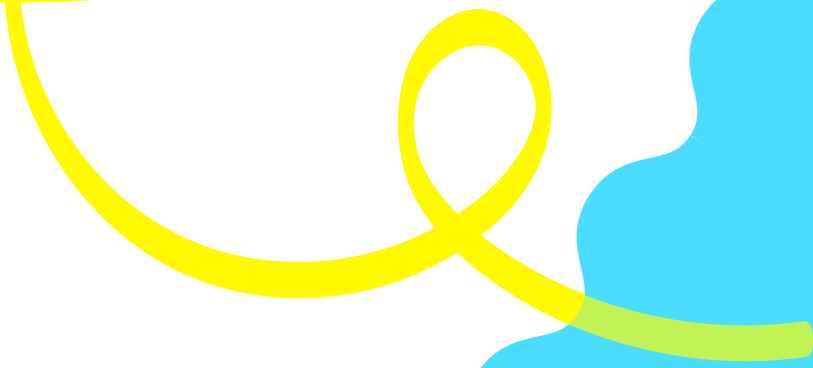




**keystone
youth**

**back
to
school**

2025-2026



Back to school can be an exciting and highly anticipated event or a dreaded return to routine for both you and your family. We want to support you and your child as you adjust to school this fall. We have combined some excellent materials we have found valuable in establishing new rhythms, encouraging spiritual growth and practically helping your child transition.

As the spiritual leader in your child's life, you are going to be the one to nurture their relationship with Jesus. They are going to model your actions and follow the example you are setting. Our hope is that through Keystone Kids and Keystone Youth, we are able to support, resource and foster your efforts at home. We appreciate the trust you have in our ministries and your willingness to allow us to partner with you to help your child know and follow Jesus.

Our values remain unchanged. Keystone Kids creates a safe, fun, biblically centered environment where kids want to return. We are here for your family!

Keystone Youth helps students know and follow Jesus by providing a place to belong, gospel truth to believe and the tools to become who God has designed them to be. We are here for students to grow in their knowledge and obedience to Jesus.

Elin Carlson



perspective

There are many tactics and strategies you can use to help your child start the school year off right. However the most important thing you can do is help them establish a rhythm of disciplines that will foster their spiritual health. You are going to have an impact on your child this year. Thinking with intentionality what that impact will be can have eternal consequences.

Think through what you want them to know, where you want them to grow and how you are going to point them to Jesus. Consider it through a lens of joy...you have been given your child as a gift with the opportunity to shepherd them to know and follow Jesus. God has given you the wisdom and strength to do that work through the power of the Holy Spirit.

Guiding your child in their spiritual walk is the greatest responsibility you have been given by God. Focusing on your personal relationship with Him will gift you with the knowledge, grace and instruction needed to guide your child this year.

passages

The Bible is good for teaching, rebuking, correcting and training in righteousness. Consider some of the passages below as you equip your child to live a Christ centered life at school, church and home. These passages help connect actions to your child's faith so they grow in their understanding and obedience to scripture. The twelve passages are great for memorization and also discussions as a family about what it looks like to live them out together. Look for the printable pages of each passage at keystonelife.com/kids.

DEUTERONOMY 6:5

JOHN 15:17

DEUTERONOMY 31:6

1 CORINTHIANS 16:14

PROVERBS 3:5

EPHESIANS 4:32

PROVERBS 15:1

PHILIPPIANS 2:14

PROVERBS 16:3

COLOSSIANS 3:23

JEREMIAH 29:12

2 TIMOTHY 1:7

prayer

Romans 12:12 says, "be persistent in prayer." Prayer is a powerful tool especially as you send your child into a new school year. Entering into every situation, whether in joy or sorrow, with prayer, will benefit your whole family. Scripture also says that the peace of God will guard your heart and mind through prayer. Communicating with God provides that peace of mind that will be needed as you transition to having your child away from you more often, too.

Patterns of prayer can be established quickly if you think about the rhythms of your day. Bringing prayer into your everyday moments will allow for a habit of prayer to be formed as it becomes a natural part of your day. Key times to focus on would be waking up, travel times, meals together and bedtime. These provide great opportunities to turn conversations with each other into conversations with God.

Consider praying for: yourself, your spiritual growth, your marriage, your child, their friends, their teachers, their coaches/leaders, their caregivers, their salvation, their spiritual growth, their safety, their emotions, their attitude, their responses and their future. Use the poster included as you focus on prayer as a family.

personal

Helping your child understand and appreciate the truth about who they are, is even more important as they venture into a new year with unique challenges and opportunities. Pointing your child to who they are in Christ might minimize their confusion and disorientation as they encounter new thoughts and perspectives this year.

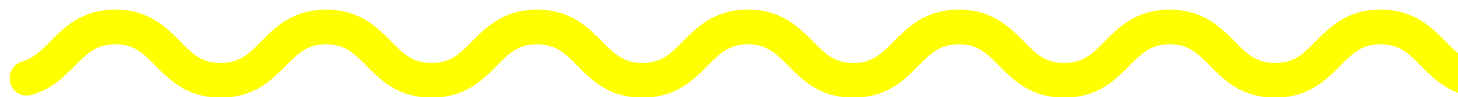
Think about unique ways to place these truths in front of your child or as you speak them over them in an effort to remind them of their place in creation. Building their security in knowing whose they are, will guide them through the ups and downs of a world telling them lies.

Cling to the reminder we have in Ephesians 2:10, “For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.” There is a creator, a sustainer, a provider and a heavenly father your child can trust.

practicals

There are many practical tips that can be implemented to help with school year transitions. Learning a better way of asking questions might be one of the easiest to implement. Every parent wants to know their child, understand their experiences and empathize with them, but it is often uncomfortable, timely and sometimes just awkward to get there. Consider asking some of the following questions as you strive to go deeper in your relationship with your child.

Creating a schedule can also provide the boundaries your child is seeking. It can help them transition back to school and help them balance all their responsibilities once school starts. Most resources point to things like: routine bedtimes, healthy breakfasts, screen time limits, regular dinners as a family, time for physical activity and planned downtime for spontaneous fun. Working to help create that structure can allow your child to live freely within those boundaries as their day to day changes with the start of school.



passages to know

DEUTERONOMY 6:5

Love the Lord your God with all your heart and with all your soul. Love him with all your strength.

DEUTERONOMY 31:6

Be strong and brave. Don't be afraid of them. Don't be terrified because of them. The Lord your God will go with you. He will never leave you. He'll never desert you.

PROVERBS 3:5

Trust in the Lord with all your heart. Do not depend on your own understanding.

PROVERBS 15:1

A gentle answer turns anger away. But mean words stir up anger.

PROVERBS 16:3

Commit to the Lord everything you do. Then he will make your plans succeed.

JEREMIAH 29:12

Then you will call out to me. You will come and pray to me. And I will listen to you.

JOHN 15:17

Here is my command. Love one another.

1 CORINTHIANS 16:14

Be loving in everything you do.

EPHESIANS 4:32

Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.

PHILIPPIANS 2:14

Do everything without complaining or arguing.

COLOSSIANS 3:23

Work at everything you do with all your heart. Work as if you were working for the Lord, not for human masters.

2 TIMOTHY 1:7

God gave us his Spirit. And the Spirit doesn't make us weak and fearful. Instead, the Spirit gives us power and love. He helps us control ourselves.

prayer

FRIENDS
& FAMILY

CAREGIVERS
& TEACHERS

COACHES
& LEADERS

PLACES
& THINGS

NEXT STEPS
IN FAITH

questions

What was one thing you learned today?

What was the most interesting thing your teacher said today?

Did anyone have anything fun or interesting to talk about?

Who sat near you at lunch and what did you talk about?

Do you feel like you have too many responsibilities?

What is the most shocking thing you saw today?

How are things going with your friends?

What were most kids doing during recess/
breaks?

Who or what is inspiring you the most
right now?

What has been your favorite part of
the week?

What is something that you are
dreading?

What was the best thing
you did at school?

What are you looking
forward to?

Where did you see
kindness today?

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truths to remember

I am a child of God

ROMANS 8:16

I am loved

JOHN 3:16

I am chosen

JOHN 15:16

I am a new creation in Christ

2 CORINTHIANS 5:17

I am precious

ISAIAH 43:4

I am God's masterpiece

EPHESIANS 2:10

I am accepted

ROMANS 15:7

I am God's friend

JOHN 15:15

I am blessed

EPHESIANS 1:3

I am made by God

PSALM 139:13

I am holy

EPHESIANS 1:4

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