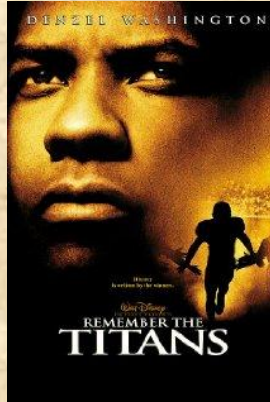


## Remember the Titans!!!!!!



God created us as unique persons, but one thing we all have in common is that we need one another. Friendships, especially those grounded in the Greatest Friend, help us be our best, get through life's hardships, and "move mountains"! This will be our theme for January!

- January 1: Off for New Years
- January 6: Movie Night at church: Remember the Titans at 7:00 pm
- January 8: Youth at 4:30 pm; worship at 6:00 pm
- January 15: Road Trip to Mall of Georgia
- January 22: Youth at 4:30 pm
- January 29: Youth at 4:30 pm

## Beach Retreat

The final payment for the February trip to Epworth is due on January 22. For most people the final payment is \$125. Let me know if you have any questions!

## YOUTH WORSHIP EVENT

JANUARY 8, 2012

- 6:00 PM AT HOPEWELL UMC
- 351 JENKINS ROAD TYRONE, GA
- GREAT MUSIC BY KYLE O'NEAL, GAMES, AND A WONDERFUL MESSAGE ABOUT SYNERGY



Worship Leader

CONTACT REV. SHANNON KARAFANDA FOR MORE INFO [SKARAFANDA@MAIL.COM](mailto:SKARAFANDA@MAIL.COM)



# 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.

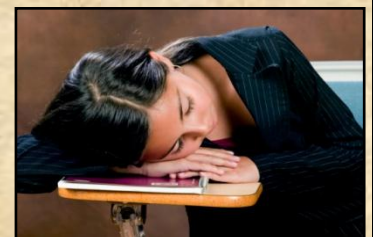
## Have your teenagers become walking zombies? Follow these tips to help them sleep better and feel more rested:

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.



## 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:

1. How well do you think you treat your body? What, if anything, does how you treat your body say about your feelings toward God?
2. How often do you feel tired, and how does that affect your performance in different areas?
3. What would you have to change to get more sleep?
4. 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.

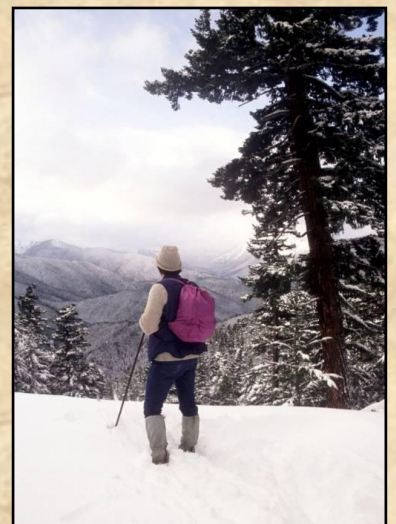
## Going Deeper

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.