

## "FAITH IN FIVE . . . 5 minutes at a time"

Bring your family together for these 5-minute faith conversation starters. Morning, noon, night, bed time, meal time, drive time . . . any time!

You can also find them at <https://www.fumckidsconnect.org/faith-in-five.html> and on Instagram @[FoothillsUMCfamilies](#) and Facebook @[FoothillsFamilyMinistries](#)

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### *October's "life app" is INDIVIDUALITY: Discovering who you're meant to be so you can make a difference*

God is one of a kind, with no beginning and no end. Everything God has created is unique and one of a kind, including people created in God's image. Every person is an original reflection of God in how they love, care for others, imagine, create, and solve problems. To see how we can do this well, we should look to Jesus. Jesus showed us what it means to be created in God's image in the way He loved all people and helped people feel like they had value—no matter who they were or what they had done. We can reflect this as we discover who we're meant to be and live out the individuality God gave us.

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**Our focus this week is: Knowing Jesus changes how you see yourself.** In Matthew 9:9-13, we discover an essential moment from Matthew's life. As a tax collector, Matthew would have been shunned by Jews and Romans alike. He was seen as a traitor to the Jews. Matthew must have been shocked when Jesus came up to him and asked him to be one of His disciples. Matthew might have seen himself as unworthy, but that would have changed once Jesus made him feel valued. Matthew might have seen himself as a mess, but Jesus chose Matthew to follow Him. Regardless of who we were or who we are right now, Jesus wants to have a relationship with us too. Jesus sees past our mistakes and sees the individual that God created. When we know that Jesus sees us as valuable, we can start to understand that we're valuable too.

#### **Tuesday:**

On Sunday at KidsConnect, we learned that knowing Jesus changes how you see yourself. [Here's the link to the video](#). Watch the video and ask "How would you describe yourself?"

#### **Wednesday:**

At a meal this week, ask your kid, "If you had \$20, what would you spend it on and why?"

#### **Thursday:**

*How can you help your child discover a healthy sense of identity?* <https://theparentcue.org/who-am-i/>

#### **Friday:**

Pray for each other, that you will see yourself the way God sees you. Ask God to help you figure out how to tap into your physical talents, spiritual gifts, and personality traits so you can live a better story.

*Want to "dig deeper"?* Check out this week's God Time card at [www.FUMCKidsconnect.org/kidsconnect-at-home.html](http://www.FUMCKidsconnect.org/kidsconnect-at-home.html)

Need prayers? Want to talk? Want to meet for a cup of coffee? I'm just a phone call away (or text or email)!

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