

## Help Teenagers Resolve to Care for Their Bodies

Many people's New Year's resolutions are related to their bodies and how they treat them. Although resolutions are often unrealistic and short-lived, it's helpful to regularly remind ourselves that God wants us to take care of the bodies he created. When the Bible refers to our bodies as temples (1 Corinthians 6:19), we usually associate that with the need to abstain from immoral sexual activity. But God also wants us to nurture our "temples" by giving them proper rest and nutrition.

Teenagers are notorious for late-night study sessions and parties, as well as for wavering between the extremes of junk-food indulgence and harsh diets. And that behavior takes a toll. Most experts say teenagers need about nine hours of sleep a night, but many get only about seven. Lack of sleep, according to researchers, contributes to physical and psychological problems among young people, from forgetfulness and a lack of coordination to depression and increased drug use.



Kids' busy schedules also lead to poor eating habits and a lack of exercise. An estimated 30% of young Americans are obese. On the flip side, many kids—especially girls—feel a constant need to limit calories, leading to serious eating disorders.

God wants us to treat our bodies well, not out of vanity but so we can use them and our gifts to serve him. Read on to discover ways to help your teenagers be good stewards of their bodies.

### Have your teenagers become walking zombies? Follow these tips to help them sleep better and feel more rested:

1. Establish and stick to a routine bedtime for kids, even if they insist they're too old for limits.
2. On weekends, don't vary the sleep-wake routine by more than two hours.
3. Challenge kids to reduce how often they use cell phones and electronic media at night.
4. Talk more often about the value of sleep and remind kids of the consequences of sleep deprivation (the same way you remind them of the consequences of drug abuse or smoking).
5. Adjust your family's schedule so kids can get to bed closer to a normal bedtime. For example, try to eat dinner earlier.
6. At home, use lower, softer lighting in the evenings and maximize the amount of light in the morning hours.
7. Curb caffeinated drinks—they screw up sleep even if kids consume them early in the day.
8. Encourage more exercise, especially if teenagers aren't participating in sports.

## **Pulse**

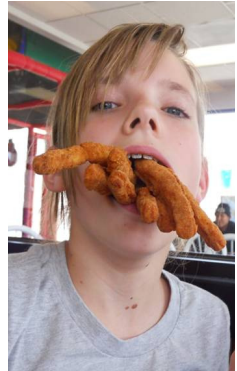
### Many of today's teenagers suffer from a lack of nutrients and quality shut-eye:

More than half of male teenagers and more than two-thirds of female teenagers say they regularly skip breakfast.  
(American Dietetic Association)

Forty percent of the calories that American children and teenagers consume are "empty," and experts say parents often set poor food-choice examples.  
(NHANES)

Of teenagers who say they're unhappy and tense, 73% say they don't get enough sleep at night.  
(National Sleep Foundation)

At least once a week, 28% of teenagers fall asleep during class, and 22% fall asleep doing homework.  
(National Sleep Foundation)



## Great Questions to Ask Your Kids

### Help teenagers evaluate their habits by discussing these questions:

- How well do you think you treat your body? What, if anything, does how you treat your body say about your feelings toward God?
- How often do you feel tired, and how does that affect your performance in different areas?
- What would you have to change to get more sleep?
- How healthy is your typical diet? What obstacles stand in the way of you getting proper nutrition, and how can you overcome them?



# FOCUS on Prayer

### PRAY THAT:

1. Your teenagers will care for their bodies as precious gifts from God.
2. Your teenagers will make proper rest and nutrition priorities in their daily lives, despite busy schedules.
3. You can set good examples for your teenagers in these areas.
4. Your family views healthy sleeping and eating habits as an act of worship to God, our Creator.

### Verse of the Month

**“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? ... So you must honor God with your body.” (1 Corinthians 6:19-20)**

It’s easy to think, “This is my own body; I can treat it how I want to.” But God asks us to be good stewards of our amazingly complex and wonderful bodies, which he made. Respecting our bodies and our physical needs is a way of respecting and honoring God.

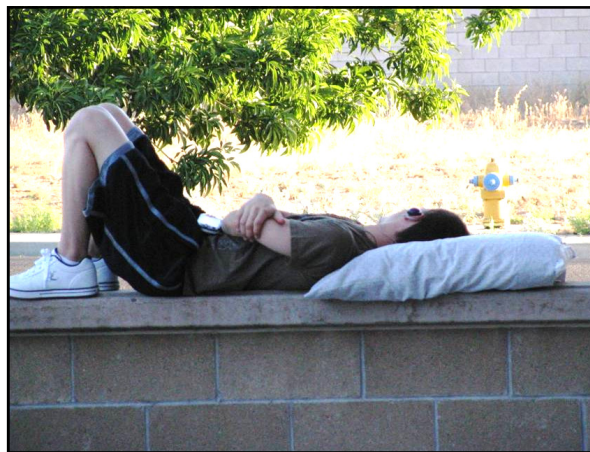
## Going Deeper

**At [SimplyYouthMinistry.com](http://SimplyYouthMinistry.com), youth ministry expert Jim Burns writes about the importance of solitude and rest—lessons that apply to Christians of all ages.**

While preparing some New Year goals, I realized there are some areas of my life I wish someone would’ve talked to me about when I was just getting started: solitude and rest. The more I investigate “successful” leaders who are making a long-term difference, the more I realize much of their effectiveness comes from healthy personal decisions, not raw talent. As busy as these people are, they still manage to find times of physical and spiritual renewal. Here are two areas I’m working on:

**Solitude**—The Old Testament Sabbath is a form of rest, reflection, and change of pace. Even God rested one day out of seven! A “solo” is a time away for extra time with God. When I go on a solo, I try to be away for about five hours. I bring my Bible, journal, and pen. I read, pray, journal, sing, worship, and walk. I’ve even been known to take a short nap! I want my solo to take place in nature, so I go to the beach, a park, a lake, or somewhere else I can be away from people and in God’s creation. It’s a time of reflection and worship. The purpose is to refresh me so that when I’m with people, they’ll have all my attention.

**Rest**—If you aren’t taking at least a 24-hour period of rest each week, most likely your primary relationships are out of order and you aren’t functioning with as much Christ-honoring passion as you’d wish. If God can rest one day, then why can’t you? Rest heals; rest soothes; rest gives us perspective. Without a definite time of rest each week, our lives become more and more confusing and disordered. If you can’t finish all you need to get done in five or six days, then you’re doing too much and most likely aren’t listening to God’s Spirit in your life. Join me this year in creating more margin in your life and being more purposeful about resting.

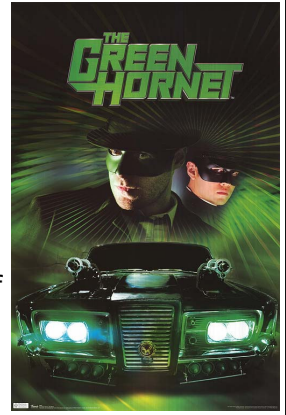


**Movie:** *The Green Hornet*

**Genre:** Action/Adventure

**Rating:** PG-13 (releases Jan. 14)

**Synopsis:** Seth Rogen plays a man who lives for parties, until his father mysteriously dies. For the first time, he sees the opportunity to do something meaningful: fight crime. But that means he's now a vigilante.



**Discussion Questions:** When people dislike how authorities are handling a situation, should they take justice into their own hands? Why or why not? Read aloud Isaiah 56:1. If justice is so important to God, why doesn't he intervene and stop injustice? How can we support and preserve justice and still remain under earthly authority? How can you, as an individual, champion justice?

# You're Invited

FIND OUT WHERE & WHEN...

Logos articles

Youth-2-O Newsletter

Posters

E-mails

Face Book posts

Announcements in church

Announcements at UMYF

Announcements at Chat Room

Postcards

We try to communicate as many ways as possible so that you can plan your schedule. However from time to time things change... So stay informed. Confirm all dates and times one week out!

## 2011 Dedicated and Determined

Wanna know what I really love about the New Year? It's the freshness of the thing. The first day of work in a new year is the start of a year that I haven't messed up yet. All of the mistakes of 2010 are so last year. I get to come into the office with the knowledge that it's a new day... literally.

*Teach us to make the most of our time, so that we may grow in wisdom.* (Psalm 90:12)

Are you two-faced? Maybe we all are at some point. But did you know that the word January refers to a two-faced Roman deity: one face looking back at the past and one face looking towards the future.

This would be a great time to be doing the same...looking back at the previous year and looking forward to the year ahead. The past...to many that is a scary phrase. The year in review brings back guilt anew. The sorrows, body abuse and silly slip-ups get in your face and haunt you like re-occurring nightmare. So looking back over 2010 would be about as fun as being dragged over angry scorpions. Yet I would still encourage you to do so for this reason: grace. If you peer hard enough into your accumulated memories, you will find the fingerprints of God over all your botches and blunders- and the finger that left the prints is pointing towards forgiveness and restoration. Remember that Jesus is the God of second chances (and third, fourth, fifth etc.). Learn from your mistakes and move on- that's what the Apostle Paul did:

*Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.* (Philippians 3:13-14)

# Resolution

off the mark.com by Mark Parisi

Paul was a lot like us. He looked back and saw things he was proud of, and things he was ashamed of. Yet rather than revel and grovel in obsessive observations, he made a decision to employ a wonderful technique for dealing with the past: forgetting – in the not dwelling on it style.

Let's get practical. Try writing out a journal of all the highs and lows of 2010. Beside all the mistakes, write "forgiven"; and beside all the victories, write "thank you". Now challenge your kids to do the same. Here's where it's fun to be a parent; compare their list to yours. Do any overlap? Do at least a few things your kids remember coincide with the things on your list? I know, you have parent things and they have kid things but, do it anyway, remembering the other face of January that looks towards the future. Not in a ridiculous and useless resolution sort of way, but in a dedicated and determined fashion that takes seriously the high calling of being a believer left on this planet to advance God's Kingdom one day and one body at a time.





# A Newsletter for Parents

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West Heights UMC

Youth

January



January 11 **Coming in February:** 6 Super Bowl Subs & Souper Bowl of Caring, 13 Valentastic & Twisted Valentine, 20 Caravan Parents Mtg, 25 Worship Caravan Planning Lock-in

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 No Youth	3 <b>Closed</b>	4 Mem/Evang 7:00p	5 Chat Room 6-7p	6 Y.E.S. Group at College Hill 9:30a	7	8
9 Breakfast 8:45a Yth Choir 4:30p UMYF 5:30-7:30p Pre Ski MTG 7-8p	10	11	12 Chat Room 6-7 Board of Youth 7:00-8:00p	13	14	15 ☺ Ski
16 Choir 12:30 No UMYF	17 Ski <b>Closed</b>	18	19 Chat Room 6-7	20	21	22
23 Yth Choir 4:30p UMYF 5:30-7:30p	24	25	26 Chat Room 6-7	27	28	29 Worship Caravan Retreat 8a-3p
30 Yth Choir 12:30 No UMYF	31					

Lesson  
 Fellowship  
 Mission/Service  
 Fundraiser  
 Lock-in  
 Other/Kris stuff

