

MOVEMENT *Kids*

Parent Newsletter

FEBRUARY 22, 2026



Influenced

Series Overview

In our 'Influenced' series, children will discover that the people they surround themselves with, the media they consume, and even the thoughts they dwell on all play a powerful role in who they become. We'll talk about how to be mindful of the outside influences we allow into our lives, so we do not get distracted from living out the purpose God has for us. Our prayer is that children understand they are God's masterpiece; masterpieces are valuable; and valuable things are protected – that's why we guard our hearts and protect the purpose God placed inside us.

Series Memory Verse

Proverbs 4:23 – Guard your heart above all else, for it determines the course of your life.

Be Influenced on Purpose

Today's Lesson Overview

This week, children learned that God created them on purpose for a purpose, and that we need to be intentional about choosing the right influences (friends, TV, music, etc.), so we can stay on the path He has for us. Children experienced how influence works through a fast-paced "Cupside Down" game; just like their cups were constantly flipped the wrong direction, there are always things around us trying to shape us. Through the story of Peter walking on water, they saw that Peter was able to do the impossible when he focused on Jesus, but when he turned his attention to the storm, he was influenced into fearfulness and began to sink. Children were reminded to choose influences that help them stay focused on Jesus in order to walk in the purpose God has for their lives .

Foundational Verse:

Ephesians 2:10 (NLT) – For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

From Sunday to Everyday

Keep the Conversation Going at Home

Our heart is to partner with you in nurturing your child's faith. We believe discipleship begins in the home, and when families talk about God together and involve Him in daily life, it makes a lasting impact. These simple ideas can help you keep the conversation going throughout the week:

- **Watch Out for Influences:** Throughout the week, help your child start recognizing what is influencing them. After time with friends, watching a show, or playing a game, ask, "Did that push you closer to Jesus or distract you from Him?" Help them see that the things around us shape how we think and act..
- **Choose on Purpose:** When your child is making decisions—who to spend time with or what to watch—ask, "Which choice would be a good influence and help you stay focused on God's best for you?" Remind them that they are God's masterpiece, and masterpieces are valuable and worth protecting.
- **Discuss as a Family:** Use simple, ongoing conversations to help your child remember and apply what they learned. This can be easily incorporated in your day-to-day routine. Try asking these questions during dinner, in the car, or right before bed:
 - Ask, "What happened when Peter focused on Jesus? What happened when he focused on the storm?" Then connect to their own life – what helps them stay focused on Jesus, and what feels like a storm that distracts them?
 - Ask, "What is one influence you may need to be more mindful of?"