



ACTS OF FAITH

This triennium our LWMLC goal or focus is to increase Mission Consciousness. The Member Development Committee has developed some *Acts of Faith* to inspire our hearts and open our eyes to opportunities of *Acts of Faith*. These *Acts of Faith* will come out periodically and focus on different individuals who cross our path. Pray for God's guidance as you step out into *Acts of Faith*.



SHOWING SERVICE TO YOUTH

Our youth of today are facing many struggles in their young lives, always searching and wanting to be accepted. Proverbs 11:25: "...those who refresh others, will themselves be refreshed."

Following are some suggestions for "Acts of Faith" to our youth.

1. With youth of today—whether in your family, neighbourhood, church or a casual meeting—make eye contact and acknowledge that they are seen. A smile goes a long way! If they are not in your family, learn their name!
2. Social media and screen time are many young person's whole world. Take an interest in what they are following. Take the time to listen to their favourite song, band group, and/or dance craze. A bowl of popcorn is always a great ice breaker.
3. Bullying is a difficult subject at any age and affects one in three youth today. (Take the time to step in, be a friend to someone in need. Bullying often stops within 10 seconds when someone intervenes.) Have this conversation with your child no matter what age and get to know their world outside the house. Don't be afraid to ask the difficult questions.
4. Peer pressure can have so many positive effects, a sense of belonging, increased self-confidence, encouragement of positive hobbies and interests, so send a note to your youth pointing out how you like their friends, giving examples of their good influence.
5. Academic achievements, the dreaded report cards... Long before they come out do lunch and, in a relaxed place, talk about school; point out the good and positively problem-solve the challenges.
6. Body image: Sometimes, body image or self-esteem problems are too much to handle alone. Help your young person know we are made in God's image and how perfect that is. Ask them what they need, A great time for one-on-one time! A home makeup lesson, perhaps. Even guys may enjoy a spa day, or at the least a haircut together with dad.
7. Drug use, a parent's nightmare. It's never too early to have the conversation with your child. Life experiences play a major role, from vaping to the hard stuff. Spend more of that one-on-one time with your youth, ask them what extra activity they want to explore. If more than one son or daughter, Uber-parenting is not a bad thing!
8. Sexual activity: "The talk"—it's never too young to introduce the subject. Letting your youth know that any subject is okay to talk about and it starts with respect towards yourself and others. Pick a time when you're cooking together (pizza perhaps) or doing another activity you both enjoy. Expect, "Oh, Mom/Dad."
9. Depression: In an uncertain world with life going up and down, put inspirational notes in with their lunch, laundry, on their pillows.... Use things like Instagram and send a personal chat to let them know they are not alone! Cute emoji's and gif's are enjoyed by both boys and girls. Youth are social beings, keep them engaged...
10. Parents expectations: Who am I? What am I doing? Where am I going?... You held them when they were born, built up hopes and dreams for them, collected pictures throughout their lives so don't be afraid to plan a time to go through the physical or digital "Baby Album" to add a smile to both your faces as you enjoy the memories, making new ones each day.