

Mother
Daughter
Moments

Written by: Jami Bicknell
Graphics by: KPM Doodles



Here are 20 fun filled activities for moms and daughters. For each event, the booklet provides an activity, a scripture verse to read, a short devotion, and conversation starters. Each time Mom and Daughter complete an activity, a picture is added to a premade scrapbook to remember the moment for years to come.



Ice Cream Social

Go out for an ice cream together. It doesn't matter if it's 107 degrees outside or there's snow covering the ground. Ice cream is always a fun treat.

Verse to Share

Taste and see that the Lord is good; blessed is the one who takes refuge in him. Psalm 34:8 NIV

Devotional

Taste and see! Ice cream sure looks delicious with the steamy waffle cone, sweet strawberry topping, cascading hot fudge, and mounds of cherry topped whipped cream. Yep, it sure looks yummy, but do you want a picture of it on your wall, or the real thing sitting in front of you with a spoon in hand? Tasting an ice cream treat is so much better than just looking at it. God wants us to taste and see how good He can be in our lives. You can read about God, sing songs about Him, and even wear His picture on your t-shirt, but until you have really, truly, tasted of His goodness, you have no idea Sister. God loves you with an everlasting love. His love is sweeter than all the ice cream sundaes in the world. Get to know the one and only Creator, the Savior of the world, and one friend that will never leave your side. Don't just read about Him, or talk about Him, or sing a praise song or two in a church service. Taste and see! He is so good to you and me!

Let's Chat

What is your favorite ice cream flavor?

If you could come up with a new ice cream flavor, what would it be?

Mom- Tell about a favorite ice cream memory from your past.

Daughter- (fill in the blank) I like to eat ice cream when I'm _____(happy, sad, nervous, etc.)

Read Psalm 34:8 again and discuss how you both can really taste of God's goodness in the days ahead.

Picture the Moment

Take a silly picture with both of you licking an ice cream cones.



Crafty Chicks

Take an art or craft class together. You may want to try knitting, painting, scrapbooking, or try to make your own pottery. Choose a class that interests both of you, and give it a try.

Verses to Share

“Many women do noble things, but you surpass them all.” Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Honor her for all that her hands have done, and let her works bring her praise at the city gate. Proverbs 31:29-31 NIV

Devotional

When you are really good at something, and I mean REALLY REALLY good, it’s tempting to let it go to your head. Just remember one thing... You wouldn’t be anywhere without God. God gives you talents, He gives you time to do the things you love, and He gives you inspiration to do what you do so well. He created YOU to be YOU. Use your talents to glory Him. If you paint, let your artwork speak to people so they will say, “Wow, God you are awesome!” If you sing, belt out songs so people will comment, “I felt God was talking to me through that song.” If you dance, give it your all, make them cry, get goose bumps, and know that you’re not just dancing, you are praising your Heavenly Father. Whatever your gift, your talent, or even your hobby, find a way to switch the attention from you to Him. You still get to do what you love, but the reward will be so much greater. You don’t even have to travel half way across the world to be a missionary for God (although He might have that in your plans later on). Spread the good news right here when you sing, dance, paint, take pictures, babysit little kids, play soccer, or even make sculptures out of old used up chewing gum. Go on... Show off for God!

Let’s Chat

What are your talents and hobbies?

How can you use that talent for God?

Mom- What talents did you have when you were younger? What about right now?

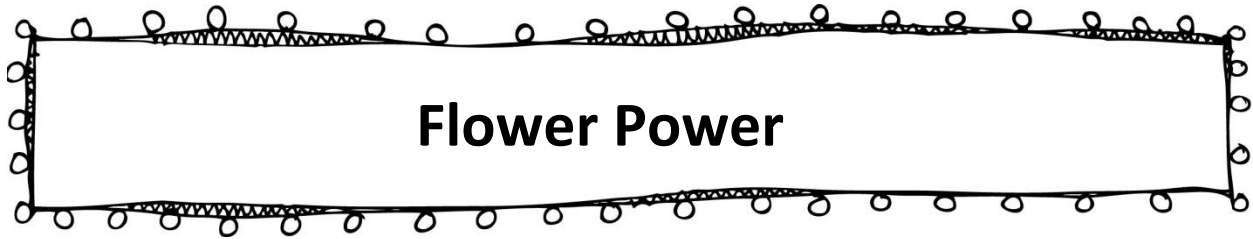
Daughter- What can you do to improve your talents?

Read Proverbs 31:29-31 again. This noble women used her talents to help her family and earn praise.

How can we give praise to God when others praise us for good works?

Picture the Moment

Take a before and after picture with you, mom, and the craft project. Take one with all the supplies you started with and one with the finished product. Don’t worry if it’s not perfect. Imperfections give projects a little character.



Buy some plants and plant them together. Roll up your sleeves, get a little messy, and see if either of you have a green thumb.

Verses to Share

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.” Matthew 6:28-29 NIV

Devotional

It's easy to fall into the grumpy “I don't have” trap. “I don't have shoes like Meredith”, or “I don't have jeans like Jillian,” or even “I don't have jewelry like Tonya, if I did my life would be 157 times better.” If you did have those things, would it really make that much of a difference? There are millionaires that spend their days throwing money at the biggest and the best of everything. You know what? They aren't happier. They have to keep buying and buying because what they have today will be out of date, out of fashion, or broken tomorrow. Don't fall into the “I don't have” trap. Look at the flowers. They are simple, stunning, and a sign that God is in control of it all. If He gives such breathtaking beauty to flowers that are often trampled by our feet, how much more do you matter to Him? He made you beautiful, no matter whether you are wearing the latest fashion or a hand me down from your third cousin Wilma. You are beautiful and clothes and jewelry just accent your already gorgeous appearance. Keep the “I don't have” out of your vocabulary, put a flower in your hair to remember where beauty really comes from.

Let's Chat

What is your favorite type of flower?

Mom- Tell about a gardening memory from your past.

Daughter- When you have a home of your own, what flowers, bushes, or trees will you plant?

What do flowers and clothes have in common?

Read Matthew 6:28-29 again and discuss ways to express your beauty without the cost of the latest fashion.

Picture the Moment

Take a picture of you and Mom planting flowers. Dirt on your face, hands, and jeans is optional ☺.



Eat a picnic lunch together. When you're done, lay down on the picnic blanket and look at the clouds above you. What pictures or shapes do you see? Be creative and have fun!

Verse to share

The heavens declare the glory of God; the skies proclaim the work of his hands. Psalm 19:1 NIV

Devotional

Is it a frog, a dog, or a just a bunch of clouds? What do you see? Whatever it is, don't blink. One second you see a horse with a flowing mane and then WHOOSH the horse is gone and a clown took its place. Take a moment and just breathe in the tranquility of the skies. Gorgeous clouds, streaming sunshine, and the occasional bird overhead (watch out for the birds). No doubt, the skies are spectacular. Seems like a small glimpse of heaven, doesn't it? Watch those white cottony clouds glide across the sky. God is so good! He gives us many wonderful blessings here on earth, but this is just our temporary home. If you have asked Jesus into your heart, your permanent address is in heaven with our Father. You think these clouds are incredible, think about the beauty to behold just past heaven's gates. Heaven is fun to think about, but while we are living on earth our job is to praise and worship God and bring others to know and love him just like we do. So, it's time to sit up, stand up, and shout out what we know. Our God is the one and only God. He made the heavens and the earth, and he has a plan for you and me. Don't keep your head in the clouds too long. There are blessing forming right ahead. Can you see them?

Let's Chat

What shapes do you see in the clouds?

What do you think heaven will look like?

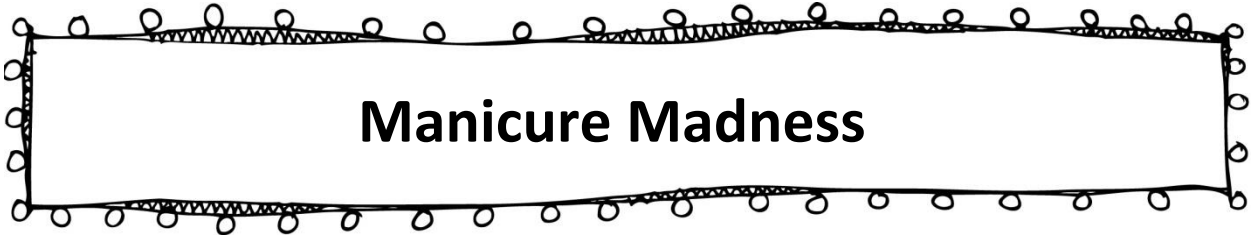
Mom- Who are you looking forward to seeing in heaven one day?

Daughter- What do you think we will do in heaven?

Read Psalm 19:1 again and discuss what we see on earth that makes us think of our mighty God?

Picture the Moment

Take a picture of you and mom laying down on the picnic blanket. Hold up the camera and shoot the picture from above you. Take a second picture of the most interesting, unusual, or beautiful cloud that you found. You pick your favorite. The sky's the limit!



Manicure Madness

Go get a manicure together. No salon? No problem. Pull out your nail file and polish and pamper each other's fingers with a little TLC.

Verse to Share

Yet I am always with you, you hold me by my right hand. Psalm 73:23 NIV

Devotional

Moms hold hands with their children to make sure everyone makes it safely across the street. When Dads and Moms hold hands it's a sign of love. You might even hold the hand of your little brother, so he doesn't knock down the entire display of mangoes at the grocery store. Hand holding is a good thing. It makes you smile, makes you feel safe, and yes... makes you feel loved. You can't see it, but God holds your hand, too. He is there with you when you're having a horrible, yucky, can't get any worse kind of day. He is beside you when you feel like crying, but the tears have all run out. He is there when you are so nervous your insides are screaming at the top of your lungs, but your mouth won't utter a single syllable. Ever had those kinds of days? Sure, we all have. God is there to hold our hand during those tough days and every day. He cares for you, loves you, and wants you to know that He is right there beside you. Take a deep breath, smile, and know, without a single doubt, God is holding on.

Let's Chat

When do you like for your hand to be held?

How does it make you feel?

Mom- What stressed you out when you were young?

Daughter- What stresses you out the most?

Read Psalm 73:23 again and discuss how you can be reminded that God has your hand in tough and stressful situations.

Picture the Moment

Take a picture of your painted nails. Can you tell whose hands are whose?



Look through a cookbook and select a yummy cake to bake. It doesn't have to be a birthday or holiday to eat cake. Bake it together and serve it up to the family with smiles.

Verses to Share

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18 NIV

Devotional

When you see a cake, what do you think of? A birthday? A holiday party? A celebration for the end of a sports season or the last day of school? We seem to link cake to happy moments in our lives. God wants us to always be joyful. That's tough some days. I think that's why the next part of this verse is important. Praying constantly is the only way we can keep a joyful attitude. Let's face it, times can get tough. Things don't always go our way and bad things happen even when we pray, pray, and pray our little hearts out. It's comforting to know, that during these trying times, God does not leave our side. He is there for us to talk to, cry out to, and sometimes just to sit in the quiet parts of the night. Pray as you go through the good times, and pray when you encounter the bad times too. You don't have to close your eyes and fold your hands to talk to God. Talk to him as you are walking down the halls at school. Whisper a prayer as you begin a new sport or meet a new group of people. Send up a silent prayer when you think about whatever is troubling you. Be joyful, pray a lot, and eat cake. All of those things will put a smile on your face.

Let's Chat

What is your favorite type of cake?

What is your best birthday cake memory?

Mom- What is a favorite cake baking memory from your past?

Daughter- Do you like to be creative with the recipes or follow it exactly like it says?

Read 1 Thessalonians 5:16-18 again. How can we follow this advice exactly? What does it really mean to pray continually?

Picture the Moment

Take a picture of both of you holding your cake creation. You can lick the icing. No one will ever know.



Exercise Class

Put on your work-out clothes and comfy tennis shoes. Select an exercise class to attend together. Whether you choose pilates, zumba, yoga, or boot camp, you'll have fun, laugh, and probably sweat a lot. If you don't have a local gym that offers classes, no worries, pop in a DVD and bring the gym right into your living room.

Verses to Share

Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. 1 Corinthians 9:26-27 NIV

Devotional

Exercise is hard work. No one would argue with that. To stay healthy, exercise is necessary. It doesn't have to be a boring task though. Make it part of your daily schedule. Workout with your mom, your sister, or even a good friend. Play sports, run around the neighborhood, or slide in an exercise DVD. Soon, you will be feeling better and your body will thank you for it. With a healthy body you can focus on other important things. You will have more energy to play your favorite sport or activity. You will stand a little straighter and feel more confident. It's amazing how your attitude about yourself changes when you start making healthy choices. Remember that your body is the temple of God, so treat it with respect. You would never destroy the church building, throw rocks at the stained glass windows, or spray paint the walls, would you? Of course not! In the same way, don't do anything that will destroy your body. You don't want to mess with God's house. Instead, feed it nutritious food, drink lots of water, get plenty of rest, and exercise daily. No excuses, Missy! Find your tennis shoes, play some tunes, and get moving. What are you waiting for?

Let's Chat

What is your favorite way to exercise?

What is your least favorite type of exercise?

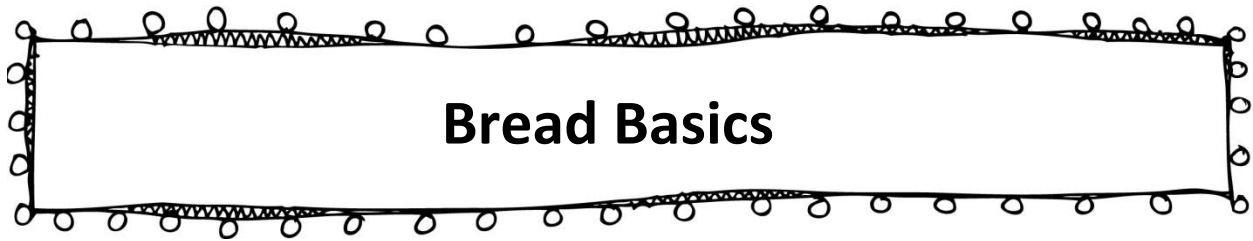
Mom- What sports or exercise activities did you do when you were younger?

Daughter- Is there a new type of exercise activity you would like to try?

Read 1 Corinthians 9:26-27 again and set a physical fitness goal and a spiritual fitness goal for both of you.

Picture the Moment

Have someone else take a picture of you as you exercise or when you are all finished? Don't worry about your messy hair. If it doesn't get messed up, then you're probably not working out hard enough.



Bread Basics

Get out the mixing bowls and that wooden spoon. Bake up a loaf of homemade bread or fresh rolls for your family. Do it the old fashioned way. Sure, it might take a while, but the whole house will smell incredible.

Verse to Share

Your boasting is not good. Don't you know that a little yeast works through the whole batch of dough?
1 Corinthians 5:6 NIV

Devotional

Yeast is a funny ingredient. If used correctly, it gives you a light, fluffy, and delicious loaf of bread. If used incorrectly, your bread will be as hard as a rock and could be better put to use as a door stop. Yes, yeast can either make or break a good loaf of bread. In Bible times, yeast was often used to describe sin. In this verse the sin is boasting. Sometimes we boast when our softball teams wins. We boast when we win and our sister loses at a game of cards. Boasting can come when we are being serious or when we are joking around with friends. However, the only thing we should boast in is Jesus Christ. We can't really take credit for anything. You did not give yourself your athletic ability. You did not give yourself the gift of strategic thinking and wisdom that helped you win that card game. God gave you the sense of humor that came up with the clever joke. You see, God is at the center of everything. If you must boast about something, brag about your Heavenly Father. And just like yeast mixes through the dough and makes bread either totally delicious or totally disgusting, you want your boasts to be helpful, not hurtful. So, if you must boast, boast in God and watch his blessing rise up all around you.

Let's Chat

What bread and pastries do you like the best?

What is another recipe you would like to try later on?

Mom- Do you have any bread baking memories from your past to share?

Daughter- Name some things people you see people boasting about.

Read 1 Corinthians 5:6 again and talk about boasting more. How can we give that glory to God next time?

Picture the Moment

Pull the bread out of the oven (with an oven mitt, please) and pose for a picture with mom. Hold up that delicious loaf of bread. If it turned out a little burnt, don't worry about it. Scrap off the outside, slap on a little butter, and you're good to go.



Pampering Pedicures

Roll up your jeans and throw on your flip flops. Head to the nearest salon for a pedicure with Mom. If there's no salon around, pour a warm, soapy container of water and soak those tootsies at home.

Verse to Share

How beautiful are the feet of those who bring good news! Romans 10:15b NIV

Devotional

Have you ever really looked at people's feet before. Now, I don't mean just glance, I mean really stare at them. Feet aren't always a pretty sight. We squish our feet into tight, uncomfortable shoes, stub our toes on rocks, force them to run and kick things, and if that's not bad enough they get them stepped on by total strangers. Feet are badly mistreated, no wonder they tend to smell sometimes. The Bible calls our feet beautiful though. It's hard to think of them as good looking much less beautiful, but that's exactly what they are. Our feet make it possible for us to spread the word of God. We can walk up to our neighbor and invite them to church. We can walk up to a friend at school and pray with her. We can walk across the world and tell others about Jesus. Feet have a big responsibility. Treat them with some extra loving care today. Thank God for giving you the feet that you have. Maybe you don't like your big toe, or you think your toe nails are two skinny or crooked, but really... God gave you those feet. Love them. Pamper them. But most importantly, use them to spread His "Good News".

Let's Chat

What do you like best about your toes?

What makes your feet hurt the most?

Mom- How do you like to pamper your feet?

Daughter- If the sky is the limit, how would you decorate your toes?

Read Romans 10:15b again and talk about ways to use your feet to spread the "Good News".

Picture the Moment

Take a picture of your freshly painted piggies. Examine at the picture carefully. Can you tell you are related by your toes?



Let's Go To the Movies

Pick out a movie that's perfect for both of you. It's okay if it's a chick flick, only girls are allowed tonight. You can laugh. You can cry. If you find the perfect movie, you'll do some of both. Have a blast and don't forget the buttered popcorn!

Verses to Share

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. Psalm 40:1-2 NIV

Devotional

Have ever guessed the movie ending before it was over. Sometimes it's fun to guess "who did it" or "what really happened". Sometimes you are right but many times the story line takes twists and turns until you can't really guess the ending until it's right upon you. That makes a good movie, but what about when it is your real life. We have twists and turns in our lives for certain. Disappointments at school, bothersome bullies, friends moving on, and surprising illnesses, these are all real live issues that we face. Thankfully, we know the ending already. God is working for our good in all these situations. We may not understand why we are dealing with sorrow or pain, but God has it all under control. He wrote the movie, directed the movie, and has the leading role. The solution to your problem may not come at the end of a two hour movie, but it will come, so wait patiently. He will lift you up and out of the slimy pits of life. So, if you're stuck in a pit right this very minute, reach up your hands and ask God for help. He is right there waiting for you.

Let's Chat

What problem did the actor or actress face in the movie?

Did you guess the ending before it was over?

Mom- Name a pit from your past? How did you get out?

Daughter- Are you in a pit right now? What is going on?

Read Psalm 40:1-2 again. What can we do to remind ourselves that God is in control of the slimy pits we get stuck in?

Picture the Moment

Take a picture in the movie theater lobby with popcorn in hand. Make your expression match the movie you are seeing. If it's a comedy, laugh and show off those pearly whites. If it's sad, turn your smile upside down and wipe away a tear. If it's a little of both, be creative, and add some dramatic expressions of your own.



Fashion Show

Put on a fashion show. Look way back in the closet and pull out the clothes, jewelry, and accessories you have forgotten about. Don't forget Mom's closet, too. Pull all your fantastic findings together and come up with creative new outfits. Add a red carpeted runway, some fun music, and the flashing lights of the camera, and you have a star studded night of fun!

Verses to Share

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Matthew 7:1-2 NIV

Devotional

Today, you can't turn on the television without seeing someone being judged. People are judged for their fashion style, dancing, athletic skill, and even their ability to perform the silliest tasks. If you are not good enough, too bad, you are kicked off, out of the show, or thrown in the mud. I guess sometimes we need judges, just like we have to have rules and laws. It would be chaos without them. However, there are some times judging is just plain wrong. Let's say you have a tendency to gossip. You talk about people behind their back and then turn around and get made at your friend for talking about you. You just judged when you shouldn't have judged. Here's another situation. Imagine you often sneak a peek at your friend's test paper, but today someone looked at your paper. You let them have it, but why? You have been doing the exact same thing for months. Before you judge, look and see if you are the guilty one. Often times it's easier to see the wrong in others before we see it in ourselves. Ask God for help in these sticky situations. He's the best judge around and completely qualified to handle any case.

Let's Chat

If you were judging, who would have won the fashion show today?

Do you like competitions that are judged or where everyone wins?

Mom- What was your favorite outfit your daughter picked out today?

Daughter- Which outfit did you like that Mom wore?

Read Matthew 7:1-2 again and talk about situations when judging is okay and when it is wrong.

Picture the Moment

Take a picture of you and Mom in your favorite outfits. Strike a pose and add some dramatic flair. Don't worry, you won't be judged.



Makeovers

Bust out the make-up kit, blow dryer, and curling irons. Unleash the eye shadow colors you never dream of wearing and indulge your lips with a new hue. Be adventurous with a hairstyle or change up your old one in ways you never thought of. The fun is in the mistakes though, so let loose, and live a little.

Verse to Share

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14 NIV

Devotional

Most girls struggle with the “beauty monster” at some point in their life. What’s the beauty monster you might ask? Well, the ugly creature appears when girls think, “If only I had straight hair, curly hair, blond hair, red hair (fill in the blank here with what you want rather than what you have,” or “I just can’t stand my nose, why does it look this way,” or even, “Look at my eyebrows, they’re hideous!” Yep, we tend to lean on the dramatic side when we look into the mirror and critique our own beauty. But have no fear, God is here! He wants you to know that you, yes you- with whatever hair, nose, or eyebrows you came with, are fearfully and wonderfully made. He created you the way you are for a purpose. He sees what’s on the outside and on the inside and knows you are truly beautiful. We can spend a lifetime trying to perfect the outer appearance of our bodies. There’s nothing wrong with trying to look our best, but don’t let it interfere with improving your inside. Spend more time with the Father than you do in front of the mirror and you won’t have the “beauty monster” lurking at your door.

Let’s Chat

What would you change about your appearance?

What would you never change?

Mom-What do you find most beautiful about your daughter?

Daughter- What “beauty monster” do your friends complain about most?

Read Psalm 139:14 again and talk about ways to keep our eyes focused more on the Father and less on the mirror.

Picture the Moment

Take a before and after picture of your makeover session. If you end up looking more like a clown than a princess, that’s okay, it’s all part of the fun.



Pack a water bottle, some good running shoes, and as much energy as you can gather. Participate in a 1K walk or fun run together. It's a mover, a shaker, and a memory maker!

Verse to Share

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 1 Corinthians 9:24 NIV

Devotional

Whether you are running short or long distances, if you want to do it right, there's training involved. You have to stretch, practice, and prepare your body for the race ahead. The Bible compares our life to a race. We are all participants. We have a number pinned to our shirt, begin at the signal, and start to run. But in the end, only one person wins the prize. That winner takes home a massive trophy or an oversized check to prove that she has won the race. All of the other runners don't get to take a piece of the trophy home or a few dollars from the check. No, that prize only goes to the winner. The others are just labeled participants. Maybe they get a certificate or a small ribbon, but each of them leave with a thought in the back of their mind. They're thinking, "Next time, I want the prize." And you know what? If they are serious about it, they will train even harder, practice more, and give it their 110% on the next go round. Why? Because they want to win, they want the prize, they want to prove to themselves that they can be the best at what they do. Don't just be a participant in life. Live with a purpose. Live with a plan. Sure, it will take practice, sweat, and overcoming obstacles. But with God as your coach, you'll be just fine. Start running!

Let's Chat

Do you like to run short distances or long distances?

What part of the race is the most challenging for you?

Mom- What is your favorite racing memory from your past?

Daughter- What type of prize would you like to win someday?

Read 1 Corinthians 9:24 again and talk about the race you are both running in life? What is slowing you down?

Picture the Moment

Take a picture of the two of you at the beginning of the race. You might be too tired to snap a picture at the end.



Arranging Beauty

Make a flower arrangement for the dinner table or your bedroom. You can choose wildflowers from a field, buds from the florist, or visit your local craft store and buy some blooms that will never fade. Make something lovely for your eyes to see.

Verse to Share

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things. Philippians 4:8 NIV

Devotional

Flowers are just too pretty to keep outside. Whether you have roses, violets, or chrysanthemums, cut their stems and find that glass vase hidden in the back of the closet. Maybe you've received flowers before for a special occasion. They're great to celebrate birthdays, recitals, special programs, and just about any and every holiday. The buds and blooms shout out, "Congrats! You're very special to me and don't you forget it!" What fun it would be to have the job of a flower delivery person. I can see it now. A young lady opens the door and a smile spreads quickly across face. "Flowers for me?" Suddenly, whatever was going on that day, just got a little bit better. A grandmother opens her door to find a large vase full of fragrant flowers and whispers, "They remembered. How wonderful!" God made flowers and he made them so lovely. God wants us to think about lovely things, pure things, and things that are praiseworthy. Sure, there are tons of other things to think about that are not so nice. Violence, crime, gossip, hatred, rudeness, and disrespect. Leave those thoughts aside and think of the flowers. Think of the beautiful blessings of God. Think of these things and smile. God loves you!

Let's Chat

What occasion would flowers be perfect for?

What flowers would make the perfect arrangement?

Mom- When did you last receive flowers from someone?

Daughter- Who could you give flowers to and really make their day?

Read Philippians 4:8 again and discuss ways to think of the true, noble, right, pure, lovely, and admirable things of life more often.

Picture the Moment

Stop for a moment and smell the roses (literally) and snap a picture. If only pictures had scratch and sniff capabilities.



Host a karaoke night right in your own living room. Pick your own playlist and belt out some tunes. Mom, don't forget to bring a few of your favorite songs from your teenage years. You might just make the old new again in the eyes of your daughter.

Verse to Share

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Psalm 95:1 NIV

Devotional

Singing comes in so many different forms and they all have a purpose. Singing in the car helps keep the driver awake and alert. Singing in school helps teach you concepts and makes them stick. Singing in the shower is just fun and annoys your family members who are waiting for their turn. But let's not forget, singing to God. We can sing songs about God, which are great because they tell others about who He is, but it's the songs we sing TO God that are so precious. Singing is another way to pray, to praise, and to glorify the one true God. Sing to Him and you'll feel God pull up right there beside you. You'll feel His gentle whisper and guiding hand of wisdom. Having a rough day, a tough day, a what in the world am I going to do kind of day. Give it a try. Sing out a song. Sing to him in the car, in the shower, and even in school. He loves to hear your praises and you'll be amazed at how much it can change your own mood and attitude. You'll go from sad to glad in no time flat. And here's the best part. Other people might hear you. Songs are contagious don't you know. Spread God's love one song at a time. Start singing, Sweetie!

Let's Chat

What is your favorite type of music?

What is your least favorite type of music?

Mom- What are your best music memories from the past?

Daughter- What song puts you in the best mood? Which song makes you sad?

Read Psalm 95:1 again and discuss ways to praise God through music.

Picture the Moment

Take a picture of you and Mom with microphones in your hands. Props and costumes are optional, but could be a lot of fun!

Adventures in Babysitting

Who says work can't be fun. Work in the church nursery or find a little one to babysit together at home. You might be exhausted when you're done, but you'll find so much joy in the experience.

Verse to Share

Start children off on the way they should go, and even when they are old they will not turn from it.
Proverbs 22:6 NIV

Devotional

Don't expect babysitting to be a simple task. You have to be on your toes to take care of children. They want to play, they get hungry in an instant, they seem to cry for no good reason, and then there are diapers. Need I say more? But, kids bring such joy to our hearts. They have the cutest giggles, they can find happiness in simple toys, the adorable facial expressions are priceless, and they can steal your heart in a single moment. Yes, kids are a delight, but don't neglect your important role. It is our job to teach them to follow God and behave in a way pleasing to Him. Sure, we could let them run all over the place, being selfish, rude, and mean. We could buy them everything they want and pamper beyond measure without ever teaching them to do anything for themselves, but would that benefit anyone? Teach the children. Teach them to love God, serve God, and honor Him all the days of their lives. It's my job, your job, and everyone's job to help raise these children up and train them to follow the path God has for them. Start by singing, "Jesus loves me." Make comments like, "God made such a beautiful day for us today." Let the words from your lips praise God and you know what? The children will catch on. Babysitting is much more than diapers, Sister!

Let's Chat

What was the best part about babysitting today?

What was your least favorite part?

Mom- What toys did your daughter like to play with when she was little?

Daughter- What is your earliest memory of toys, books, and other playthings?

Read Proverbs 22:6 again and discuss how a mother's role changes as her daughter grows up.

Picture the Moment

You'll have to be quick to take this picture. Kids move so fast, you might see a blur. Take a picture of all three of you enjoying a fun toy or game.



Put on your best dress and fix up your hair. It's time for a girls' afternoon out. Have tea or eat at a nice restaurant. Make it a little fancy. You don't get girl time every day.

Verse to Share

being confident of this, that he who began a good work in your will carry it on to completion until the day of Christ Jesus. Philippians 1:6 NIV

Devotional

Do a little people watching at the restaurant today. Who do you see? What are they doing? Guess what they are talking about, laughing about, or arguing about. It's a fun way to pass the time while waiting for your entrée or dessert. What would someone think if they were watching you? Are you having a good time or is something getting you down these days? God doesn't have to guess. He knows exactly what you are thinking and going through every moment of your life. He has great plans for you and isn't finished with you yet. So if something is troubling you, no worries, God is there. Are you discouraged, disappointed, upset, or feeling blue? God has the situation under control. Maybe it's just the opposite and you are having a spectacular week and all the world seems right. This is just a start of many blessing to come. He will carry on the good works in your life until it's completed. It's not dessert time yet, so there's more excitement still to come in life. Get ready to have your socks knocked off! God is awesome and so are His plans for you!

Let's Chat

Look around the restaurant. Who looks like they are having a fun time?

Who looks a little troubled?

Mom- What are some blessings that you have experienced in your life?

Daughter- What are some blessings you are experiencing right now?

Read Philippians 1:6 again and guess what you will be doing twenty years from now.

Picture the Moment

Ask the waiter or waitress to take a picture of both of you. Get some of the delicious food in the picture, and maybe one of the people you were watching. They'll never know they were captured on film.



Sweet Smelling Perfume

Go perfume shopping together. Find a fragrance shop with lots of lotions, body sprays, and perfume scents to choose from. You don't have to buy anything. Try out a few of your favorites. Bring along some slips of paper to test out even more. You'll be smelling sweet for a long time!

Verse to Share

Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice. Proverbs 27:9

Devotional

Scents are directly linked to our memories. One whiff of roses might remind you of Aunt Lucille and her flower garden. The aroma of chocolate chip cookies might make you think of dear, sweet Grandma. A stinky, dirty sock smell instantly reminds you of gym class. Both sweet and stinky smells send thoughts our way. Perfume and incense are mentioned in the Bible. It was used in worship, used to anoint Jesus's feet, and, in the verse we looked at today, a reminder of joy. Sweet scents bring about good feelings, kind thoughts, and joy in our hearts. Bad smells turn our stomachs and make us run toward the hills screaming. When people think of you, wouldn't you like them to say, "She's a great person, a wonderful friend, and an all-around terrific young lady." That's certainly better than, "Sure, she's nice to her friends, but don't get on her bad side." Remember that you need to be just as sweet on the inside as you are on the outside. If you are a stinky sweaty mess, you can douse yourself in perfume, but the stink will find a way to shine though. You can't hide it. In the same way, people notice when we are not being genuine. You can't fool them and you certainly cannot fool God. Get to know the Savior. Spending time with him will certainly sweeten up your perspective on life.

Let's Chat

What is your favorite scent?

In your opinion, what stinks?

Mom- Name a scent and who it reminds you of.

Daughter- What scent do you want to be linked to?

Read Proverbs 27:9 again and discuss ways both of you can spread God's sweet fragrance to others this week.

Picture the Moment

Take a picture of both of you in the perfume shop holding up your favorite scents.



Cookie Crumbles

Bake up a batch of your favorite cookies, or try out a new recipe. Package them up with a hand written note and take them to a friend or neighbor. It doesn't have to be a special occasion to share a sweet treat with a friend. It's okay to eat a few yourself, too.

Verse to Share

John answered, "Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same." Luke 3:11 NIV

Devotional

Some people commit their entire lives to giving and helping the less fortunate. They keep nothing for themselves but live to give. They have no regrets. They live each day to help, go to bed exhausted, and wake up ready to serve again. Wow! What an example for us all. Look around your home today. What can you give up? I'm not talking about that can of beans that have been in the cabinet since you were 2. I'm talking clothes, toys, furniture, blankets, and the pantry full of food that has not reached its expiration date. So...what can you give? Give cookies to a neighbor, clothes to a friend, blankets to the homeless shelter, and your time to help out. It's easy to put the blinders on and miss the giving opportunities all around you. You may not have tons of cash to hand out, but you definitely have something to give. Don't know what, you say? Ask God and He will tell you. He will open your eyes and suddenly you will see what you've been missing. Your heart will be touched, you'll feel that knot forming in your stomach, and your throat will start tickling. Feel it? That's the sign that God is working around you and He wants you to dive and join Him. Get ready! Once the giving starts, you'll never want to stop!

Let's Chat

Look in your kitchen. What can you give?

Look in your closet. What can you give?

Mom- What is your favorite giving experience?

Daughter- What about you? What is a time you gave your time or your things to someone else?

Read Luke 3:11 again and discuss what you can do as a family to give.

Picture the Moment

Take a picture of you and mom holding the plate of cookies, eating the cookies, or both.



Daughter's Choice

Go bowling, play miniature golf, or whatever activity you like best. It's Daughter's Choice Day.

Verse to Share

I will praise you as long as I live, and in your name I will lift up my hands. Psalm 63:4

Devotional

If you love to dance, you find yourself dancing everywhere you go. When you live and breathe soccer, you'll find a chance to play and practice at every free moment. Singers sing, actresses act, runners run, and painters paint. If you enjoy something, and it means the world to you, there's no problem finding time to do what you love. Shouldn't it be the same with God? If you love Him, you will find a way to praise Him in whatever you do. Whether you're at school, on the sport's field, or in the shopping mall, there's plenty of time to sing praises. Find joy in every moment. Pray at every turn. Who says you have to be in church to talk with our Heavenly Father? He's right there beside you in math class and on the pitcher's mound. Wherever you find yourself, praise Him. Praise Him in the morning, in the evening, and every minute in between. Where are you right now? That's a great place to praise Him. Go ahead... what are you waiting for?

Let's Chat

What is your favorite activity?

Do you find a time to do this activity each week? How much time do you spend on it?

Mom- What activities did you enjoy when you were younger?

Daughter- Is there a new activity you would like to try?

Read Psalm 63:4 again and discuss how you can praise God in the activities you love.

Picture the Moment

Take a picture of both of you together enjoying your Daughter's Choice Day event. Whether you won, lost, or tied, smile and enjoy the moment.