



LET'S CHAT! with Pastor D



SHARON SEVENTH-DAY ADVENTIST CHURCH

August 24, 2019

This week we review and add the fourth practical way to experience self-care:

1. **Treat yourself.** It should be fine to do something fun for yourself without remorse or guilt.
2. **Take a break or vacation.** Taking time out can bring your body back to balance, and ease the stress of daily activities.
3. **Take time to exercise.** The key is to be real with yourself and stop making excuses.
4. **Spend time in prayer.** Many people don't view prayer as part of self-care. However, as I researched this topic, I observed that many psychologists suggest taking time for meditation or contemplation for better mental health. Let's face it, we live stress-filled lives!

We all know people who have spent money and time in classes to practice meditation and deep breathing. Their goal is to release stress and better cope with the pressures of everyday life. The problem is that even after meditation, many return to "the hustle" with their anxiety.

Prayer allows for believers to place all stress, anxiety and daily pressure in the hands of God our Creator. The greatest assurance is knowing that our Lord always answers, and our issues can remain with Him. Jeremiah 29:12 states, "Then you will call on Me and come and pray to Me and I will listen to you".

KIDS CORNER

Using your Bible, look up each passage and match it to the correct parable of Jesus.

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|-------------------------|---------------------------------|
| ___ 1. Mark 4:1-20 | A. The Tenants |
| ___ 2. Matthew 13:31-32 | B. The Lost Sheep |
| ___ 3. Luke 20:9-18 | C. The Rich Fool |
| ___ 4. Luke 12:35-48 | D. The Sower |
| ___ 5. Matthew 18:12-14 | E. The Good Samaritan |
| ___ 6. Matthew 20:1-16 | F. The Prodigal Son |
| ___ 8. Luke 10:30-37 | G. The Faithful Servant |
| ___ 9. Luke 12:16-21 | H. The Laborers in the Vineyard |
| ___ 10. Luke 15:11-32 | I. The Mustard Seed |

Answers: 1.D, 2.J, 3.A, 4.H, 5.B, 6.I, 8.F, 9.C, 10.G

Find 6 differences:



Let God's
promises
shine on your
problems.
Corrie Ten Boom

URGENT prayer

- Duane Crosby, hospital
- Donald Cobbs, recovery
- Kent Ewell, recovery
- Sandra and Coisha Graham, bereavement

RECHARGE

The other day I was listening to an audio book, while we were spending “quality time” with the family. My son got frustrated when he tried showing me something on his phone, and couldn’t get my full attention. I took off my headphones and looked around. When had “quality time” meant that I was listening to an audio book, my husband was surfing on the net, my son was going thru videos on his phone, one of my grandkids was on the computer playing a game, and the other was watching videos on YouTube on their tablet. Does this sound familiar?

Technology is a wonderful thing and is useful for work, homework, and keeping up with friends and family — but we’ve all become a little addicted to technology and media. Here are some recommendations at every age that can help set healthy guidelines and recharge you and your family’s alternative form of entertainment and interaction.

First, include your whole family in creating a plan for use of technology. Secondly, set a daily or weekly time limit for each family member (include universal “no tech” times such as mealtimes or doing homework). Finally create a First Five Rule tailored to each person that includes what they need to accomplish each day before spending time on TV or tablets (and post where they can be easily seen). First Five Rule example for teenager might include: school work, dishes, laundry sorted/put away, read for 30 minutes minimum and guitar practice.

Here are some useful media guidelines for each age:



TODDLERS (Ages 1-4): Limit exposure. Babies and young children do not truly understand what they are seeing on a screen; therefore it cannot enhance knowledge. After 18 months, limit to one hour of high quality programming per day; handheld devices aren’t recommended. No electronics at night. Encourage conversation, interactive play and traditional toys and games.



CHILDREN (Ages 5-12): Designate media free areas such as dining rooms and bedrooms and designate clear boundaries and restrictions of how often children are able to use media. Avoid using electronics as rewards or consequences. Supervise your children, making sure content is age appropriate, and implement content filters. Avoid using as an emotional pacifier so that kids learn other solutions to boredom, sadness, and frustration.



TEENS (Ages 13-17): Talk about identity formation and what it means—distinguishing between the real world self and the “cyber self.” Include what’s happening in their cyber life, when you ask teens about their day. Make sure your teen knows that nothing is truly deleted from the internet, and to think before posting photos or comments. Help your teen check/update privacy settings and recommend changing passwords often.

Never before has technology had the power to so profoundly change the beings that create it. We live in a digital world and that’s not about to change. Technology can enrich our lives in many ways when used well; establishing solid strategies that the whole household agrees to can minimize risks and ensure we all can take advantage of the benefits.

Sources: Morris, Kathleen. May 16, 2019. *10 Internet Safety Tips for Parents*. www.kathleenamorris.com;
Breedlove, Annette. *Get Kids Off Technology with the First Five Rule*. www.inallyoudo.net;
Zevallos, Aubrey. July 7, 2018. *Media Guidelines*. www.pcit.ucdavis.edu; www.humanetech.com/problem/

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