



WEEK TWO

**EXODUS 13:17-18; 14**

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Moses can safely lead the  
Israelites across dry ground.

SAY  
THIS

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GOD KEEPS  
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DRIVE TIME

As you drive, sing the following to the tune of "A Sailor Went to Sea": "God gives me what I need, need, need. God gives me what I need, need, need. God gives me what I need, need, need. Because He really loves me, me, me!"

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REMEMBER THIS

"Trust the Lord with all your heart."  
Proverbs 3:5, NCV

BASIC  
TRUTH

GOD LOVES ME.

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## MAKING THE MOST OF MORNING TIME

By Sarah Anderson

Mornings can be rough. If you have anywhere to be with your kids in the morning, getting out the door is a task of epic proportions. But maybe part of what makes mornings hard is we try to get *through them* more than we try to *use them*. If we had a goal—like instilling purpose, and a mode of accomplishing it, like encouraging words, we could change the look and feel of our day.

My husband literally treats morning like a coach with his team—giving our two boys a pep talk before he heads out the door. It's like a motivational speech—which is the point: to encourage and inspire the boys for the day ahead. He tells them how he knows they are going to be kind to each other, treat each other in a loving way and give their mama no drama. Some days it feels like a "name it and claim it"—like if he puts the idea in their head, there's a better chance of it actually happening.

Sometimes it works. Other times it doesn't.

But the point is to start the day that way because it gives kids, even in an indirect way, a really crucial understanding: Every day is fresh and new. Every day is the chance to do this all again, and to maybe even do it better. Mornings are where forgiveness and lack of grudges can show up best.

Here are some practical morning time tips:

- Communicate ideals for the day, in conduct and behavior with *hope—not demands*. Let your kids know you want them to win for the day.
- Let your kids know what the plans are for the day. A play date? An errand? When kids know their routine will be or how it will change, they have a better chance of having a good day.
- Tell your kids how proud you are of them, how much you believe in them, and the potential you see in them. No matter how old they are, they will never outgrow the need for encouraging words.
- Reserve at least five minutes for yourself, before your kids get up. It's hard to instill purpose in others if you feel depleted.
- Set the tone for your home. Don't let your kids' emotions steer the ship. Decide how you want mornings to feel and do everything you can to make them feel that way.

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