**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 **Matthew 11:25–30, Hebrews 4:14–16, James 4:6–-8** and focusing on the truth that God is always with us, even when life is hard.

Questions to ask in the car or around the table

* What circumstances cause you to feel all alone in life? What do you do during those occasions?
* How does it feel knowing we have a Savior who can relate to all we experience?
* What areas of your life seem to be the most difficult right now? How do you think God’s presence can bring rest in those areas?

Upcoming Events

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