

# Hello boys and girls

BY ESTHER SAUNDERS

Jazz and I have been thoroughly enjoying the school holidays. Mom even took us out to go and watch a movie. I love warm popcorn with butter, salt and a soda.

We watched a very cool movie about the different feelings you experience, feelings of happiness, sadness, fear and even anger, and how these feelings produce actions. Sometimes positive but many times negative actions.

The Bible says in Timothy 1:7 "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." The Bible is telling us what God Himself says about our mind, that it is sound! Sound? Not a noisy mind but a mind that is fully functional and able to think clearly.

Mommy explained that it is normal to feel sad, fearful or lonely sometimes because we are human and we become affected by the circumstances and things that surround us. But it is important to not let those negative feelings turn into negative actions but to pray and ask God to help you work through those feelings so that you can walk in the power, love and sound mind that God promises in His Word.

A sound mind also refers to your ability to think. That's your intelligence. That means that God promises through this scripture that He will give you the wisdom you need to do your school work with excellence. That failure is not from God but that if you are struggling you can pray and ask Him to give you wisdom. You also need to do your part and be diligent in your studies and seek extra help from a teacher if you are struggling.

Mommy always encourages us that when we are sad or afraid to say a prayer to ask God to help us overcome those feelings. She tells us that Jesus is like superman. He has all the special powers needed to defeat the devil. She also says that God gives us mommies and daddies and friends that are there as God's agents to help us to overcome negative feelings and circumstances as well. It is important to talk to someone you trust if you are experiencing a feeling or problem that feels too big to handle on your own.

Today I feel happy, safe and secure knowing that I am a child of God and that I have Jesus on my side. I encourage you to spend time praying and reading about Jesus and all the great men and women in the Bible who Jesus helped overcome obstacles and walk in His great victory. Put all your trust in Jesus, obey Him and see all the great plans He has for you come alive in your life.

Dear Lord Jesus, thank You for giving me such a wonderful intelligent mind. Thank You that even when I feel sad, lonely or afraid that I can put my trust in You to help me overcome these feelings. Thank you for giving me a mommy and daddy who are always there to help me cope with life's challenges. Amen





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## Judges ACTIVITY PAGE

OTHNIEL, EHUD, SHAMGAR, HA!  
 DEBORAH, GIDEON, TOLA, ARGH!  
 JAIR, JEPHTHAH, IBZAN THE MAN,  
 ELON, ABDON AND THEN SAMSON.

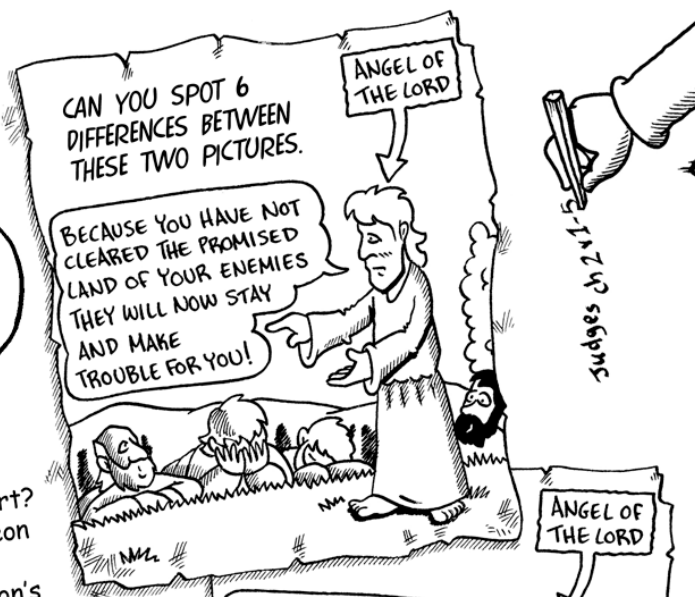


- Quick Quiz
- 1 Who was the first judge?
  - 2 Where did Deborah hold court?
  - 3 With how many men did Gideon beat the Midianites?
  - 4 What was the name of Gideon's bad son?
  - 5 Was Ehud left or right handed?
  - 6 Who wrote the book of Judges?

### MEMORY VERSE



"...THE ISRAELITES  
 DID EVIL IN THE  
 EYES OF THE LORD."



ZACCHAEUS, COME DOWN IMMEDIATELY. I MUST STAY AT YOUR HOUSE TODAY.



AAAHHH CRUNCH



PETER'S CAT  
 I LIKE TO HELP OUT WHENEVER I CAN!

DISCOVER THE JUDGE HIDDEN IN THIS PICTURE OF AGONY ANT.



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