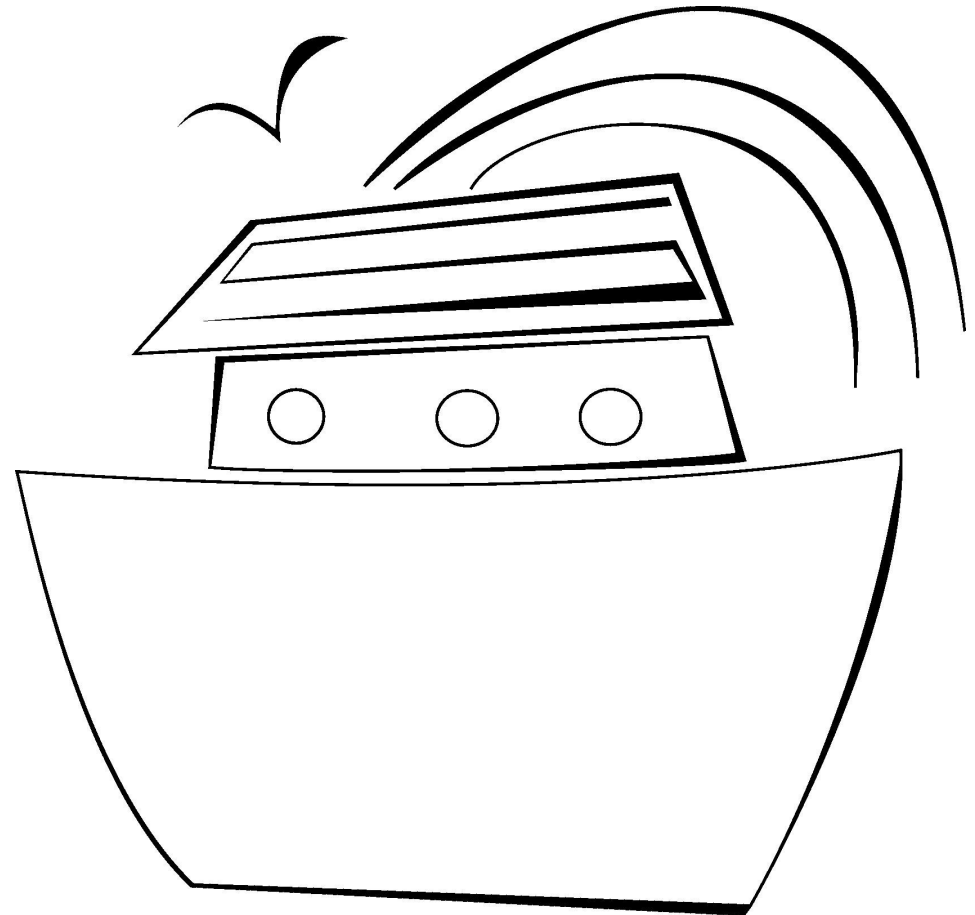


New Year, New Promises for Young Disciples



(Name)

A note to grown-ups: Time is very different for kids who haven't lived through very much of it and don't keep track of it the same as adults do. The following pages invite kids to think about the past, the future, and how they can grow as disciples. Those who can't yet read or write will need your assistance, but there is lots of space to draw.

January 1 is the start of a brand new year! In worship today, the grown ups are reading lots of words from John Wesley (who started the Methodist church), thinking about last year, and dreaming about the new year ahead. You can use this journal to do the same thing. The questions will help you get started, and there is lots of space to write and draw your answers.

Today I am _____ years old.

On my birthday _____, 20____,

I will turn _____ years old.

I won't be completely grown up until I am

_____ years old.

The oldest person I know is _____

who is _____ years old.

Would you like to make a new promise to God for the new year? Or is there an old promise you would like to work on again this year? Write or draw it below.

Whatever you do, don't ever, ever, ever forget that God loves you and promises to be with you always and everywhere! If you just remember that, it's a very good start to the new year!

At the start of the new year, the church takes time to remember covenants. A covenant is like a promise made with God. God has promised to love us and to be God for us forever and ever, no matter what! The rainbow (like on the front of this book) is the picture God gave to Noah to help Noah remember God's promise. Baptism, which uses water, and Holy Communion, which uses bread and grape juice, are other times when we remember covenants. Draw a picture to help you remember these promises from God.

In the past, I have sometimes been sad. (Write about or draw something that made you sad, hurt, or lonely last year.)

Last year I learned this very interesting thing:
(Write or draw what you learned about.)

I have BIG dreams for this year! (Draw one or
more of the big things you want to do this year.)

This year, I would like to learn about...
(Write or draw something you want to learn
about this year.)

The start of a new year is a good time to change things. Here are some ideas of good things for disciples to do. Check whether you already do them, would like to try doing them, or aren't ready to do them yet.

Hint: Trying one, two, or even three new things is great! Don't try to do everything at once though.

Something to do:	I already do this!	I'll try this in the new year.	I'm not ready for this yet.
Say "Thank you, God, for a new day!" when I wake up.			
Say a prayer or blessing before meals with my family.			
Say a blessing before I eat my lunch at school.			
Read my Bible or a Bible story book every week.			
Go to Sunday School every Sunday.			
Go to worship at church every week.			
Put some of my allowance in the offering at church.			
Write my prayers and put them in the offering plate at church.			
Pray for my family every day.			
Pray for a stranger or people I've never seen.			
Invite a friend to church and bring them with me.			
Say The Lord's Prayer by heart (without reading it).			
Learn a favorite Bible verse to say by heart.			
My idea: _____			
My idea: _____			