



# URBAN SAINTS

## Parent Takeaway

### Faith in a place of fear

#### This week's theme

This week in our group Zoom call we are looking at 'Faith in a place of fear'. No doubt it's a time during which a lot of fear is being spread. So we are looking at Peter, a friend who denied knowing Jesus three times when he was under pressure. But what if he had understood how much Jesus loved him - would his reaction still have been the same?

Therefore, instead of reacting with fear we'll be talking about responding by loving those around us. This might be a season of fear for many, but we want you to know that you are seen and loved.

#### Tip of the week

Most households experience a wide variety of emotions in any one day - pleasure, laughter, fun, annoyance, frustration, anger... Being restricted at this time will only make some of these things more obvious and underlying fear and uncertainty are definitely a factor in bringing them to the surface. This week's tip involves a bit of a self-check. If you've had a really difficult or frustrating day with your child(ren), remember to show love to them too - even if they're being consistently annoying. Your love will be transformative.

#### Creative idea - one thing that you can do together

This week's creative idea is to open your cupboards, fridges and freezers and have your own version of Ready Steady Cook. Like most people in the UK you probably have random ingredients you haven't used in ages, maybe that powdered milk you needed for one recipe or that leftover food you froze months ago. Why not pick 2 or 3 ingredients each in your family and see what yummy meal you can create? You could split into two teams - the Red Tomatoes and the Green Peppers.

If you are not quite going to have enough faith in everyone else's ingredients why not cook a meal together that you know all enjoy and bake a yummy cake to go with it? It's important to spend time together with those in your household doing something fun and different. Good luck!

#### An encouragement for you

This is a really tough time and we understand the pressure you have been under to parent, teach and entertain your kids while some are holding down jobs and 'keeping it all together' - a very tall order! You may get it 'right' first time, sometimes you may make mistakes. Don't compare yourself with others who broadcast their delight in every last minute of creative homeschooling - God sees the heart behind your efforts!

'Perfect love drives out fear'

*1 John 4:18, The Bible*