see in my picture, we need to listen to God's instructions like he tells Joshua and his people. We need to live the life that God wants us to and follow his lead.



This week I encourage you to read our two scripture selections together as a family. In Ephesians, Paul will talk about putting on the "Armor of God," but we don't really NEED physical armor to be protected by our Lord and Savior. In Joshua, we are hearing how God is commanding Joshua to lead God's people to the promised land. You are strong and we've got this together! After you have finished reading the scripture, I have included a few questions for you to discuss together. I also encourage you to share what else stood out to you. If you are willing, I would love to hear from you. Until then, you are in my thoughts and prayers!

Have a blessed rest of the week!



If you're looking for some more things to do together as a family, here are a few ideas >>>

A Conversational Quote:

What do you think Maya Angelou (meant?

How is this quote connected to our scripture for this week?

What do you think it means to have courage? How can you show it?



Did you know?

Bethany Hamilton was a young surfer who lost her arm in a shark attack in 2003. You can read more about her story <u>here</u>, but she said "Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you." Thanks, Bethany, for the inspiration!



Fun Questions:

- What animal do you think is the strongest? Why?
- If you could have any superpower, what would it be?
- If you could create armor, what would it look like?
- Would you rather be a fast swimmer or a fast runner?
- Would you rather read people's minds or find all your lost things?

Kids In The Kitchen >>> This Week's Recipe:

This week's recipe is for "Blessing Mix." This would be a fun thing to make together as a family. To make it even more fun, you can then deliver it to your neighbors or friends. You can attach the recipe for <u>"Blessing Mix"</u> for them to understand why you put in each thing. You could leave them a little note as well and spread the joy of Thanksgiving and the love of Christ with others.

Fun Activity:

I don't know about you, but we seem to have a ton of post-its around our house. This week, you can take the post-its and leave notes of gratitude around the house for each other.

You could also use the post-it notes to create a scavenger hunt around the house, with different clues on each post-it. Our girls took turns doing it and had a blast!



In other news...



This past week we collected coats for the Wayside Cross Ministries. <u>Wayside Cross</u> is a wonderful ministry serving people in need in the Fox Valley area. I went live on <u>Facebook</u> this week to share that this big blue box is located in our Gartner parking lot. As you might continue to go through clothes and shoes in your homes, please keep Wayside Cross in mind. (We also have collection bins for Loaves and Fishes, Hesed House and the Dakota Partnership inside our building.