



Bedtime Devotions Day One: Follow Jesus

Read together the Bible verse of the day. (*found in their passport*)

SAY: *Each night as we are heading to bed, I will read a story to you that will help us close out our day.*

Read Aloud

Our theme verse for the week is, “What does the Lord require of you, but to do justice, love kindness and walk humbly with your God.” Micah 6:8

This week we are learning about how when we follow Jesus and trust him with our lives, he requires us to do justice, to love others and to walk humbly with God. But what does all that look like?

Meet Campbell Remess. He is 12 years old and lives in Australia. One Christmas Campbell visited a hospital, and when he saw all the sick children, he wanted to cheer them up. He wanted to buy them all a Christmas gift, but his mother told him that they could not afford to buy a gift for each and every child. But that didn't stop him. When Campbell Remess couldn't afford to buy Christmas gifts for children in the hospital, he decided that he would make them gifts.

His mother was surprised when Campbell asked to borrow her sewing machine, but she decided to let him use it, and Campbell created his very first stuffed teddy bear. She thought for sure that Campbell would give up and lose interest, but he didn't. He finished that bear along with many, many others.

Nearly three years later, Campbell is still sewing—and he sends these one-of-a-kind plush toys to hot spots of misery around the world.

Campbell has been averaging one new bear a day for the last two years. He's self-taught, using his mother's sewing machine to create unique—what his mom calls “funky”—bears that reflect his own imaginative style.

He delivers them to local hospitals, but also ships them overseas to help those dealing with grief. Campbell sent bears to Paris and Brussels after recent terrorist attacks, giving sad, grieving, or frightened children something to hold onto.

Volunteers surprised the boy by raising one thousand dollars and converting his bedroom into a teddy bear factory while he was at school. Shelves are stocked with donated fabric, stuffing, and other materials for his charitable projects.

While his bears have made a difference in many people's lives, the most special one was for his dad, who developed cancer that kept coming back after going into remission. One night, Remess

came out and showed his dad the bear he'd made for him, saying it would help him beat the illness. His dad's cancer hasn't come back for over a year.

Years later, she's glad she told her son to "knock himself out" creating that first bear. "Look at the last three years of experience and practice and skill he's got. Look at what the word 'yes' has done."

Campbell changed the entire attitude in his family's house, and his mom believes that same impact is felt by each recipient of each bear he gives.

ASK: So how can you do justice, love kindness and walk humbly with God?

Adapted from: <http://www.goodnewsnetwork.org/12-year-old-boy-sews-365-teddy-bears-year/>

Bedtime Devotions Day Two: Do Justice, Love Kindness

Read together the Bible verse of the day. (*found in their passport*)

Read Aloud

Today's theme is *do justice and love kindness*. When we do justice, we help those who are looked down on and not treated fairly. But it is sometimes hard to know how to help. God has given us all gifts, things we are good at, and it makes God happy when we use our gifts to help others.

Meet Jenna Lyon. Jenna loved to dance and was very good at it. She danced all through elementary, middle and high school. In high school, she even participated in dance competitions. But one thing caught her attention at these competitions.

She "rarely saw students with special needs in the dance world." But one year at competition, a studio composed of students with disabilities performed on stage, "and it was just amazing." She went back to her hometown of Georgetown, Kentucky, and with the help of her parents, school district, a local studio and generous donations, she began her own program while in high school, free of charge.

Anna Juett is one of Jenna's students. At first, Anna would sit down in the middle of practice, or stand back and watch the other kids dance. Now, several years later, she's front and center in her sparkly costume, more confident in her moves and on stage. "It's purple, and it's my favorite color, and it's just pretty," she said proudly about her recital costume.

Anna is one of 22 students in a local dance program that holds weekly classes for children and teenagers with disabilities. The program, called "A Chance to Dance," is led by University of Kentucky College of Education student Jenna Lyon. And while it's true that students are getting a chance to dance and perform, they're gaining so much more. "Overall I think it gives them confidence," said Sara Robeson, who is the mother of dance students Anna and Will Robeson. "And it just really helps with their motor skills, especially for Will. You know it helps with the memory; helps with learning to follow directions which is so very important."

Jenna is constantly amazed by her students and how they master the routines together, but never surprised. "I sometimes think when kids are labeled with special needs some people just feel like they don't have the abilities and capabilities that other kids do, but really they just have all the same capabilities, and it might just take them a little extra time and practice," Lyon said. That compassion and dedication have had a significant impact on Lucy Harding, who has been a dancer since she was a toddler.

"You know lots of people throughout my life like in school have told me you can't, that I can't do things or that I'm not good enough," she said. "Jenna makes me feel like I can do those things and that I am, you know, worth something."

The class started with four kids meeting every Sunday night, and it continued for two years until Lyon left for college. When she came to UK, she brought the program with her. Now in its third year in Lexington, the class grew from four students to 22 – including those first four – and one class to two.

"She started this when she was a junior in high school. Can you imagine?" Robeson said. "And now keeping that up through being in college and with everything she has on her plate, but yet every Sunday she is there teaching them ..."

Thankfully, Jenna said, she not only has the support of other dancers and family members helping, but she has also made friends in the UK College of Education who now assist with the classes.

In her four years of teaching children with disabilities to dance, Jenna said she's also experienced something else invaluable – friendship.

ASK: So now, how will you do justice, love kindness and walk humbly with God?

Adapted from: <http://uknow.uky.edu/student-life/uk-student-gives-children-disabilities-chance-dance>

Bedtime Devotions

Day Three: Walk Humbly With God

Read together the Bible verse of the day. *(found in their passport)*

Read Aloud

Today's theme is Walk Humbly with God. When we humble ourselves, we don't think we are better than anyone else. We know that God loves each and every person and because of that, we should show love to everyone we meet, even those who are completely different than us.

Meet Nora Wood. She is 4 years old. But one day she saw someone who needed a friend, and she became that friend.

When Norah Wood went to the grocery store to pick up cupcakes for her birthday, she had no idea that she'd be meeting her new best friend.

After passing multiple elderly customers throughout the store, Norah was drawn to Mr. Dan. "Her face lit up like the sun, she waved excitedly, and said 'Hi old person! It's my birthday today!'" her mom said. "He was furrow-browed, but his expression softened when he realized she was speaking to him. 'Well hello, little lady! And how old are you today?' he asked. They chatted for a few seconds, and it was super adorable."

After carrying on with their shopping and continuing to check off items on mom's grocery list, Norah asked her mom if she could take a picture with the elderly man, and when they found him again in the store, he was elated. "So, they posed together, and then they hugged each other like they were long-lost friends. We thanked 'Mr. Dan' for taking time to spend a few minutes of his day with us," her mom wrote. "He teared up and said 'No, thank YOU. This has been the best day I've had in a long time. You've made me so happy, Ms. Norah.'"

But Mr. Dan and Norah's friendship did not end in the supermarket. Nora's mom posted the sweet story on her Facebook page, and after someone recognized the elderly man, she realized her daughter's gravitation to Mr. Dan happened for a reason. The mom found out that his wife had passed away a few months ago and "he had been lonely since his beloved had gone." The mom received his phone number and made an effort to continue her daughter's budding friendship with him.

Norah and her mom have made a promise to visit Mr. Dan every week, and they've even invited him to Thanksgiving dinner with their family. "Norah asks about Mr. Dan every day. She worries about him. She wonders if he's lonely, or cold, or has cheese for his sandwiches. She wants him to be okay. She wants him to feel loved." "Mr. Dan thinks about Norah, too. After another recent visit, he relayed that he hadn't had an uninterrupted night's sleep since his wife died. He told me that he has slept soundly every night since meeting my girl. 'Norah has healed me,' he said."

The two may be 78 years apart, but they are playing a huge role in each other's lives, and it's unbelievably sweet.

ASK: So now, how will you do justice, love kindness and walk humbly with God?

Adapted from: <http://www.popsugar.com/moms/Little-Girl-Meets-New-Elderly-Best-Friend-Grocery-Store-42618971>