Dear Parents,

We wanted to give a little more instructions for the *Little White Journals* we sent home with your elementary child for the Wednesday night summer series focused on the Spiritual Disciplines.

The objective with these books is to help the children understand the importance and **practice** of reflection and meditation as we develop our walk with Christ. We have explained that living a life of a Christian takes dedication and endurance. We hope these books may serve as markers and at the end of the summer each child can look back through their book and see their progress over the summer.

Each week your child is asked to work in the areas of meditation, prayer and service. We are asking your child to keep record of when and how they devote their time to these practices. There are four tabs to consider each week and below is a description for each.

**READ**: A sticker will be inserted in the book with a list of readings to read before the next Wednesday night meeting. Your child is asked to read and then write a reading response on the pages following the sticker. This can be a cumulative reflection of all the readings or a short and simple response after each of the readings. The level of intensity response will vary with the age of your child.

**PRAY**: In this section your child should date each of their entries and write what they are praying over. This may be a place to use the bulletin or prayer concerns list to help children see how we do this collectively as a church but also on our own.

**SERVE**: Here children can list any time through the week they have sought opportunities to serve someone in the name of Jesus.

**MEMORY**: This final tab is a place to list the verses they are working on memorizing. The challenge has been issued to memorize **Psalms 8 & 100**. Again, each child will have different learning goals. You may decide with your child what number of verses is appropriate. It may be a few or it may be the entire Psalm.

To encourage one another and increase accountability we will invite an elder to visit with us before class on Wednesday before our class begins. The students will be able to share their weekly accomplishments with the elder that is with us that night.

Thank you, parents, for encouraging and supporting your child in this spiritual challenge! Please see Karen if you have any questions about our *Little White Journals*.