**LEADER NOTE:** Use the sample communication below to keeping parents informed about what their students are learning at church. This is a great way to partner with parents and equip them to continue discipleship at home. Use it verbatim or customize with your own questions and reminders about any upcoming events or deadlines.

Helpful tips:

* Send your weekly communication at the same day/time each week so parents get in the habit of reading it
* Use an app or service to schedule your weekly communications in advance.
* Send via email/text OR use the Social Media Background Graphics included in your Teaching Series folder to create a social media post.

EMAIL, TEXT, OR SOCIAL MEDIA

Parents,

This week we will be studying **Psalm 77** and focusing on the truth that we can take our worries and troubles to God.

Questions to ask in the car or around the table

* How often do you feel like you deal with stress and worry?
* Who do you talk to about anxiety or stress in your life?
* How do you feel knowing that God is always available to you and is listening to whatever you have to say whenever you need to say it?
* What is one specific time you know God was there for you in the past? How can that be an encouragement for you today?

Upcoming Events

* (Add all the event dates and info you have coming up for the next month)