


Thursday, December 1

NONE FOR ME, THANKS

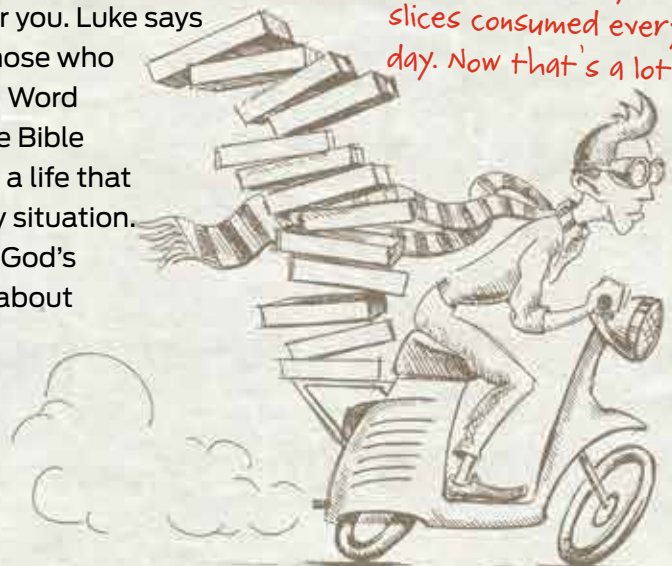
Daniel 1:8 

Daniel determined that he would not defile himself with the king's food or with the wine he drank.

Close your eyes and imagine your favorite food. Now think of the perfect drink to go with your favorite food. You can know for sure that the king had nothing but the best food and only the most refreshing drinks. God gave Daniel strength to resist the king's food. You can always trust God to give you strength in every situation.




Pizza is considered one of the most favorite foods of Americans. Did you know Americans eat about 300 acres of pizza each day? That's about 350 slices consumed every second of the day. Now that's a lot of dough!



BIBLE EXPRESS

Saturday, December 3

ULTIMATE WORKOUT

Exodus 15:2 

The LORD is my strength and my song; He has become my salvation.


Having big muscles doesn't always equal strength. You could have giant muscles and feel weak inside. Maybe you have a bully at school, a family member or close friend in the hospital, or you hear fighting at home. God wants you to know Him and know that He can give you the strength for anything, no matter how weak you may feel. How? The Bible shares people's lives and stories that show God is a God who gives you strength that no gym can give. Can you find someone in the Bible who was in serious need of strength?



Beyond building bigger muscles, did you know there are other benefits to exercising? Exercise increases the serotonin in your brain, which helps you think better and clearer.

Sunday, December 4

NOT YOUR AVERAGE CHILD

Isaiah 9:6 

For a child will be born for us, a son will be given to us, and the government will be on His shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.

This child must be a pretty big deal to have so many powerful nicknames. Do you have a nickname? If people were to describe you, what names would they use? You can know for sure that Jesus is God's Son because of how people describe Him. Jesus is someone who listens when you pray, gives you strength when you feel weak, provides peace, and is the way to eternal life. What words would you use to describe Jesus?



IMAGE CREDIT: SHUTTERSTOCK

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