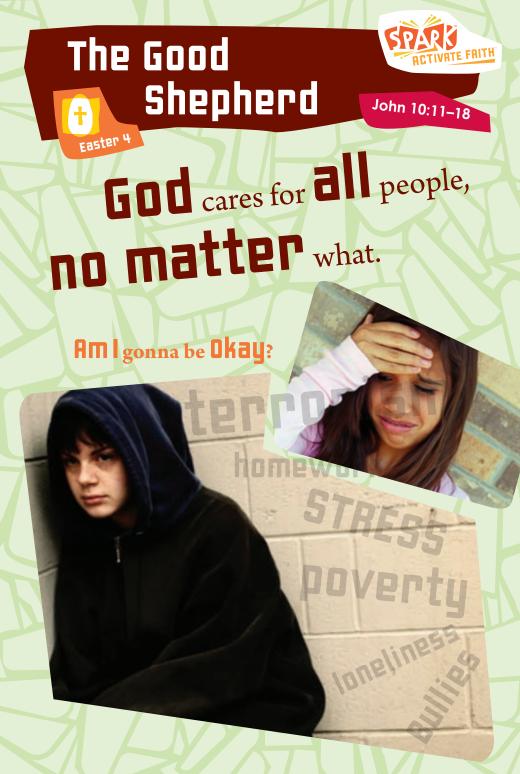


There is an ancient prayer that was created by early Christians in the 6th century called the Jesus Prayer. They said the phrase over and over again to become closer to Jesus. Try it! Close your eyes gently and inhale. As you do, say silently in your mind: "Lord

Jesus Christ, Son of God." As you exhale, silently say: "Have mercy on me, a sinner." Relax and repeat it over and over again for several minutes. Try this at home. Teach it to your family. You can also do it with your eyes open as you walk or do other activities.

Memory Verse

I am the good shepherd. The good shepherd lays down his life for the sheep. John 10:11



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It's Hard to Stay Afloat



Life is not easy, even when you're a kid.
There are pressures, problems, and dangers everywhere. It can make you feel like a boat in a storm. Make a list of some of the pressures, problems, and dangers that you and other kids face in the world today.

Kids today face a lot of pressure and report feeing stressed out. The American Psychological Association is very concerned about this problem and suggests that one way kids can feel better is to be connected to groups that are supportive. Being a part of this church and Sunday school class helps you resist stress and cope with pressure more effectively.

Did You Know?



Look It Up!

Read Psalm 23. What does it say about shepherds and sheep?



Can You Hear the Shepherd's Voice?



The Bible gives many examples of people hearing
God's voice. Look up the following Bible passages. Draw a
line from the passage to the person God spoke to. Then draw a line to what
God wanted the person to do.

1 Samuel 3:1-18	Saul/Paul	Announce the downfall of Eli's family.
Numbers 22:21-35	Elijah	Write Revelation and send it to the seven churches
1 Kings 19:9-15	John of Patmos	Anoint Hazael king
Acts 26:12-18	Balaam	Go witness to the Gentiles
Revelation 1:9-11	Samuel	Speak to the officials of Balak