

# JHM NEWSLETTER

October 2024

### **Highlighted Resource**

## Back to School Conversation Guide

This month's highlighted resource is definitely one I would've gotten to you guys last month if I had the newsletter going then. Axis.org has an awesome "Back to School Conversation Guide" that gives you five practical tips to build an ongoing conversation with your teen, as well as ten awesome conversation starters. Scan the QR code or go to axis.org to sign up for this resource!



#### Life-giving Scripture

Matthew 11:28-30

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

#### Encouragement

Jesus offers rest to those who labor and are heavy laden, which sounds a lot like the parents I know. Resting in Jesus will give your soul what it needs to really minister to your kids well. Take all of your worries, fears, and concerns to Him so He can give you rest.

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