



2020

# FAMILIES FOR FAMILIES

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QUARTER ONE



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

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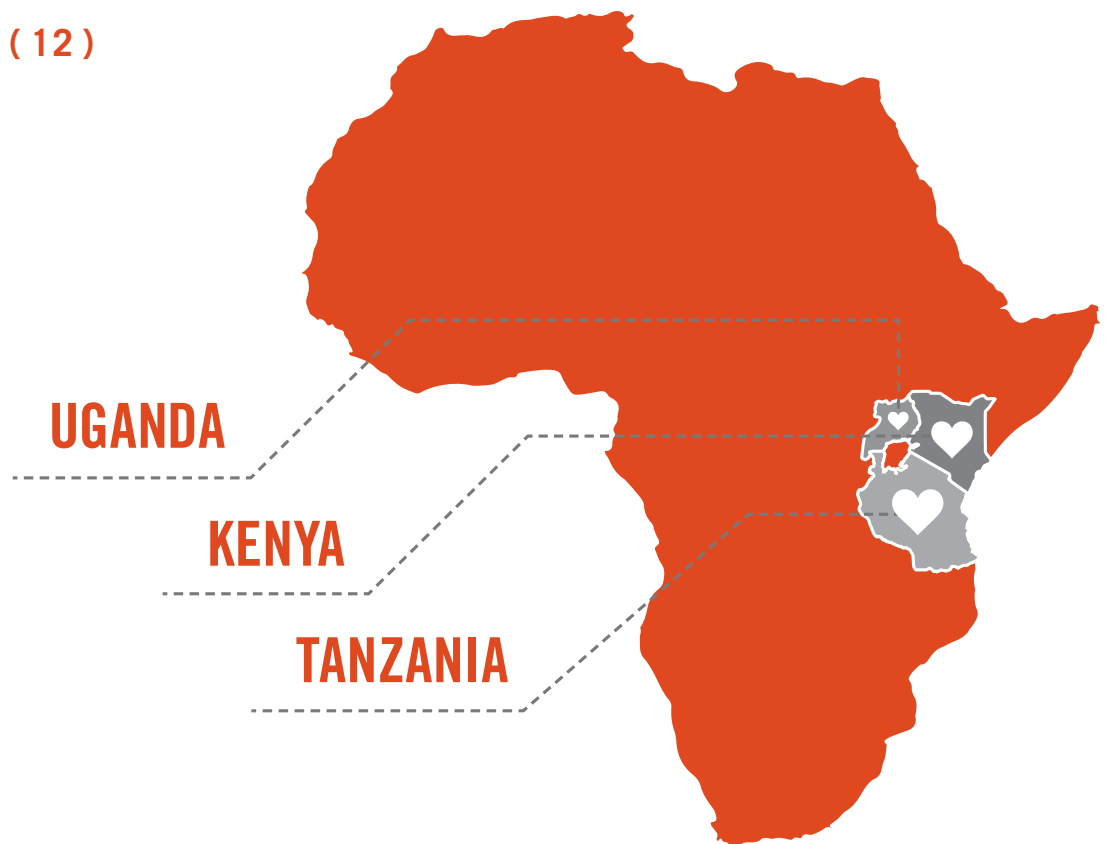
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# WELCOME!



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 who are new to Families for Families, watch this video to learn more about CARE for AIDS.

[CLICK HERE TO PLAY VIDEO](#)

**MISSION & VISION**



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



[CLICK HERE TO PLAY VIDEO](#)

**THE KARANJA FAMILY**





# 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.

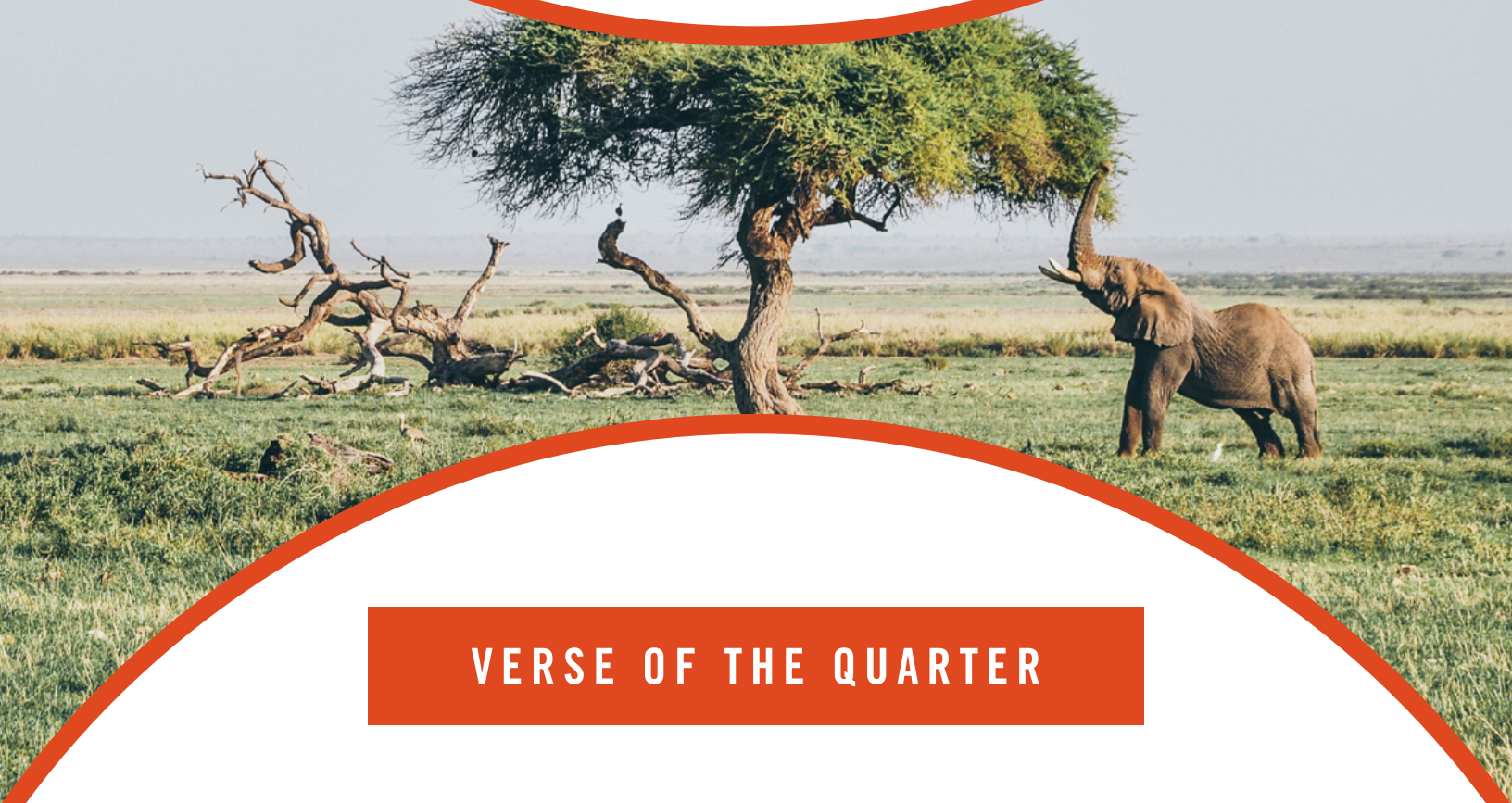


VIRTUE OF THE QUARTER

# OBEDIENCE

DEFINITION

DOING WHAT GOD ASKS OF US  
BECAUSE WE LOVE HIM



VERSE OF THE QUARTER

“If you love me, obey my commandments”

JOHN 14:15



# DEVOTION

## OBEYING GOD IS OUR BIGGEST PRIORITY

There may be times when we don't follow the crowd or do what we want to do because that would mean disobeying God. Shadrach, Meshach and Abednego were great examples of obeying God no matter the cost. Their trust in God was bigger than their fear of the fire. They wanted to obey God more than they even cared for their own lives. Many scholars believe that Jesus was the fourth man in the fire; even Nebuchadnezzar himself thought the fourth man in the fire looked like "the son of the gods." God always provides a way for us when we obey Him. It may not look like what we think, but God is always with us, even when we have to make a hard choice to obey. The beautiful thing about the Gospel is that God came for us even when all we did was disobey, and now that we have received his gift of salvation, our hearts should want to obey Him out of love, not because we think we have to.

Has your mom or dad ever said, "You need to obey me so eat dessert"? Probably not! You don't have to be commanded to do something you love already. That is how we want to feel towards God. We want to obey Him, because we love Him so much it is a joy to do what He asks. God gives us our parents to help us learn this truth. Your mom and dad want the very best for you. They want to protect you and provide for you. So when they say "don't cross the road without looking," they don't say it to just give you more rules; they say it because they love you and want to keep you safe. I once heard, "Obey right away, all the way, and with a

happy heart." This is a great tool to remind us to obey our parents and not with a grumpy attitude, but with gladness! Same with God! But, sometimes our hearts aren't happy to obey, and that's when we have to decide to choose to obey even when we don't feel like it.

C.S. Lewis tells the story of a fish who lived in a fishbowl. The fish longed to live outside his fishbowl and walk around as humans do, breathing air and not confined to a tiny bowl of water. One day, he decided to make a jump for it! He made it out of the fishbowl and on to the table. His first thought was, "Finally! I no longer am stuck in that bowl and living in water!" What do you think happened to the fish? You see, some people think God's rules are like that fishbowl, keeping us from the life we want to live. But instead, God's rules are like a blanket of protection around us showing us how to live the life of freedom he created for us. Rules aren't meant to confine us, but to help us to live the purpose God has for us and keep us safe from harm. Pray for a heart that loves to obey God.



# MEET FRED!



Fred lives in Kisumu, Kenya. He is 39 years old and the dad to two teenage girls. In 2014, the right side of Fred's body stopped working, and he began having memory problems. He thought he had had a stroke. He went to the hospital and found out that day he had HIV, a disease that makes your body very weak and sick. The doctor gave him medicine for HIV and said the stroke-like symptoms should go away once his body got stronger. Fred obeyed. His memory slowly returned and his body got strong again. However, Fred was still sad inside. Even though his body was getting better, his heart was still lonely and heavy.

In 2017, he heard about the CARE for AIDS program in a church near where he lived. He joined and would walk to the church each week on crutches while he was still getting stronger. He met friends through the program and found community and love there. He also was taught how to take his medicine properly so his body could heal completely, and he was taught skills so he could work

again. He obeyed all that he learned because he could tell this was so valuable.

During his nine months in the program, he gave his life to Jesus and submitted to Him as Lord of his life. Now Fred is living a happy and whole life. He feels a part of a community again, not sad and lonely like before. He is healthy and strong again. In his own words, Fred explained, "Physically, emotionally and spiritually, I have gained a lot from this program. If I was asked to write down all that I've learned from CARE for AIDS, 200 pages would not be enough!" Fred not only obeyed instructions of doctors and what he learned about job skills, but Fred also learned the joy in following and obeying Jesus! Take a moment to pray for Fred and his family and other families in the CARE for AIDS program.



## FAMILY ACTIVITIES



### BLIND OBEDIENCE

Create an obstacle course in a room or outside. Blindfold a family member and give specific directions to get through it. They'll have to obey exactly in order to make it out!

Talk about it after you're done.

- What would have happened if you only listened to some instructions and not others?
- What would have happened if you had kept walking and didn't obey the directions until after a few seconds had passed instead of right away?
- How does this relate to God's instructions for our life?



# LOVE & SERVE DAY ACTIVITIES



Let's obey some of God's commands to love others! Here are some fun ways to do that as a family!

## **LOVE THE SICK** (Matthew 25:36)

Make a get-well card or bowl of soup for someone you know is sick. Make cards for kids in the hospital and deliver them to a cancer center in your area! You can also make a card for a CARE for AIDS client and mail it to CARE for AIDS at 977 Grant Cove Place Atlanta, GA 30315

## **LOVE THE HUNGRY** (Luke 3:10-11)

Is there a local food bank you can donate canned goods to? A soup kitchen you can serve at?

## **LOVE THE ORPHAN** (Psalm 82:3)

Do you know a family in your church or neighborhood who is adopting? Consider donating a gift to them. Can you gather some toys, jackets or blankets and connect with foster care in your area and donate them? **CARE for AIDS** serves all these groups! Consider doing a yard sale, hot chocolate stand, or rice and beans night to raise money! Look at our

previous 'Love and Serve' fundraiser ideas at <https://www.careforaids.org/families-for-families>. Donate at this link: [www.careforaids.com/donate](http://www.careforaids.com/donate)





# 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

**OBEDIENCE:** Doing what God asks of us because we love him

## VERSE

*Jesus says  
“If you love me, obey my  
commandments”*

**JOHN 14:15**

## PRAY FOR FRED!

Fred lives in Kisumu, Kenya and is the dad to two girls. He has recently decided to follow and obey Jesus. Pray for Fred and his family.



Carpool Conversations:

- What is a way you obeyed your teacher today?
- Did anything happen today where you chose to obey God even if it was hard?
- Do you know Mom and Dad want the best for you and love you?
- What would happen if you didn't obey anyone but yourself?