

WINTER
2023

Middle School



Your New Playlist

There may be no phase where thoughts run wilder in our minds than middle school. Because middle schoolers' level of self-awareness hasn't developed yet, they may not even recognize the negative thoughts playing on repeat in their minds until they're almost burned into their brains. That's why a series like *Your New Playlist* is so helpful! It's designed to help your child not just recognize their thoughts, but to replace them with truth in order to change the playlist in their minds!

MEMORY VERSE

"When doubts filled my mind, your comfort gave me renewed hope and cheer."
Psalm 94:19, NLT

Week One

Matthew 6:34, 11:28-30; Psalm 94:19
You create your playlist.

Week Two

Matthew 10:29-31; Psalm 139:14
You are enough.

Week Three

Matthew 8:24-27; Psalm 23:4a
You control the volume on fear.

Week Four

Luke 4:18-19, 21b; Mark 6:3; Psalm 37:5
Quiet the critic.

Week Five

Ecclesiastes 3:1, 4-8; Psalm 16:8
Feelings aren't forever.

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ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, give them breakfast with fun or encouraging note.



Meal Time

At a meal this week, have everyone answer this question: "Do you have a thought that is on repeat in your brain?"



Drive Time

While on the go this week, ask your middle schoolers: "What songs would you add to your playlist right now?"



Bed Time

Pray that you and your middle schooler will acknowledge the things that play on repeat in your heads that are not good. Ask God to replace those thoughts with truth this week!



PARENT CUE

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