



# FAMILIES FOR FAMILIES

QUARTER ONE



[WWW.CAREFORAIDS.ORG](http://WWW.CAREFORAIDS.ORG)

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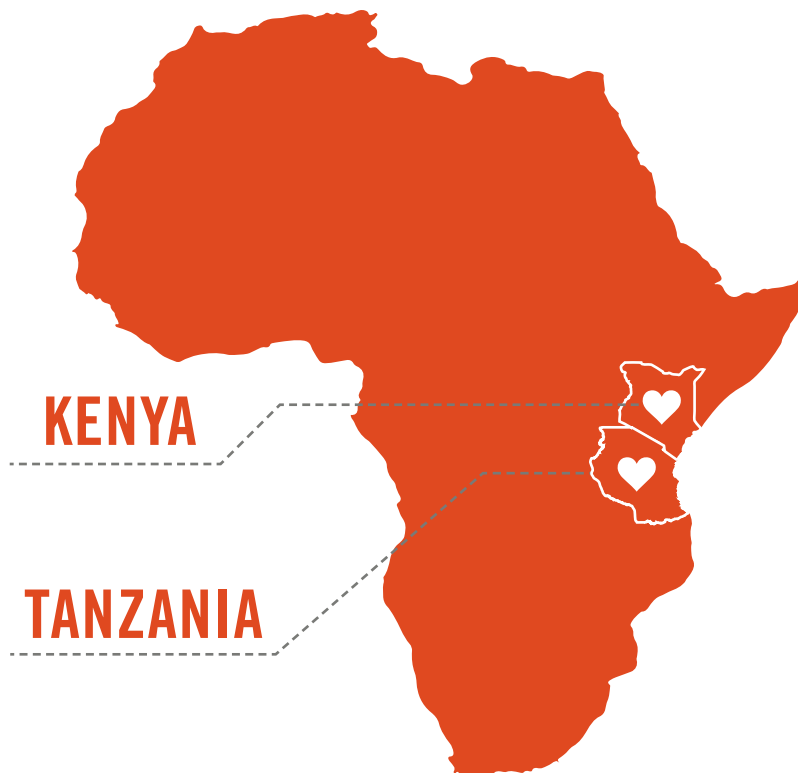
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# WELCOME!

We are so glad you have joined us! We are a group of parents who desire to live out our faith and to love Jesus and others while teaching our children to do the same. We have created this toolbox to come alongside you and make serving other families easy for you! Each quarter, we have a virtue and memory verse we focus on, an East African family we get to know better, and a service-related project to raise awareness for CARE for AIDS and support families living with HIV/AIDS. Most of all, we want to make it easy for you to create conversations around service, generosity, compassion, caring for others, and this exciting journey of faith! Each quarter, a new Families for Families newsletter will be released on the CARE for AIDS website with suggested activities, conversation starters, discussion questions, and more! We look forward to embarking on this journey with you and your family!

# WHAT IS CARE FOR AIDS?

For those of you new to Families for Families, watch this video to learn more about CARE for AIDS.



MISSION & VISION VIDEO

Want to watch a great video of a family who has been through the program? Check this one out as a family!



THE KARANJA FAMILY VIDEO

# HOW TO TALK TO YOUR KIDS ABOUT HIV/AIDS

## **PRESCHOOL SUGGESTION**

People with AIDS are sick, sometimes very sick, and we want to help them feel better!

## **ELEMENTARY SUGGESTION**

HIV/AIDS is a disease that makes your body too weak to fight off other diseases. Think of it like a cold. If you get a cold, your body is weak and tired and cannot protect itself against other infections. However, with HIV/AIDS, you can't catch it through the air like a cold, only through infected blood. So you can't get HIV/AIDS by high-fiving, hugging, or even sharing a drink or snack with someone who has the disease. If people with HIV/AIDS take their medicine every day, they can feel healthy and strong just like you and me. If they don't take their medicine daily, they get weaker and weaker until they can't fight off germs anymore.



VIRTUE OF THE QUARTER

# HUMILITY

DEFINITION

A CHRIST-LIKE ATTITUDE  
AND SERVANT HEART

VERSE OF THE QUARTER

ELEMENTARY / MIDDLE SCHOOL MEMORY VERSE

“DO NOTHING FROM SELFISH AMBITION OR VAIN  
CONCEIT. RATHER, IN HUMILITY VALUE OTHERS  
ABOVE YOURSELVES, NOT LOOKING TO YOUR OWN  
INTERESTS BUT THE INTERESTS OF OTHERS.”

PHIL 2:3-4

PRESCHOOL MEMORY VERSE

“WHOEVER EXALTS HIMSELF WILL BE HUMBLER, AND  
WHOEVER HUMBLER HIMSELF WILL BE EXALTED.”

MATTHEW 23:12

# DEVOTION

Read **“THE SERVANT KING”** in the Jesus Storybook Bible or John 3:1-17. Just imagine, the King of the universe, who created the whole world and everything in it, the Man who had the ultimate power and deserved the ultimate honor and glory, bending down, and washing the dirtiest part of the disciples. In those days, all roads were made of dirt. Do you know what happens to a dirt road when it rains? Mud! Do you know what happens to a dirt road when it doesn't rain for a long time? Dust! Now imagine, not wearing tennis shoes but sandals. All that mud and dirt and dust collecting in between your toes and all over your feet! The dirtiest part of people back then was their feet, and the last act of love Jesus did before the cross was to wash the feet of his disciples. Read Philippians 2:3-11. Notice how Jesus did not try and act like he was God; even though He is, He only served. Even though every knee shall bow at his Name, He got on his knees and washed dirty feet.

## **CHECK IT OUT!**

Find these places in your Bible where humility is shown or talked about! In Matthew 23:1-12, Jesus warns the Pharisees:

While he was teaching one day, Jesus started talking about the Pharisees. He described their behavior as the opposite of humility - they did things to show off, they took the best seats at the temple, wore big fancy tassels, and demanded respect from others.

Jesus acted in the opposite way! He was born in a dirty stable, he always put others first, and he never bragged even though he had amazing power. Jesus tells his followers in verses 11-12, “Whoever is the greatest should be the servant of the others. If you put yourself above others, you will be put down. But if you humble yourself, you will be exalted.”

## **YOU CAN ALSO LOOK UP:**

- Micah 6:8
- 2 Kings 5:1-19
- 2 Samuel 9
- Daniel 4:37
- Mark 9:35
- Proverbs 11:2
- Proverbs 18:12
- Romans 12:3
- Psalm 25:9
- 1 Peter 5:5

# CLIENT STORY SPOTLIGHT

**MEET MELKA!** Melka lives in the Sinai community of Nairobi, Kenya. For many years of Melka's life, she was rejected and told she was worth nothing to God or other people. Melka could not have a baby. She prayed to God for years and finally had a baby. Then she was rejected again and had to raise the baby on her own. As she tells her story, she says, "Life was hard for me, but God gave me strength; he carried me." She later had two more children and found out she and her children were sick. Her husband died and she was left alone again.

At this point, she was connected with her local church and started attending the CARE for AIDS program there. The counselors in the program came along when she was feeling the most down and helped her! She felt encouraged by hearing the Bible each week. She had good friends for the first time in so many years. She learned job skills so she could earn money to feed her children. In her own words she said, "All this was done for me and I never paid anything for it. Wow!"

You see, when you have known sadness and loneliness and someone comes along and offers you help and a relationship, your heart is grateful. That gratitude turned Melka's attitude to focus on others. Since graduating the CARE for AIDS program, Melka went back to school to become a community health worker to help other people living with AIDS just like her and her family. Instead of becoming bitter at how hard her life had been, she chose humility: to put others first in light of all God had done for her. She also chose to see herself as God sees her, his child, instead of what others said about her. Melka embodies a Christ-like spirit and a servant heart, the very definition of humility.

Take some time now and pray for Melka and her family and the thousands of others in the CARE for AIDS program.





# DINNER DISCUSSIONS

## QUESTIONS

- What is humility in your own words?
- How do you feel when you put others first? How do others feel?
- How can you use your abilities to serve God and others instead of bragging about yourself?
- Is it hard or easy to say “I’m sorry?” Why?
- Is thinking bad about yourself humility (for example: I’m terrible at sports, I am a bad kid, I am a mean friend)? How can we still see ourselves as the amazing creation God made but also be humble?
- How do I feel when someone lets me go first or says something kind about me?
- How can you put God and your friends in the spotlight instead of yourself?
- What are ways we can practice humility?
- How does being humble point others to God’s love?
- Do you enjoy being around someone who brags or cuts in line? How can you be an encourager and a good sport?
- How can we practice humility in sports or while playing a game?
- How is a humble person also a confident person? (rooted in what God says about them)
- What are ways Jesus showed humility while here on earth?
- What should our attitude be toward others if we truly understand they are made in God’s image?
- How can a grateful heart lead us to humility?



# HUMILITY IN PRACTICE

Try out some humility role-play in your family. Get creative with it! Or use this as a guide.

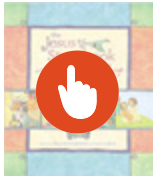
HUMILITY SAYS	PRIDE SAYS
God made us all in his image.	I'm better than you.
We all mess up sometimes and God always forgives.	I never do anything wrong.
God is the one who has given me all I have, and I want to share it with others. I don't even deserve the love God gives me.	I deserve to have everything my way.
We are all important to God.	I'm more important than you.
I want to listen to what you have to say.	I know everything.
God wants us to share His love with each other and treat others how we want to be treated.	I'm not sharing.
Sometimes, I sin or do wrong also. I forgive you, and I am sorry if it was partly my fault.	I'm not sorry, you're the one who messed up!

## I CAN BE HUMBLE TODAY BY...

- Holding the door for others.
- Giving encouragement to a friend.
- Letting someone else go first.
- Saying thank you to someone who may not get thanked often.
- Having a positive attitude.
- Being a helper when someone needs a hand.
- Apologizing when I make a mistake.
- Treating others with respect.
- Asking for help instead of having an "I know it all" attitude.
- Giving thanks for what I have and what God has done.

# RESOURCES

## BOOKS & STORIES

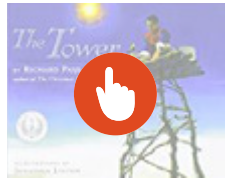


Read “The Servant Girl & the Proud General”

**THE JESUS  
STORYBOOK BIBLE**



**WELL, I CAN TOP THAT!  
BY JULIA COOK**



**THE TOWER:  
A STORY OF HUMILITY  
BY RICHARD PAUL EVANS**



**THE EMPEROR'S  
NEW CLOTHES  
BY HANS CHRISTIAN  
ANDERSEN**

## ARTICLE



Read the article: “Helping Your Kids Develop Humility”

**FOCUS ON THE FAMILY**



# FAMILY ACTIVITIES

## **FAMILY TRUST JOURNAL**

Leave a journal on the counter or somewhere everyone has access. Throughout the month, family members can jot down something they are thankful for, or have a time each morning or night when you write in it together. You'll be amazed how gratitude changes your "me first" attitude!

## **COMPLIMENT JAR**

One way we can love our family is with our words. Set out a cup or jar on the counter with each family member's name on it. Throughout the month, write one thing you love about each person and place it in the jar. We can put others first by encouraging the amazing way God has made them! At the end of the month (or Valentine's Day would be a great time), each family member can read the kind words said about them!



# LOVE & SERVE DAY ACTIVITIES

Humility gives us a right way to view ourselves and God's creation. Once we see we are all created in God's image and have value and how much God has given us, we are stirred to serve others. Here are some ideas for this quarter!

## **WRITE NOTES OF ENCOURAGEMENT TO CARE FOR AIDS CLIENTS!**

This is a great way you can send your love over an ocean! Draw a picture and include your favorite Bible verse or encouraging words! To an East African family, words of kindness from an American family are so precious!

CARE for AIDS  
c/o Encouragement Notes  
977 Grant Cove Place SE  
Atlanta, GA 30315



# LOVE & SERVE DAY ACTIVITIES

## RICE AND BEANS NIGHT

### HOW IT WORKS

Instead of going out to eat or cooking a big dinner, cook up a cheap and easy dinner of rice and beans. As a family, talk about how this may be the only meal a Kenyan family eats in a day.

[TRY THIS RECIPE](#)

Watch one of the [CARE FOR AIDS VIDEOS HERE](#) and that night at dinner talk about how giving up a more expensive dinner shows love to a family on another continent! Donate what you would have spent on your dinner.

[CLICK HERE TO DONATE](#)

### CHALLENGE

Try this when your family is ready to share the CARE for AIDS story with other families. Invite specific families or post your Rice and Beans Night on social media, requesting RSVPs. Ask those who plan to attend to bring the money they would have spent eating at a restaurant and a fact about East Africa.

Enlist the whole family in praying, planning, grocery shopping and cooking the meal. Consider making the recipe above. Be creative in setting the stage. Have a map on display and make sure the kids can point out Kenya and Tanzania. Find an African music station to play in the background!

When everyone has arrived, share the purpose of the evening and let the kids serve the meal. After dinner, watch one of the videos at the link above, and let the kids share their ideas about the differences and similarities in their families and the ones in the video. Then collect everyone's "meal price" and celebrate how many East African families will be helped when you donate the money to CARE for AIDS!

## HOW TO SHARE WITH OTHERS

As the author, Chris Marlow, said, “Doing good is simple.” So let’s gather our friends and family to do lots of good! Use this newsletter as an opportunity to rally your community, your small group, your moms’ group, and your neighbors! Use the hashtag **#FAMILIESFORFAMILIES** on all your social media outlets so we can see the ways God is using families and small groups to impact families in East Africa!



# PRINTABLES

## THEME

**HUMILITY:** A Christ-like attitude and servant heart

## VERSE

### PRESCHOOL MEMORY VERSE

*“Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.” Matthew 23:12*

### ELEMENTARY / MIDDLE SCHOOL MEMORY VERSE

*“Do nothing from selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but the interests of others.” Philippians 2:3-4*

## DISCUSSION QUESTIONS

1. What is humility in your own words?
2. How do you feel when you put others first? How do others feel?
3. How can you put God and your friends in the spotlight instead of yourself?
4. What are ways we can practice humility?
5. How did Jesus show humility while on earth?
6. How can a grateful heart lead us to humility?

## MEET MELKAI

Melka had a hard life. She was rejected by many and then found out she and her children were sick. She joined the CARE for AIDS program, and the counselors helped her so much. She found Jesus and true joy and community. Her heart was grateful. That gratitude turned Melka's attitude to focus on others. Since graduating the program, Melka went back to school to become a nurse to help other people living with AIDS just like her. Instead of becoming mad at how hard her life had been, she chose humility: to put others first in light of all God had done for her. Melka embodies a Christ-like spirit and a servant heart, the very definition of humility.

## CARPOOL CHALLENGE

### TRY BEING HUMBLE TODAY BY:

- Holding the door for others.
- Giving encouragement to a friend.
- Letting someone else go first.
- Saying thank you to someone who may not get thanked often.
- Being a helper when someone needs a hand.
- Apologizing when you make a mistake.
- Treating others with respect.
- Giving thanks for what you have and what God has done.