

Eagle's Landing Students

JANUARY 2022 - PARENT RESOURCES AND NEWS



2022 RESOURCE GUIDE

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.
~ 2 Corinthians 5:17

2021 Article Recap
Resource Guide
Weekly schedule and contacts
Upcoming Activity Dates



Weekly Schedule

SUN

9:30

Lifegroup - Link

11:00

Worship Service

WED

6:30

Thrive - Chapel

Dates to Know

1/12

Family Worship Night

1/19

Thrive Student Worship

2/6

Casting Crowns Concert

2/11

Night to Shine Event

2/20

High School Winter

-
2/22

Retreat - Pigeon Forge

3/18

Middle School DNow

-
3/20

ELFBC Campus

6/24

Thrive Camp

-

Shocco Springs

6/27

Details to come



RESOURCES FOR STUDENTS AND PARENTS

Podcasts



If you're looking for ways to take in information while driving, exercising, or performing any other task, podcasts are a great option.

- [Mama Bear Apologetics](#) - focuses on answering the tough theological questions, addressing cultural issues, and preparing your student to have a strong faith in the face of a challenging world.
- [Bible Project Podcast](#) - dig in deeper, learning the history and connections of the Bible.
- [Have a New Kid by Friday](#) - Dr. Kevin Leman answers parenting questions
- [The Family Discipleship Podcast](#) - conversations with faith leaders and other parents about leading in the home
- [Focus on Parenting](#) - Focus on the Family

Books



When you want to study a particular topic, books are a great way to get into the details. Here are a few we recommended in 2021.

- [Finish by Jon Acuff](#) - Help yourself and your student complete goals
- [Planet Middle School by Dr. Kevin Leman](#)
- [Thriving at College \(for students\) / Preparing Your Teens for College by Alex Chediak](#)
- [The 5 Love Languages of Teenagers by Gary Chapman](#)
- [How to Listen So Your Kids Will Talk by Becky Harling](#)
- [Your Teenager is Not Crazy by Dr. Jeremy Clark and Jerusha Clark](#)
- [Boundaries by Dr. Henry Cloud and Dr. John Townsend](#)

Got a topic you'd like to see covered in a newsletter this year or a class you'd like to attend? Let us know!

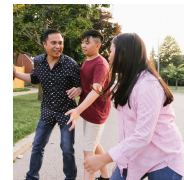
Apps



If you're looking for ways to take in information while driving, exercising, or performing any other task, podcasts are a great option.

- **Bible Apps** - While the best reading comprehension occurs with a distraction-free physical Bible, it's good to have a nice, convenient copy of the Word in your pocket. Many also have reading plans, devotions, and commentaries. Try one of these:
 - YouVersion - The Bible App
 - Blue Letter Bible
- **Bible Study Apps** - One of the benefits of a digital study tool is that it can link to extra information, automatically track your progress, and remind you at the appropriate time of day. Here are a few that can enrich your study time:
 - Bible Project App - explanation videos, resource links, study plans, and more
 - ELFBC App - sermon notes and reading plans
 - Bible.is - audio Bible with speed control, multiple voices and versions, and listening plans
- **Verse Memorization Apps** - The best way to carry around scripture is in your head, but memorizing can be difficult. Here are tools that can help:
 - Remember Me
 - BibleMemory
 - MemLok Bible Memory System
- **Monitoring and Safety Apps** - If your teen has a phone, they have a link to the outside world and the ability to make mistakes that can impact the rest of their life. There are many apps that can help you protect them and teach them healthy limits. Depending on your phone and plan, there will be different features available, but here are a few to consider:
 - Family Link by Google
 - Microsoft Family (for computers and Xbox)
 - Life 360
 - Paid services such as Bark, Net Nanny, and more
 - The built in features that some phones have to set app limits, bed times, focus profiles, find my friends, and more.
 - Many game consoles such as Nintendo Switch have parental control options
- **Home Life Apps**
 - Rooster - allowance and child banking/budgeting tool
 - Sweepy - home chore management
 - Shared family calendars
 - Shared tasks lists like Todoist, Tick Tick, Asana, etc.
 - Short texts and gifs

Other



Some resources don't fit into a neat category. We've included a few of them here.

- [Right Now Media](#) - Bible study videos and more. Contact church for log in information.
- [Screensmarts.org](#) technology training - one lesson per week from Brian Houseman
- [Culture Translator](#) - A weekly email to help you stay up to date on pop culture and how it can affect your child's faith and world view. From [axis.org](#).
- [ELFBC Equip Classes](#) - One of the best ways to become a better parent is to mature your own faith. Check out our adult Equip classes.

Eagles Landing



Need more help? Have questions? We are ready to assist you!

Contact us through the methods below:

- Instagram: @thrive_students (This account is private so please message us and let us know you are a student or parent to gain access.)
- Web: eagleslanding.org/students/
- Mark Hall - mark@eagleslanding.org
- Neal Dose - neal.dose@eagleslanding.org
- Georgia Sexton - georgia@eagleslanding.org
- ELFBC McDonough Campus 770-957-1355
- You can also reach out to your student's Sunday morning lifegroup leaders.

One of the best resources for every teen and parent is to surround themselves with a supportive, God-loving group. We encourage your family to regularly attend lifegroup. If you need help finding a class, please let us know.

2021 ARTICLE ROUNDUP

JAN/FEB

Setting Goals with your Student

Perhaps this January, more than any other you've experienced, you and your student had a lot of expectations. You want this year to be better, easier, happier, and healthier. Often these hopes are rolled into some form of New Year's resolutions.

Statistically speaking, your student is more likely than you to be making a resolution this year and they are more likely to expect to achieve it. ([Finder.com](#)) Rather than shrug off this tendency, use the desire to help your student - and maybe yourself - learn how to properly set and achieve goals.

If the word "resolution" leaves a bad taste in your mouth, consider calling them goals or targets or personal improvements. The label doesn't matter as much as the intent to continue pursuing being the person God wants you be. (Romans 6, 12)

Make the goal specific. "Be healthier" sounds great but is difficult to definitively achieve. Consider the **SMART characteristics** when defining a goal.

Choose a productivity method that fits your personality. The main reason people expect to "fail" their resolution is will power. There are many methods of accomplishing tasks. Assist your student in helping on the helps them shine. (see resource panel)

Make grace part of the process for yourself and your student. The Bible says that God's mercies are new every morning (Lamentations 3) and ours should be too. January 1 is not the only day in which we get to start over.

Adjust goals when needed. Life changes. Don't be afraid to change with it.

[SEE FULL NEWSLETTER HERE](#)

Some Included Resources:

- [The Ultimate Guide to Personal Productivity Methods](#)
- [Productivity Guide - 12 Most Popular Techniques](#)
- [7 New Year's Resolutions Teens Can Make](#)
- [8 Ways to Help Kids Make New Year's Resolutions](#)
- [The Messy Bun Podcast - Teens and Goals](#)
- [A Complete Guide to Goal Setting \(Video\)](#)

MARCH

Bringing Fun and Focus to Easter

If your family observes Lent you probably already have an idea about how to prepare for Easter, but for those that don't, there are still things you can do to keep the focus of Resurrection Sunday on the joyful gift of Jesus and make it fun for your family.

For some, Easter can be almost as hectic as Christmas. Between family gatherings, church activities and responsibilities, and the lure of brand new clothing to wear in pictures that will be shared everywhere, it's easy to get lost in all the trappings of Easter.

Bringing the focus back to Jesus's sacrifice and resurrection won't happen without deliberate action. The good news is that it doesn't have to be somber. Jesus came that we may have life more abundantly and the ultimate pathway to that abundance was opened when he conquered death one Sunday many years ago.

See the resource bar for specific ideas, but some things you can do include:

- Family Bible Study
- Do gift baskets for after church
- Have your own family sunrise or Good Friday service

- Simplify the family gathering (from food to games, make it easy)
- Include reminders of the resurrection in your seasonal décor

he biggest thing to remember is that your children will see and model what you do, even if it's not right away. Make Jesus the center of your attention at Easter and your student will follow. Eventually.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [The Bible Project Passion Week](#)
- [Christ in the Passover Presented by David Brickner of Jews for Jesus \(Video\)](#)
- [The Way Home Podcast - Aaron Damiani on the liturgy of Lent](#)
- [100 Ideas for a Christ-centered Christmas](#)
- [50 DIY Christian Easter Decorating Ideas](#)
- [15 Ways to Observe Holy Week with Your Family](#)

APRIL

Navigating School Transitions

Ah, Spring. Time for allergies, yard work, and enough end of school year activities to fill 42 hours a day. The middle and high school years are full of transitions and it seems we're always preparing for the next one.

Middle schoolers shift quickly from just learning the ropes to preparing for high school. Just as your student got the hang of being a high schooler, along came the questions about college or a career.

Preparing for what's next can be difficult for students, particularly if you as the parent are struggling with the coming change as well. So how can you help your child over the next few months?

1. Remember to live today. Registrations, test scores, and school choices can be distracting. Don't miss the season they are in. Enjoy the sporting events, award ceremonies, proms, and parties.

2. Remember each kid is different. Your first child's transitions are nerve-wracking, but don't make the mistake of thinking you have it all figured on the second. They may need a different path and different preparations.

3. Remember this decision is not final. Many adults work in fields outside their college degree. Many apprentice educated

adults work right alongside college grads. The decisions made between 11 and 18 are important but not ultimately defining.

4. Remember spiritual preparedness matters too. No matter their credentials, if a student's foundation in Christ is weak, it will fail when they venture into the world on their own. Prioritize Bible study, family connections, and church in your preparations.

5. Remember that God loves your student more than you do. As a parent that can be hard to swallow, but it's true because God's love is perfect and ours never will be. At the end of the day, trusting your child's future to God's hands is the best preparation you can do.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [9 Tips for Helping Your Teen Transition to High School](#)
- [Next step after high school? Some alternatives to college](#)
- [3 Things Everyone Should Know Before Growing Up](#)
- [Welcome to the Middle School Zone](#)
- [myfuture.com College Planning Timeline](#)

2021 ARTICLE ROUNDUP

MAY

Making the Most of Motherhood

Mention Mother's Day in a group of seven people and you'll likely get eight different opinions. Whether you agree or disagree with the celebration, there is no denying the importance of female influence in the lives of students.

Whether you are a mom, a stepmother, an aunt, a caretaker, or a teacher, here are some ways you can support the spiritual growth of the students in your life.

(For the case of brevity, this article is generalized. Please adjust these ideas for your particular family situation and keep them in mind when considering which women have influence in your child's life.)

1. Children see more than they hear. In what ways are you modeling emotional, mental, and spiritual health for your child? Just because you are a mom, you haven't stopped being a person. Embrace the growth and calling God has on your individual life so your children can see that lived out.

2. You can have the answers. Moms get a lot of questions ranging from *where's my shoe to can God make a mountain He can't move*. Make your own study a priority and when you don't know the answer, consider researching it together with your student. It will strengthen your faith and teach your child questions don't mean they no longer

believe.

3. You will not be perfect. There will be moments you'll feel you got it right but many others when you won't. Give yourself the grace you given them. If you truly messed up, don't be afraid to apologize. You will always be imperfect, but you can also always love.

4. Listen and grow. Your student is becoming an adult. Ask them for a parenting review. Listen and work together to create new rules or expectations. It will be tough to hear but it will strengthen your bond for the future.

Above all, love your child. They'll always remember that.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [Working Christian Moms Blog](#)
- [Agape Moms Website](#) (single Christian moms)
- [10 Commandments to Be a Great Bonus Mom](#)
- [God's Unexpected Purpose for Motherhood](#)

JUNE

4 Ways to be an Even More Awesome Dad

If you have struggled to define fatherhood, you're not alone. All you have to do is look at the last century of television shows to know that society hasn't a clue what to do with it either.

Should you be a wise sage or the family comedian? Should you be a hands-off provider or bumble your way into everyone's business?

It doesn't take long to see that the world isn't sure what makes a good father.

Fortunately, we have a Heavenly Father who is more than ready to show us the way. Here's a few thoughts on ways fathers can strengthen and lead their children on a path that brings them closer to God.

1. Consider more than the physical needs. It can be tempting to say your job is done if food, shelter, and clothing are provided, but your children need you and not just your resources.

2. Set them up to succeed but be ready to catch them when they fail. We all want to see our children soar but it can be tempting to protect them while they learn to fly. Let

them fail, but catch them as they fall. Then encourage them as they climb up and try again.

3. Remember it's what you do as well as what you say. Children are always watching. Be sure to live out the teachings you are passing down.

4. Lead with love and a servant heart. Always love first. Your children were gifted into your care by a God who serves and loves even when we mess up. Be that example for your children so they can see the hand of God at work in the world

According to statistics, the faith of the father is one of the primary influences in the faith of a child. Never forget that you have a Father who is ready to help you bring your children to Him and we are here to support you along the way.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [M-46 Dads](#)
- [10 Ways to be a Better Dad](#)
- [IG Account: dad.tired](#)

AUGUST

Making the Most of a Fresh Start

Move aside, January, for most students and their families, there is no better opportunity to make a fresh start than the beginning of a new school year.

The changes that come with a new school year are the perfect time to review and alter certain areas in a student's life. Ask your student how they feel each of these areas is going and work together to decide how they can be improved.

1. Priorities. What is the most important thing to your student? How do they make their decisions? Consider particularly where family, faith, studies, and church fall on the priority list and if the choices being made reflect that.

2. Routines. Now is the perfect time make new routines and tweak old ones. Where do quiet times, hygiene needs, sleep, relationships, and other health and wellness needs fit in each day?

3. Personal Impression. Is your student presenting themselves to the world the way they would like? We may not like how other's perspectives effect us, but it can't be denied. Ask your student how they want to be perceived, then help them consider if their attitude, speech, and appearance project that.

4. Activities. Does your student want or need to do the activities they do or have they simply become a habit? Review their schedule and ask if each activity is something they enjoy, something that helps them grow, or something that prepares them for the future. If not, consider removing them.

Remember to build margin in to your student's life! Everyone needs space to rest, explore, and take advantage of new opportunities. You also need room for life to not go exactly right. Make the moments matter.

[SEE FULL NEWSLETTER HERE](#)

What You'll Find in Newsletters:

- Event Recaps
- Family Fun Ideas
- Upcoming Events
- Fun pictures
- Ministry Spotlights
- Service Opportunities

2021 ARTICLE ROUNDUP

SEPTEMBER

How to Check in with Your Teen

With the start of this school year looking a little more "normal", you may find you and your teenager going in separate directions more often than not. Staying connected to your child may take more intentional effort, but it's worth it.

Struggling to find a way to initiate those moments of connection? Try some of these:

1) Push past the one-word answers "Fine" and "nothing" can be staples of the teenage vocabulary. Try to ask questions that can't be answered this way. Try "what did you learn" instead of "how was school". Follow up the first answer with the question "why" to go deeper and then another thought that shows you're interested and listening.

2) Invite them to share their opinions Often teens feel like no one is listening to them - particularly the adults in their life. Ask them what they think and be prepared to listen. Allowing them to disagree with you on impersonal topics will make it easier for them to share personal ones.

3. Talk beside them Face to face discussions can be intimidating. Try having a conversation in the car or while playing a video game. Having something else occupying your visual attention can make teens more comfortable when speaking.

4. Make it a habit or a game. Playing the game "High/Low" or "Roses and Thorns" which invite people to share the best and worst parts of their day on a regular basis can open pathways of communication. The bits and pieces shared will probably be trivial to begin with, but over time will become more significant and meaningful.

5. Share your own vulnerabilities Sharing some of your own thoughts, fears, and insecurities will make your teen feel safer sharing theirs. It can also remind you that mistakes and struggles are human and give you more patience with your child. Always remember that the focus is to keep the conversation going. Don't make everything a lecture or a battle so that when it counts, they'll talk.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [20 Questions to Help You Bond With Your Teen](#)
- [Conversation Tools for Talking with Teens](#)

OCTOBER

Handling Risky Behavior in Teens

Some of the most frequently googled questions by parents of teens involve risky behavior. Why do teens smoke, drink, cut, and participate in various other forms of potentially harmful behavior? Statistically use of drugs, alcohol, and self-harm are on the rise among middle and high schoolers, so it needs to be on every parent's radar

What motivates risky behavior? Some of the reasons teens indulge in risky behavior include:

- wanting some control of their life
- not knowing how to handle big emotions, particularly negative ones
- peer pressure or a desire to be "normal"
- the thrill of risk and challenge
- a desire to be more "adult" or do forbidden "grown up" things
- anxiety, depression, or other mental health issues

How can parents help?

Allow your student room to take safe risks. Giving teens space to make their own choices and take their own chances without shielding them from the consequences let's your child learn about risk. Giving them responsibility in your chosen areas will remove some of the temptation to take freedom in other areas. Be sure to check in after and discuss any lessons learned.

NOV/DEC

Avoiding Season's Disagreements

Ecclesiastes tells us there is nothing new under the sun and generations seeing the world differently than each other is not the exception.

The holiday months are filled with gatherings: family, friends, coworkers. As different ages, experiences, and opinions gather in the same room, the atmosphere runs the risk of becoming hostile or at least uncomfortable.

It's one thing to handle the sometimes delicate balance for a few hours, but what do we do when those disagreements enter our extended families or even our homes? You probably hold different views than your parents and your children may see things differently than you.

How can you maintain - or even deepen - relationships with those who disagree with you?

Love People. This idea is part of the great commission and it means we must remember our theological, political, and social views are not more important than the people around us. How we express our views effects our relationships with everyone who hears them - not only the person we said them to. Take this into consideration when choosing the time, place, and method of certain conversations.

Listen calmly. This can be difficult as sometimes teens say things we don't want to hear. Knowing they can tell you their problems or respectfully discuss a decision they disagree with will make them more likely to come to you if they are struggling with the temptations of risky behavior. *See our September Newsletter for suggestions on how to check in with your student.*

Make health a priority. This goes beyond making them eat their vegetables and get off the couch every once in a while. Most teens also don't get enough sleep. Social, emotional, and mental health can be key factors in a teen choosing to indulge in risky behavior. If your child tells you they struggle with one of these unseen issues, listen. Don't be afraid to enlist professional help if necessary.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [How to Know Your Teen Needs Help](#)
- [These 17 Skills Will Teach Your Teen Responsibility](#)
- [You Can Save Your Child's Life \(Love and Logic\)](#)
- [Sleep Hygiene for Teens](#)
- [Teen Suicide \(Mayo Clinic\)](#)

Listen to understand, not reply. When we prepare our return statement while someone else is talking, we lay the groundwork for an argument instead of a discussion. Is everyone defining words the same way? Is it possible you have the same concerns but see different solutions? Does the other person have a perspective you've never considered? Slowing down the conversation and listening can deepen the relationship even if disagreements remain.

Set boundaries. Some topics are too intimate for certain relationships. Some relationships can't discuss certain items without denigrating into an argument. In these cases set clear boundaries that everyone knows and enforce them. Call each other out.

Above all, pray. Align your heart with God's and remember it's hard to hate someone if you're praying for them.

[SEE FULL NEWSLETTER HERE](#)

Some included resources:

- [How Setting Boundaries Can Save Your Relationship](#)
- [Ten Commandments for Difficult Conversations](#)
- [How should I handle disagreements as a Christian? \(Proverbs 31 Ministries Podcast\)](#)