

## Family Time



**Main Idea:**  
**Being the Real Me**

**Key Verse: Romans 12:2**

*Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.*

**Set it Up:**

The Velveteen Rabbit is a classic book for children with a message for adults. In it is a revealing nursery dialogue between a new toy rabbit and an old skin horse. We'll check out this small part of the movie and then talk about how it helps us understand the importance of being the real us.

**Watch: Week 8 Video**

This week's video is on the Playlist of the CBC YouTube channel or go to [CBCFamily.net/4g](http://CBCFamily.net/4g) for the video link.

**Talk:**

As they are lying side by side one day, Rabbit asks Horse: "What is REAL?" . . . "Does it mean having things that buzz inside you and a stick-out handle?"

"Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real."

"Does it hurt?" asked the Rabbit.

"Sometimes," said the Skin Horse, for he was always truthful. "When you are Real you don't mind being hurt."

"Does it happen all at once, like being wound up," he asked, "or bit by bit?"



Take a long look at you, as Skin Horse suggests. Going through a lot of activities? Staying busy? In a hurry most of the time? Spinning around the squirrel cage? Seldom pausing to ask why?

Still reluctant to be loved . . . to be real? Still keeping a distance between yourself and your family members? Still substituting doing for being?

It'll never satisfy. You cannot play cover-up forever. What does God suggest? Having a heart of compassion, being kind, tender, transparent, gentle, patient, forgiving, loving, and lovable. All those things spell R-E-A-L.

Losing your hair takes time, and it's pretty painful to have your eyes drop out and your joints get loose. But in the long run, that's the only way to be. REAL.

**REAL**  
*(n.) not artificial, fraudulent, or illusory*