



WHY "FAITH ON THE FRIDGE"?

EXPLANATION: "*Faith on the Fridge*" is a done-for-you resource for parents to be able to offer faith-based inspiration and encouragement that will lead to discipleship conversations.

This resource will offer parents a simple first step as part of the discovery stage of trust and building meaningful relationships.

WHAT IS "FAITH ON THE FRIDGE"?

INSTRUCTIONS: "*Faith on the Fridge*" is a set of encouragement notes and scriptures to be posted on the family refrigerator in your home's kitchen.

The Faith on the Fridge "Fridge Notes" can be easily cut apart and used as ready-to-use notes, or parents can use them as inspiration, re-writing them using the blank note templates and writing in their own personal handwriting.

Use them over a month (30 days) or spread them out over a large part of the school year, 30 weeks.

HOW TO FOLLOW UP WITH "FAITH ON THE FRIDGE?"

NEXT STEPS: These "Fridge Notes" are the first step and not the only step. Families are busy in the mornings, rushing to get ready for their day. Many times not even able to have the time to talk before the day starts.

- **Post** the selected "Fridge Note" before your family wakes up.
- **Pray** over the encouragement and passage.
- **Ponder** as you have time throughout the day, the passage.
- **Prepare** yourself with the thoughts and ideas you want to share.
- **Process** with your child/children that evening using the time you have in the car heading to/from school/practices, over dinner, or for a few minutes instead of watching TV. Share your thoughts and ask questions, allowing your child/children to share their thoughts, ideas, and struggles.
- **Pray Together** as you wrap up your conversation and time together.



KNOW THIS IS GOING TO BE A LONG DAY FOR BOTH OF US
I WANT TO LET YOU KNOW I WILL BE THINKING ABOUT YOU
AND PRAYING FOR YOU TODAY!

"AND PRAYER IN THE SPIRIT ON ALL OCCASIONS WITH ALL
KINDS OF PRAYERS AND REQUESTS..."

- EPH. 6:18

Faith on the Fridge

I KNOW IT MAY BE HARD, BUT BE RESPECTFUL AND KIND
TO YOUR TEACHERS TODAY. BE AN EXAMPLE AS A YOUNG
PERSON OF GOD'S LOVE IN THEIR LIFE.

"DON'T LET ANYONE LOOK DOWN ON YOU BECAUSE YOU
ARE YOUNG, BUT SET AN EXAMPLE FOR THE BELIEVERS IN
SPEECH, IN CONDUCT, IN LOVE, IN FAITH, AND IN PURITY. "

- 1 TIM. 4:12

Faith on the Fridge

THERE MAY BE PEOPLE TODAY WHO SAY SOME STUFF
THAT IS UNKIND OR EVEN INAPPROPRIATE. I AM PROUD OF
YOU FOR BEING A PERSON THAT BUILDS OTHERS UP, NOT
TEARS THEM DOWN.

DO NOT LET ANY UNWHOLESOME TALK COME OUT OF YOUR
MOUTHS, BUT ONLY WHAT IS HELPFUL FOR BUILDING
OTHERS UP ACCORDING TO THEIR NEEDS, THAT IT MAY
BENEFIT THOSE WHO LISTEN." - EPH. 4:29

Faith on the Fridge

REMEMBER, TODAY IS A GIFT FROM GOD; THAT IS WHY WE
CALLED IT THE "PRESENT." UNWRAP TODAY AND SEE
WHAT GOD HAS MADE JUST FOR YOU!

"THIS IS THE DAY THE LORD HAS MADE; WE WILL REJOICE
AND BE GLAD IN IT."

- PS. 118:124

Faith on the Fridge

YOU MAY BE TIRED TODAY, AS YOU WAKE UP AND GET
READY, BUT GOD IS WITH YOU. HE HAS A BIG PLAN FOR
YOU, SO KEEP ON DOING THE GOOD STUFF.

"LET US NOT BECOME WEARY IN DOING GOOD, FOR AT THE
PROPER TIME WE WILL REAP A HARVEST IF WE DO NOT
GIVE UP" - GAL. 6:9

Faith on the Fridge

YOU MAY FEEL ANXIOUS OR WORRIED ABOUT YOUR DAY
TODAY, BUT GOD HAS GOT YOU. HE CAN GIVE YOU PEACE
AND JOY. TALK TO HIM AS YOU START YOUR DAY.

"MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND
PEACE AS YOU TRUST IN HIM, SO THAT YOU MAY
OVERFLOW WITH HOPE BY THE POWER OF THE HOLY
SPIRIT." - ROM. 15:13

Faith on the Fridge



DO NOT LET FEAR OF WHAT PEOPLE THINK OR SAY ABOUT YOU. YOU ARE STRONG. BE COURAGEOUS IN KNOWING GOD IS WITH YOU.

"BE STRONG AND COURAGEOUS. DO NOT BE AFRAID OR TERRIFIED BECAUSE OF THEM, FOR THE LORD YOUR GOD GOES WITH YOU; HE WILL NEVER LEAVE YOU NOR FORSAKE YOU." - DEUT. 31:6

Faith on the Fridge

DON'T BE ANXIOUS. TAKE A BIG BREATH, AND GET A GOOD BREAKFAST. TAKE A MINUTE TO PRAY. AND LET GOD KNOW WHAT IS ON YOUR MIND.

"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD." - PHIL. 4:6

Faith on the Fridge

TRUST GOD WITH YOUR DAY. WE WILL TALK LATER. I AM WORKING ON GIVING EVERYTHING OVER TO GOD, TOO. GOD HAS GOD A PLAN FOR WHAT HAPPENS NEXT.

TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS SUBMIT TO HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT." - PROV. 3:5-6

Faith on the Fridge

GOD HAS GOT AHOLD OF YOU TODAY. EVEN IF I DIDN'T GET A CHANCE TO HUG YOU THIS MORNING, YOU ARE GOING TO HAVE A GREAT DAY.

"SO DO NOT FEAR, FOR I AM WITH YOU; DO NOT BE DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU AND HELP YOU; I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND." - IS. 41:10

Faith on the Fridge

YOUR HEART MIGHT FEEL A LITTLE BROKEN TODAY ABOUT EVERYTHING HAPPENING. GOD AND I ARE ON YOUR SIDE. LET'S CONNECT TONIGHT AND TALK ABOUT THIS VERSE.

"AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS." - PHIL. 4:7

Faith on the Fridge

I AM SO TIRED THIS MORNING. HOW ABOUT YOU? I AM SO GLAD THAT WE DON'T HAVE TO DO THIS DAY ON OUR OWN. WE HAVE EACH OTHER AND WE HAVE GOD TO ENERGIZE US!

"HE GIVES STRENGTH TO THE WEARY AND INCREASES THE POWER OF THE WEAK." - IS.40:29

Faith on the Fridge



WHAT DO YOU THINK YOU WANT TO GO FOR A RUN TONIGHT? OR AT LEAST A WALK? WE CAN TALK ABOUT OUR DAYS AND PRAY TOGETHER.

"BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES AND RUN AND NOT GROW WEARY. THEY WILL WALK AND NOT BE FAINT." - IS. 40:31

Faith on the Fridge

THERE HAS BEEN SOME STUFF WEIGHING US BOTH DOWN LATELY; LET'S MAKE A CHOICE TO DROP IT. LET'S WORK TO GIVE IT OVER TO GOD THIS WEEK.

"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST."

- MATT. 11:28

Faith on the Fridge

EVEN THOUGH I AM NOT WITH YOU AT SCHOOL TODAY, GOD IS. WALKING THE HALLWAYS WITH YOU! HE IS IN EVERY CLASSROOM AND CONVERSATION.

"WHERE CAN I GO FROM YOUR SPIRIT? WHERE CAN I FLEE FROM YOUR PRESENCE?"- PS. 139:7

Faith on the Fridge

I HAVE LOVED WATCHING YOU GROW UP IN YOUR FAITH. YOU HAVE BECOME SUCH A CONFIDENT AND WONDERFUL PERSON!

"FOR YOU HAVE BEEN MY HOPE, SOVEREIGN LORD, MY CONFIDENCE SINCE MY YOUTH." - PS.71:5

Faith on the Fridge

DON'T WASTE ANY TIME WORRYING TODAY. YOU CAN'T CONTROL ANY OF IT. GOD IS IN FULL CONTROL. ALL WORRYING THAT IS GOING ON TO DO IS RUIN YOUR DAY...TRUST ME.

"WHO OF YOU, BY WORRYING, CAN ADD A SINGLE HOUR TO YOUR LIFE?"- LUKE 12 25

Faith on the Fridge

ARE YOU OKAY THIS MORNING? TAKE A MOMENT BEFORE YOU OWN THIS FRIDGE AND PRAY ABOUT YOUR DAY. GOD IS LISTENING!

"THE LORD HAS HEARD MY CRY FOR MERCY; THE LORD ACCEPTS MY PRAYER." - PS. 6:9

Faith on the Fridge



AS I DRIVE TO WORK TODAY, I AM GOING TO BE PRAYING FOR YOU. AT LUNCH TODAY, I AM GOING TO SAY ANOTHER PRAYER OVER YOUR DAY. I CAN'T WAIT TO HEAR ABOUT YOUR DAY TONIGHT

WITH THIS IN MIND, WE CONSTANTLY PRAY FOR YOU, THAT OUR GOD MAY MAKE YOU WORTHY OF HIS CALLING..."
-1 THESS. 1:11

Faith on the Fridge

AS YOU STEP OUT OF THE HOUSE TODAY, KNOW GOD'S SPIRIT IS WITH YOU. AS YOU WALK AROUND THE SCHOOL TODAY, GOD'S SPIRIT IS GUIDING YOU.

"SINCE WE LIVE BY THE SPIRIT, LET US KEEP IN STEP WITH THE SPIRIT."- GAL. 5:25

Faith on the Fridge

FOCUS ON THE GOOD STUFF TODAY AND SAY "WHATEVER" TO THE OTHER STUFF.

"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."
- PHIL. 4:8

Faith on the Fridge

YOUR GOAL TODAY IS TO FOCUS ON GOD'S STUFF, NOT THE TEMPORARY STUFF. MAKE TODAY YOUR BEST DAY OF THE YEAR SO FAR.

"WE FIX OUR EYES NOT ON WHAT IS SEEN, BUT ON WHAT IS UNSEEN SINCE WHAT IS SEEN IS TEMPORARY, BUT WHAT IS UNSEEN IS ETERNAL"- II COR. 4:18

Faith on the Fridge

AM SO PROUD OF HOW HARD YOU HAVE BEEN PRACTICING THIS SEASON. YOU ARE COMPETING NOT JUST FOR YOURSELF BUT TO HONOR GOD WITH YOUR TALENTS.

"SIMILARLY, IF ANYONE COMPETES AS AN ATHLETE, HE DOES NOT RECEIVE THE VICTOR'S CROWN UNLESS HE COMPETES ACCORDING TO THE RULES..."
-I TIM. 2:5

Faith on the Fridge

IT IS JUST A GAME. I KNOW IT DIDN'T GO THE WAY YOU HAD HOPED OR WORKED FOR. IT IS JUST A TEMPORARY WIN OR LOSE. GOD HAS A GREATER PURPOSE FOR YOU.

"ALL ATHLETES ARE DISCIPLINED IN THEIR TRAINING. THEY DO IT TO WIN A PRIZE THAT WILL FADE AWAY, BUT WE DO IT FOR AN ETERNAL PRIZE. SO I RUN WITH PURPOSE IN EVERY STEP..."-I COR. 9:25-27

Faith on the Fridge



REMEMBER TO BE RESPECTFUL TO YOUR TEACHERS TODAY. WE HAVE SO MUCH TO LEARN FROM OTHERS. USE YOUR SCHOOL DAY TO DISCOVER GOD'S WORLD.

"A DISCIPLE IS NOT ABOVE HIS TEACHER, BUT EVERYONE WHEN HE IS FULLY TRAINED WILL BE LIKE HIS TEACHER."

-LUKE 6:40

Faith on the Fridge

I KNOW YOU HAVE BEEN HAVING A HARD TIME WITH A FEW PEOPLE AT SCHOOL THIS YEAR. INSTEAD OF REACTING THE WAY I KNOW YOU WANT TOO. TRY PRAYING FOR THEM INSTEAD!

"BUT I TELL YOU, LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE YOU."

-MATT. 5:44

Faith on the Fridge

KNOW YOU HAVE SOME BIG DECISIONS TO MAKE AND ARE WORKING HARD TO MAKE THE RIGHT CHOICES. LET'S SPEND SOME TIME TOGETHER TONIGHT PRAYING FOR WISDOM.

"IF ANY OF YOU LACKS WISDOM, LET HIM ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT REPROACH, AND IT WILL BE GIVEN HIM."

- JAMES 1:5

Faith on the Fridge

GOD IS NOW GIVING YOU DIRECTION FOR WHAT HE WANTS FOR YOUR LIFE. HE IS REVEALING THE NEXT STEP IN YOUR LIFE. LET'S GET SOME DINNER TONIGHT AND TALK.

"AND YOUR EARS SHALL HEAR A WORD BEHIND YOU, SAYING, 'THIS IS THE WAY, WALK IN IT,' WHEN YOU TURN TO THE RIGHT OR WHEN YOU TURN TO THE LEFT

- IS. 30:21

Faith on the Fridge

I KNOW THINGS HAVE BEEN A LITTLE TIGHT LATELY WITH MONEY, AS WE ARE PAYING FOR A FEW THINGS. I DON'T WANT YOU TO STRESS; GOD HAS ALWAYS TAKEN CARE OF US. .

"AND MY GOD WILL SUPPLY EVERY NEED OF YOURS ACCORDING TO HIS RICHES IN GLORY IN CHRIST JESUS.."

- PHIL.4:19

Faith on the Fridge

I THINK WE NEED TO TALK TONIGHT. I THINK WE BOTH NEED TO SIT DOWN AND APOLOGIZE FOR SOMETHING WE HAVE BEEN SAYING OR HOW WE HAVE BEEN REACTING TO EACH OTHER. .

"BE KIND TO ONE ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, AS GOD IN CHRIST FORGAVE YOU."

- EPH. 4:32

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