



Five prayers for the school year



**REBECCA
BARLOW
JORDAN**

Best-selling author and speaker who loves to share God's encouragement

mythoughts

One of the best ways you can prepare your children this year as they go back to school is through prayer. And praying Scripture over them is one of the most powerful ways to pray. Here are five back to school prayers you can pray for your kids and grandkids:

Prayers for Peace (Isaiah 26:3; Philippians 4:6-7; Romans 5:1). Lord, I pray that my kids (grandkids) will experience the peace of God this year that exceeds all understanding. I pray they will not worry about things they cannot control, but that You will guard their hearts and minds and keep them trusting in You. I pray they will not only enjoy the peace of God, but peace with God. I pray they will develop a spirit of gratitude and thanksgiving as they look to You daily for their needs. I pray that You will give them the capacity for joy that bubbles up from Your peace.

Prayers for Protection (2 Thessalonians 3:3; Psalm 46:1; John 17:15; Psalm 91). Lord, I pray Your emotional, physical, and spiritual protection over my kids (grandkids). Keep evil far from them, and help them to trust You as their refuge and strength. I pray You will guard their minds from harmful instruction, and grant them discernment to recognize truth. I pray You will make them strong and courageous in the presence of danger, recognizing that You have overcome and will set right all injustice and wrong one day. Help them to find rest in Your shadow, as they live in the spiritual shelter You provide for them. Let them know that the only safe place is in Jesus,



and that their home on earth is only temporary.

Prayers for Purity (Psalm 51:10; Mathew 5:8; 1 Timothy 1:5; 1 Corinthians 10:13; Psalm 19:14). Lord, I pray that You will create in my kids (grandkids) a clean heart and that You would constantly renew a right spirit within them, keeping their thoughts and actions pure and motivated by love. Guard them from temptation, and let them know You are always faithful to give them a way out and help to endure. May the words of their mouths and the meditations of their hearts always please you and edify others.

Prayers for Passion (Psalm 42:1; Matthew 22:37-39; John 13:34-35). Lord, I pray that my kids (grandkids) will develop a passion for the things of God. I pray they will hunger and thirst for You and Your Word and will love You with all of their heart, soul, and mind. Give them compassionate and generous hearts to love others as much as You love them. I pray they will always work and study with excellence, but that You will help them desire a servant spirit of greatness, rather than a worldly lust for success. I pray they will fall in love with Jesus over and over again.

Prayers for Perspective (Galatians 2:20; Matthew 28:18-20; Philippians 1:21; Colossians 3:1-2; Ephesians 3:17-

20). Lord, I pray that my kids (grandkids) will develop an eternal perspective and purpose, not an earthly one. Help them to see life—and every challenge—through Your eyes, eager and unafraid to share with others the good news of Jesus wherever they go. I pray that they will set their minds on things above, not just what's going on here, and that they will be rooted and grounded in Your love. I pray they will come to understand the extent of Your own love for them—that it surpasses all the head knowledge they will acquire in school. I pray they will be filled up with You from morning 'til night.

Other Prayers for Your Kids. These are only sample prayers, and hopefully easy ones to remember. They are by no means exhaustive. Find your own Scripture promise or principle and pray those things daily for your kids or grandkids. But don't confine your praying to the first few weeks of school. Your children and grandchildren need your prayers all year long—as long as you or they live. It's the best protection You can give Your children or grandchildren! When we pray Scripture, God listens! And we can always know those prayers are in His will.

Rebecca Barlow Jordan is a best-selling inspirational author and speaker who loves to share God's encouragement with others. She has authored or co-authored numerous books, including the *Courage for the Chicken Hearted* series and the *Daily in Your Presence* series. She has also published articles in numerous publications and has sold hundreds of greeting cards. She blogs at www.rebeccabarlowjordan.com.

TRM to host Back to School Fair

BACK TO SCHOOL!

It's time to prepare for back to school and that means the annual Topeka Rescue Mission Back to School Distribution. Backpacks, colored pencils, pencil boxes, composition books are just a few of the items children will need this year. The average cost to purchase the school supplies needed for just one child is about \$100. For a family already struggling to make ends meet financially, this is a big hurdle. The parents are very grateful for the help they receive as it relieves the extra pressure they are feeling to prepare for getting the children ready to return to school. The Mission partnered with Topeka North Outreach (TNO) in 2015 to help just over 700 children with backpacks and school supplies. It was a big success and we enjoyed working alongside TNO serving those in need.

On August 9th, we will provide backpacks and school supplies for the children in the Dare to Dream Mentoring and Dare to Grow programs at Hi-Crest NET. On August 10th, we will provide a new outfit & shoes, backpack and school supplies for the children residing at the Hope Center.

Again this year we will be partnering with TNO to provide backpacks and school supplies to others in need from the community. This school supplies distribution will take place August 13th from 9am-12pm at the Oakland NET Center (1001 NE Michigan Ave). School supply packs will be put together August 11th & 12th at the Oakland NET Center. Volunteers are needed for all 3 days and can sign up by calling Volunteer Services at (785) 354-1744 ext. 393.

Following is the list of school supplies

needed. We ask that all supplies be donated by August 8th and be brought to the Distribution Center (401 NW Norris). Please consider volunteering or donating supplies to help put a smile on a child's face by knowing they will head to school better prepared to take on the new school year.

If you or someone you know needs help with supplies you can sign up at the TRM Distribution Center (401 NW Norris) before August 8th on Monday through Friday, 9am- 3pm, or online at www.topekanorthoutreach.org. Pre-registration is required for the August 13th event.

School Supplies Needed:

New Clothing: Sizes 5 Toddler – Adult 2XL for Boys, Girls, Men & Women

Backpacks
Spiral Notebooks 70 pgs. (College Rule)
Notebook Filler Paper (Wide and College)
Plain Pocket Folders (without brads)
Pencil Boxes
Pencil Pouch
Pencils (#2)
Pen (Black or Blue)
Big Pink Eraser
3 Ring Binder (1 or 1&1/2 inch) NO ZIPPERS
Composition Notebooks
Colored Pencils (12 ct. pkg.)
Colored Markers (10 ct. pkg.)
Pointed & Blunt Scissors
Hi-Lighters (yellow)
Dry Erase Markers (Black)
Kleenex (Large Box)
Antibacterial Wipes
Hand Sanitizer

Alpha Christian Children's Home & School
www.alphachristianchildrenshome.com

WHAT WE DO:

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

HOW YOU CAN HELP:

1. Pray
2. Volunteer
3. Refer children to us
4. Give money or food to help us serve kids at no charge

Find out more by calling
785-597-5235
Located East of Topeka
15017 27th Street
PO Box 727
Perry, Kansas 66073

In His Hands
Alpha Christian Children's Home

CAIR PARAVEL LATIN SCHOOL

Ranked **#8** on the Top 25 Private High Schools
by Kansas City's *Ingram's Magazine*

Schedule your tour now!
Find out additional
information at: www.cpls.org

Cair Paravel Latin School is a classical Christian school offering K-12th education complete with a robust fine arts program, athletics and much more. CPLS equips children today to become leaders tomorrow.

635 SW Clay St. • Topeka, KS 66606 • 785-232-3878

Back-to-school made simple

by **Stephanie Boothe**

When my daughter first started daycare, she was terrified of being cared for by someone who wasn't family. It was a rough transition. Our family turned to prayer to help her feel safe. And now, almost three years later, I say a prayer every morning in the car with my now-first grader. We ask God to watch out for her – to give her confidence in the tasks



presented, to help her to be nice to her friends and listen to her teachers.

I'm happy this is a tradition we continue as she's growing. Not just because prayer is such a vital part to our Christian walk, but I think it's a daily reminder to her - as she prepares for first grade and all the years to come - that God is with us every minute of every day.

Too bad a prayer alone isn't enough to get her ready for school. Getting a child ready to go back to school, though, doesn't have to be stressful. It just takes a little advanced planning.

I'm far from an expert and I probably have a lot more back-to-school shopping seasons before I can become a seasoned veteran. But I have some experience between shopping for my own child and helping my niece get ready for the new school year.

Here's a quick list of what I've learned, and remember it's not just about filling lists and closets.

10 Don't be married to one store. Sure, you may find the perfect tennis shoes at one store, but "buy one get one half off" means very different things between stores. We learned that the hard way this year. After buying socks and underwear at one store, we realized the third store had the same items for a fraction of the cost. We also learned that the store with the best deal on pencils doesn't have a great selection of backpacks and lunchboxes (and another tip, those metal water bottles that match the lunch boxes leak. You can get a better, plastic version for about \$5 at a dollar store).

9 Brands don't really matter when you're talking about supplies. You can buy the exact same markers from a generic brand as you can the name brand. I will amend this to say I don't think there is a better crayon than Crayola (I love coloring, and there is a difference),

but the 24-pack of Crayola crayons are only 50 cents. Try filling as much as you can on your lists from the dollar store.

8 You don't need a whole new wardrobe every fall. We purchased an insane amount of new clothes for our daughter to start kindergarten. Some of the items she still hasn't worn. This year we bought her one brand new outfit to wear on the first day of school (and it was on clearance). I'm not even sure what all she has in her closet at this point, but I'm sure it will feel like an all new wardrobe once we go through it.

7 Plan ahead. Sure, my daughter's shoe size grew overnight, but I discovered some of the shoes we bought last year still fit well enough for now. It's the same with a lot of her clothes. She's an in-between size, so I can keep her in a lot of the items she had last year. Be sure to go through last year's clothes before heading to the stores. Do some cost comparisons online to see which stores have the best deals.

6 Don't focus on personalized supplies. When our daughter started kindergarten, we wanted her to have the best of everything. The coolest pencils and the best markers. Then we realized they're not just for her. Many school districts will share supplies with the entire classroom. So those amazing My Little Pony tissues you bought are going to go in a pile that the entire classroom can use.

5 Don't forget the consignment sales. Sure every store will start having end of summer sales and you can get cute T-shirts for \$6 on sale, but with consignment sales you can often find an entire outfit for that price. There are children's consignment sales twice a year in Kansas City, and there are several different ones all over the metro. Parents can find great deals on shoes and clothes. We hit all of the sales each time they come around – in the spring and the fall. It takes some digging because some of the items are still priced high, but almost every sale also has a 50 percent off day. My daughter is probably 85 percent clothed by these sales.

4 Remember the daycare rules too. We're in a situation that requires us to have before-and after-school care for our daughter. We take her to daycare, and they drive her to school and pick her up. Daycare rules say that she has to have her feet completely covered to play on the playground. While it's not realistic to assume my daughter – who may just be the next big fashionista – will wear tennis shoes every day of the year, I had to make sure she had a pair of shoes at daycare that would allow her to play outside with her friends.

3 Consider sending a sack lunch. I had no idea how much hot lunches cost when I was in school. Mom just gave me lunch money and I could eat lunch. What I learned last year is I can send my daughter a sack lunch every day for two weeks for less than paying the hot lunch every day for one week. Now, we did decide to put some money in her lunch account so we have that option on mornings that we

7 STEPS TO A GREAT SCHOOL YEAR

by **Dr. Bob Barnes**

Before any big event, wise people make thorough preparations. Whether it's a wedding, a vacation or a new career, we want to be prepared for whatever comes our way.

In the same way, wise parents plan ahead for their child's success. Instead of playing defense and taking on each battle as it comes, it is mandatory to plan ahead. Here are seven steps to help your child's school year get off to a great start and a successful finish. These steps will also help your family get along when the stress of school hits.

STEP NUMBER 7:

Decide the bedtime routine. Pick a bedtime for each child and the routine that needs to take place. This is a great time to sit on the side of each child's bed and spend 15 minutes downloading their day. Send them off to sleep knowing you care.

STEP NUMBER 6:

If you have a morning dawdler, require him or her to pack their backpack the night before. Avoid morning arguments by having your child set out tomorrow's school clothes before they go to bed. For those attending schools that do not use uniforms, this is also the time for the parents to decide what kinds of clothes are unacceptable for school. These are discussions and decisions better dealt with the night before.

STEP NUMBER 5:

Begin the school year with a predetermined homework plan. Choose the time and location for homework. Your students can earn more independence as the year progresses, but for now start them in one location and pick the time they must

just can't get our act together, but a lunchable, an apple sauce and a juice box (or one of the aforementioned water bottles) comes out to less than \$10 a week. We alternate between lunchables and PB&J for a little variety.

2 Get ready for the fundraisers. I had no idea how many times I'd have to hit up my friends and co-workers in kindergarten. While it's not part of back to school shopping, it's an important part of the school year. And if you have a child in sports, those fundraisers hit back to back to back all year. It's OK to not do all of them. Our school asks families who don't want to participate to donate a certain amount and opt out of them for the entire year. Just remember all those PTA activities that makes school so much fun have to be funded somehow.

1 Start a dialogue early with the teachers. As soon as I knew who my daughter's teacher was last year, I immediately looked her up on Facebook. I googled her. I wanted to know as much about the person who would be molding her mind for the next

be at the table. This is also the time to pick the consequence for not being on time at that pre-determined location. Sound unreasonable? Their boss will expect them to arrive at meetings on time. This discipline might save their future job.

STEP NUMBER 4:

Establish a month-at-a-glance family calendar, as well as a one month calendar for each child. This will help the child begin to learn time management. It will also help the family realize just how many activities they are committing to. Put the due dates for long-term assignments, such as science projects and book reports, on both calendars. Then count back an appropriate amount of days from those due dates so adequate time can be set aside to read the required books and work on the projects. Rushing to finish a project at the last minute doesn't teach a child anything but stress management. A calendar will show the family and child that you really don't have time to say "yes" to everything.

STEP NUMBER 3:

With everything else there is to do, decide ahead of time that each week will include a family Night. Make this a night where an hour or two is set aside for games. Obviously this time is for more than games. Give your children the opportunity to feel like they're part of something special: a family.

STEP NUMBER 2:

Decide ahead of time what your priority activities are going to be. On Wednesday night, is church a priority over other activities? If you make these

decisions at the beginning of the year it will prepare your children to say no to other unimportant activities. It will also teach the child that time management decisions are all part of bigger priorities. Your children will still ask if they can do extracurricular activities on previously planned nights, but in their hearts they will already know your answer.

STEP NUMBER 1:

Use breakfast time to set a mood; don't just use it for eating. There are three kinds of nourishment your child needs every morning. The most significant is spiritual nourishment.

Second is family enrichment and the last is actual food. If it was just about food, you could hand them a health bar as they go out the door. Breakfast is a time for the family to sit for 20 minutes and eat together. This is the perfect time for a parent to read a short passage from the Bible, discuss it and then pray before everyone goes off to fight the battle. Setting aside time to read a Bible passage is the most important investment a parent can make. Why else do you think it's so hard to actually do?

Minutes spent together reading the Bible and praying helps send the children out the door with the realization they actually belong to something even bigger than their family. They belong to God. This will go a long ways when they have those moments of feeling alone and without value.

This is the time to jump out front and decide that you will take control of your family time rather than spend another school year racing to catch up.

Dr. Robert Barnes is the president of Sheridan House Family Ministries. He and his wife, Rosemary, are authors and speakers on marriage and family issues. Need more information? Order the Dr. Bob Barnes' book "Read for Responsibility" from Sheridan House at www.SheridanHouse.org.

time at the school.

BONUS:

Several organizations around Kansas City collect school supplies for families who can't afford it. Don't forget those families in need as you're school shopping. Consider filling an extra school supply list and donating it. It's a great way to teach children the importance of giving back.

Heritage Christian School

- Spiritual Maturity
- Personal Integrity
- Quality Teachers
- High Academic Standards



785-286-0427

www.hcstopeka.org hcstopeka@hcstopeka.org

2000 NW Clay, Topeka, KS 66608