



Name: _____

Form: _____

Self-portrait

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How to use this book

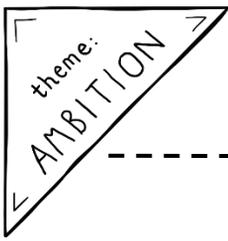
This journal is for yours. It's not being marked or tested, it's solely for your own enjoyment and benefit.

You will be given time to work on your journals during form and you will complete one double-page per week. Everyone will work on the same pages at the same time, so if you find it helpful to share your journaling with others, you can. If you'd rather work on it alone, that's fine too! People process things in different ways.

Each page includes creative activities, questions and challenges that will help you reflect on your life and beliefs. There will also be a 'Bible Bit' to help you think about a Christian perspective, and some prayer ideas for those who want them.

Most importantly, use your journal time well – having a moment to stop and reflect first thing in the morning is a great way to prepare your mind for the rest of your day.

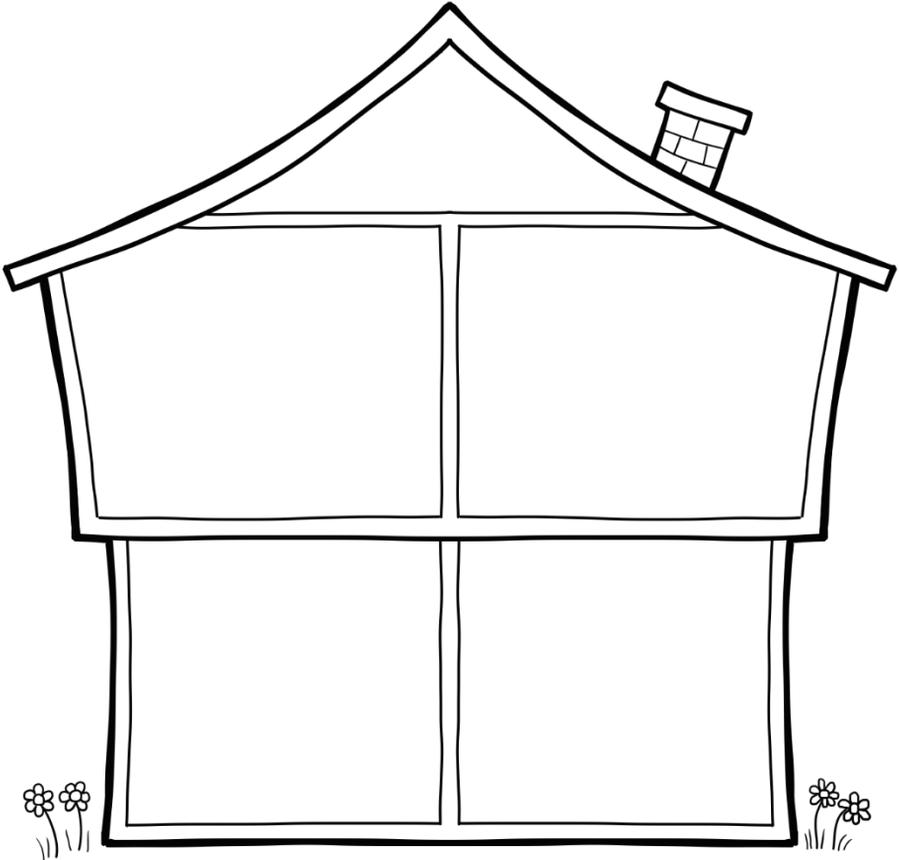
enjoy!



HOPES AND DREAMS



Design your dream house below



We all have hopes and dreams for the future. Some of them are 'if only' dreams and some are more realistic. It's good to dream big about the things you want for your future!

BIBLE BIT

"TAKE DELIGHT IN THE LORD AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART"

PSALM 37:4

Christians believe that when our joy is in God and in His plans for us, He will satisfy our deepest desires, because they are aligned with His.

If a genie could grant one wish for your future, what would it be?



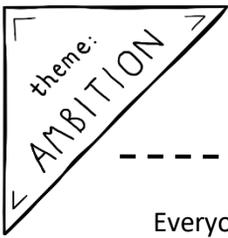
Write or draw 3 things you hope to achieve in life:

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Is there anything stopping you from achieving these things?



Tell God about your hopes and fears about the future.
Ask God what His plans are for your life.

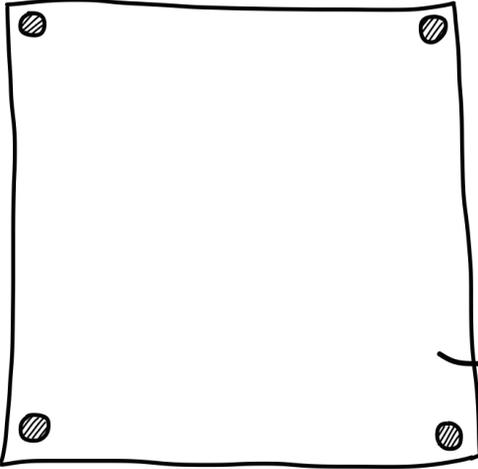


MY GIFTS

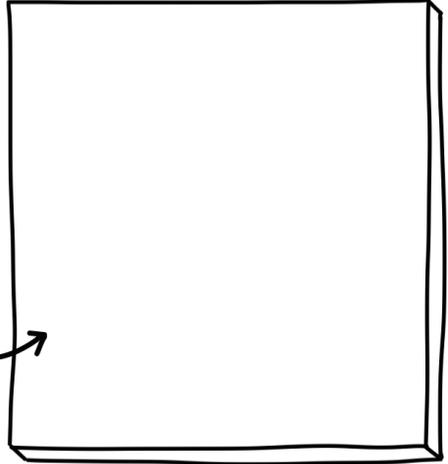
Everyone is gifted in different ways. It's good to reflect on what you are good at and what you'd like to improve.

Draw or write answers for each of the categories below.

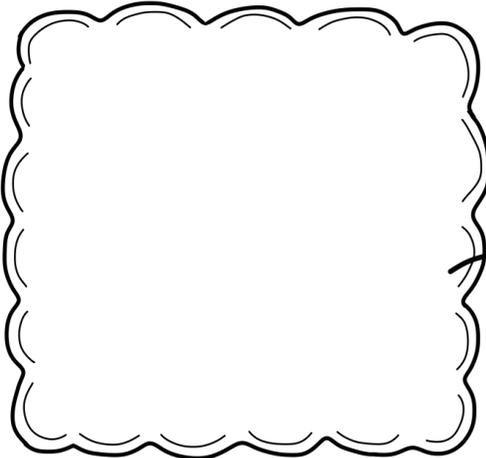
THINGS I'M GOOD AT



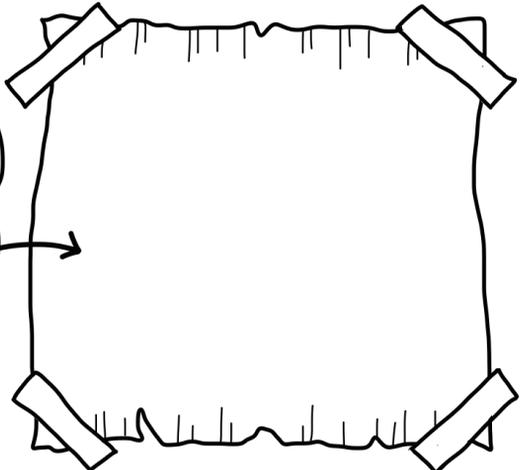
WAYS I USE MY GIFTS



THINGS I'D LIKE TO BE BETTER AT



WAYS I COULD IMPROVE THESE SKILLS



QUIZ: GUESS THE CELEBRITY

There are loads of people who have used their gifts and skills for good – most of them aren't famous. Try and guess which celebrity is being described below:



An American singer who has used her own experience of mental health problems to raise awareness and start a scholarship programme for mental health treatment.

WHO AM I?



An English actress who has used her academic talents and public speaking skills to campaign for women's rights. She set up the 'HeForShe' program to get men involved in gender equality.

WHO AM I?



An English singer-songwriter, who has sold over 300 million records, and has used his musical talents to raise millions for HIV/AIDS charities after losing many friends to the disease.

WHO AM I?

"I have come that they may have life, and have it to the full"
John 10:10



Making the most of the gifts God has given you and using them to help others is part of living 'life to the full'

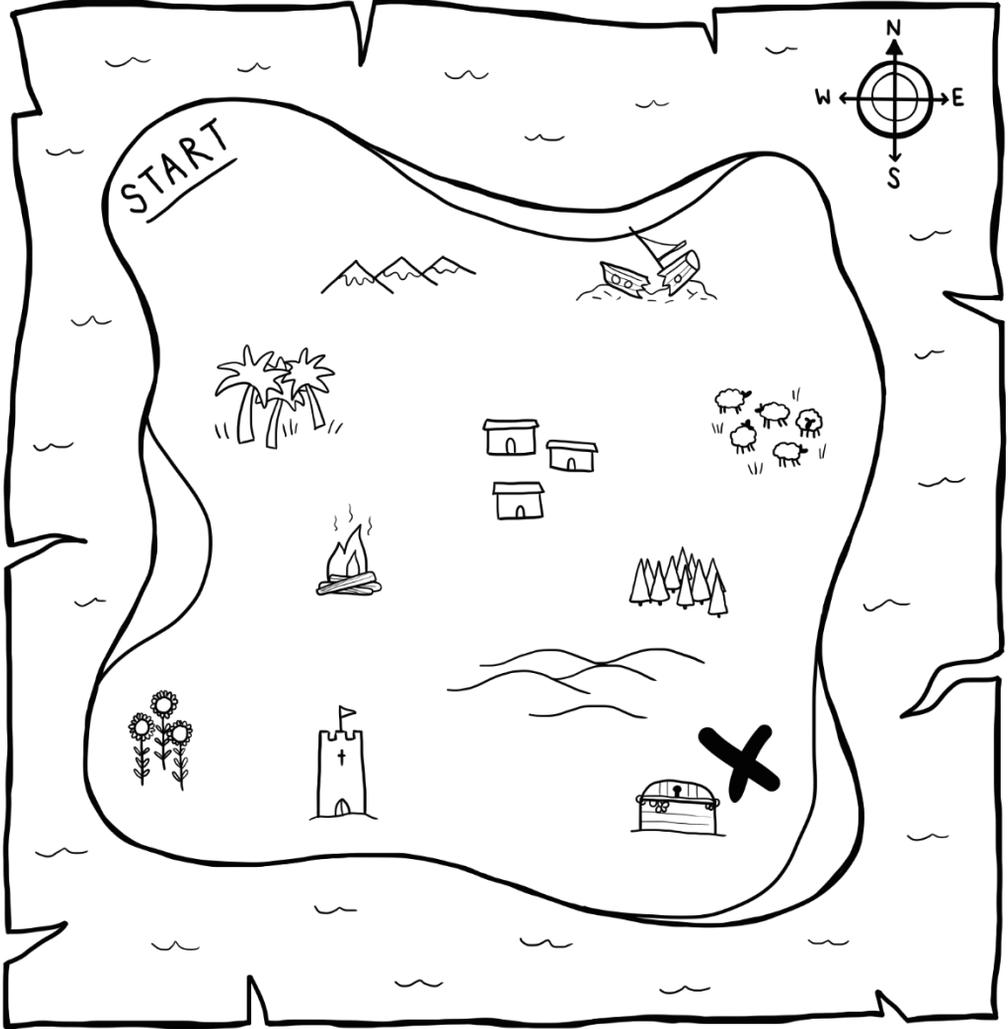
How can you use your gifts to live 'life to the full' this week?

PRAYER IDEAS: Thank God for the gifts He has given you. Ask Him to help you use them to make a difference in the world.

theme:
AMBITION

STAYING ON TRACK

Doodle a wiggly path through this treasure map, from the **START** to the **X**. The path needs to visit every landmark and not cross over itself.



Has your life gone the way you expected it to go so far? Why/why not?

Everyone has 'landmarks' in their life – important, life-shaping things which happen. Draw some of your life 'landmarks'.

Some 'landmarks' are obstacles that get in the way of us reaching our goals. Are there any obstacles in your way at the moment? How can you overcome them?

.....

.....

BIBLE BIT

"IN THEIR HEARTS HUMANS PLAN THEIR COURSE, BUT THE LORD ESTABLISHES THEIR STEPS"
PROVERBS 16:9

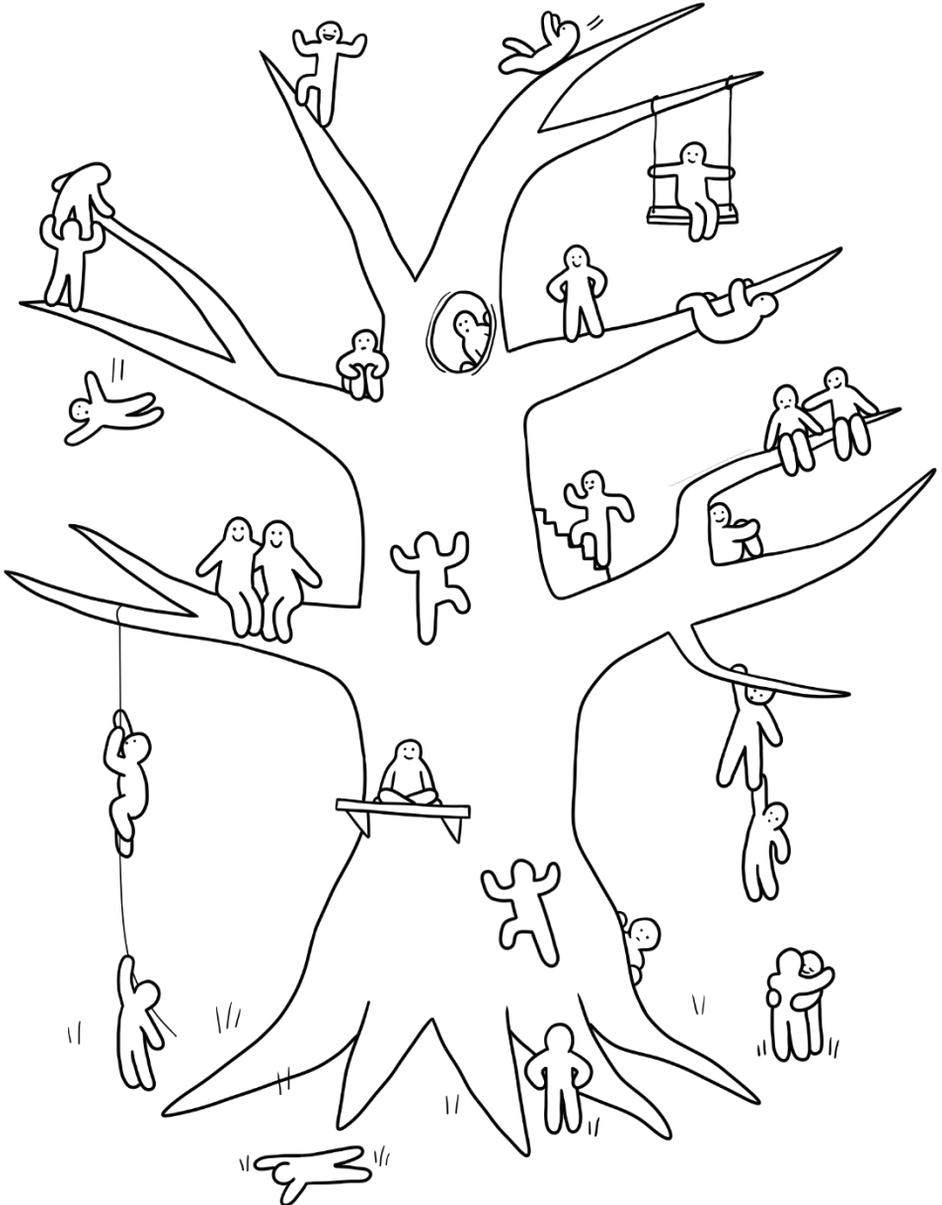
Christians believe God's plan for our life is often different from what we plan to do. It's more about trust than planning!

PRAYER IDEAS: Ask God to help you overcome obstacles in your life and carry on towards your goals.

theme:
AMBITION

SELF IMPROVEMENT

Take a look at the people on this tree:



TREE ACTIVITY

FIRST

Colour in the person that represents how you feel at the moment.

THEN

Colour in the person you'd like to be in one year's time.

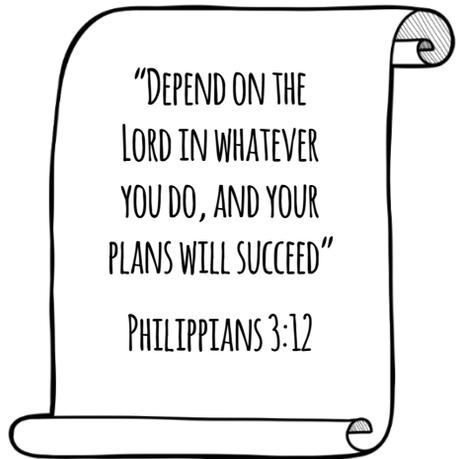


Write three things you could do to reach that goal:

- 1)
- 2)
- 3)



Life is a wonderful journey of learning and growing, and we are always a work in progress. If we depend on God, and ask Him where *He* wants us to go, He will help us reach those goals.



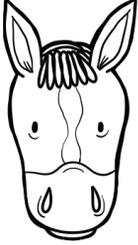
Tell God about your hopes and goals – He cares about them!

Ask God which tree person He wants you to become.



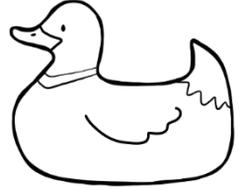


MAKING DECISIONS



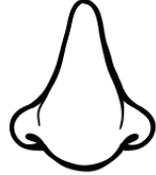
WOULD YOU RATHER:

Be chased by 100 duck-sized horses or one horse-sized duck?



Never eat chocolate again or only eat chocolate for the rest of your life?

Have feet for hands or noses for toes?



We make decisions every day. Some are little, like what to wear or when to eat. Some affect others, like what words we use or how we respond to conflict. Some are big, like deciding what is important to you or what career you want.

What's the most important decision you've ever made?

BIBLE BIT

When we are really stuck on a big decision, we can take comfort from this Bible promise:

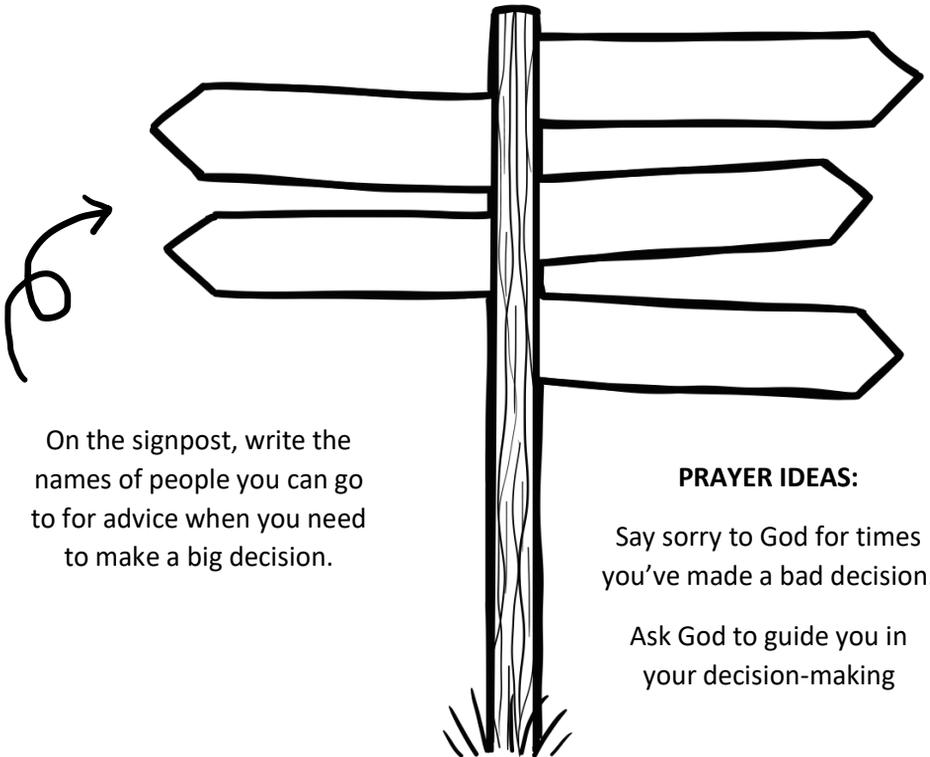
"I KNOW THE PLANS I HAVE FOR YOU" DECLARES THE LORD, "PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU A HOPE AND A FUTURE". — JEREMIAH 29:11

There are 5 steps to good decision making:

- 1) Decide your goal
- 2) Get information about your options
- 3) Think about the consequences of each option
- 4) Make your decision
- 5) Evaluate your decision

Which of these steps are you good at?

Which ones might you need to work on?

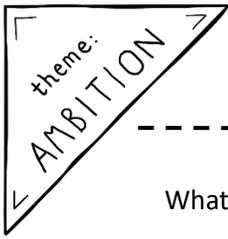


On the signpost, write the names of people you can go to for advice when you need to make a big decision.

PRAYER IDEAS:

Say sorry to God for times you've made a bad decision.

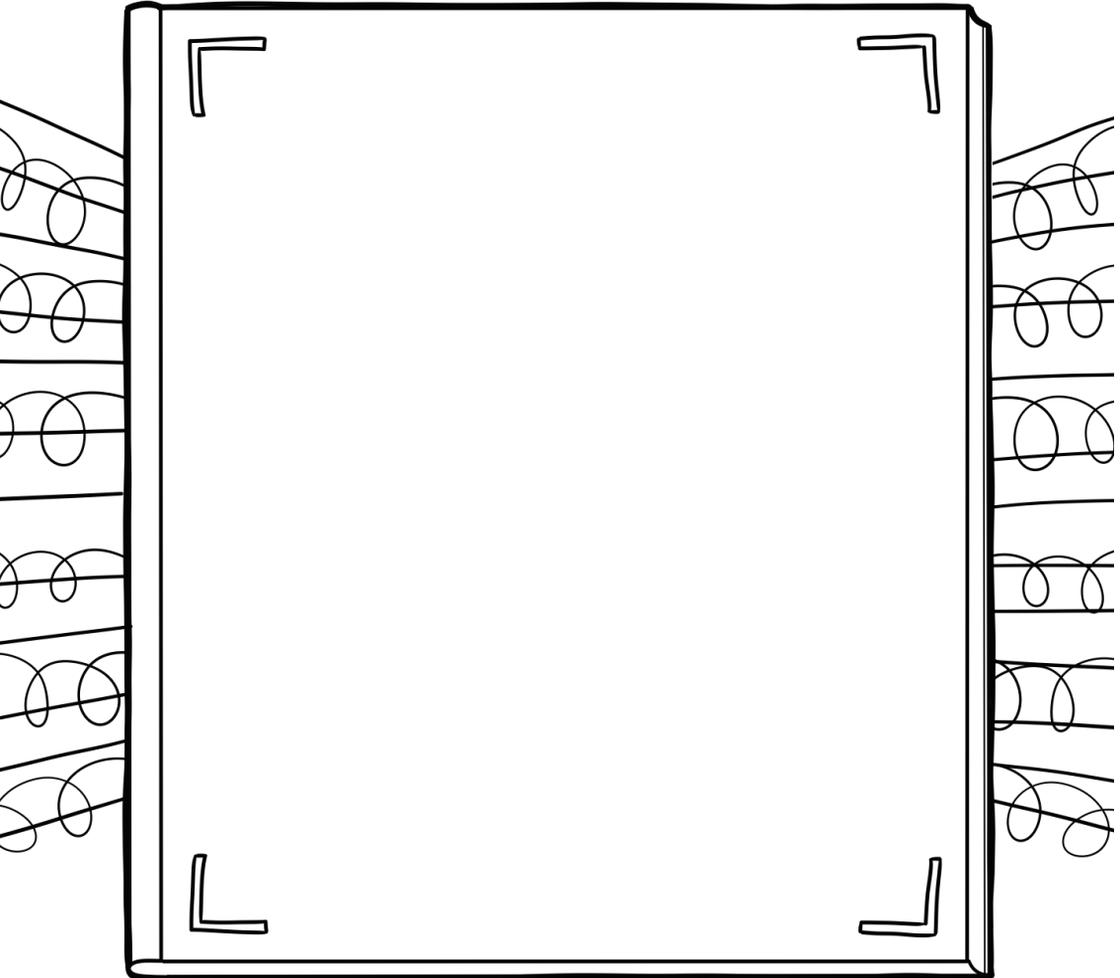
Ask God to guide you in your decision-making



LIFE TO THE FULL

What would the front cover of the book of your life look like?

Design it below:



If you could go on any adventure, what would it be?

.....

.....



**"SET YOUR MINDS ON THINGS ABOVE,
NOT ON EARTHLY THINGS"**

[Colossians 3:2]

This verse is all about perspective. When we get to the ends of our lives, what really matters? It's not the earthly things like money or fame or possessions – they all pass away with us. For Christians, the challenge is to stay focused on God because he will never pass away.

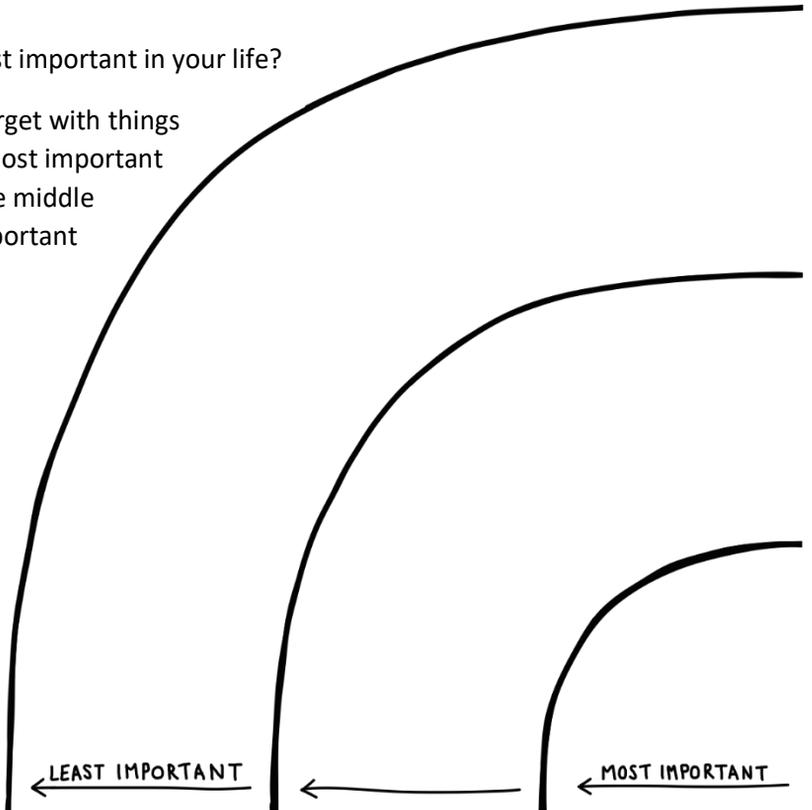
PRAYER IDEAS:

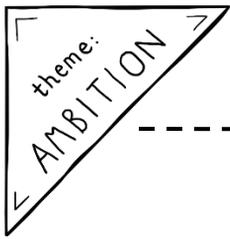
Thank God for the adventures you've been on so far

Ask God to help you keep focus on what's important in life

What is most important in your life?

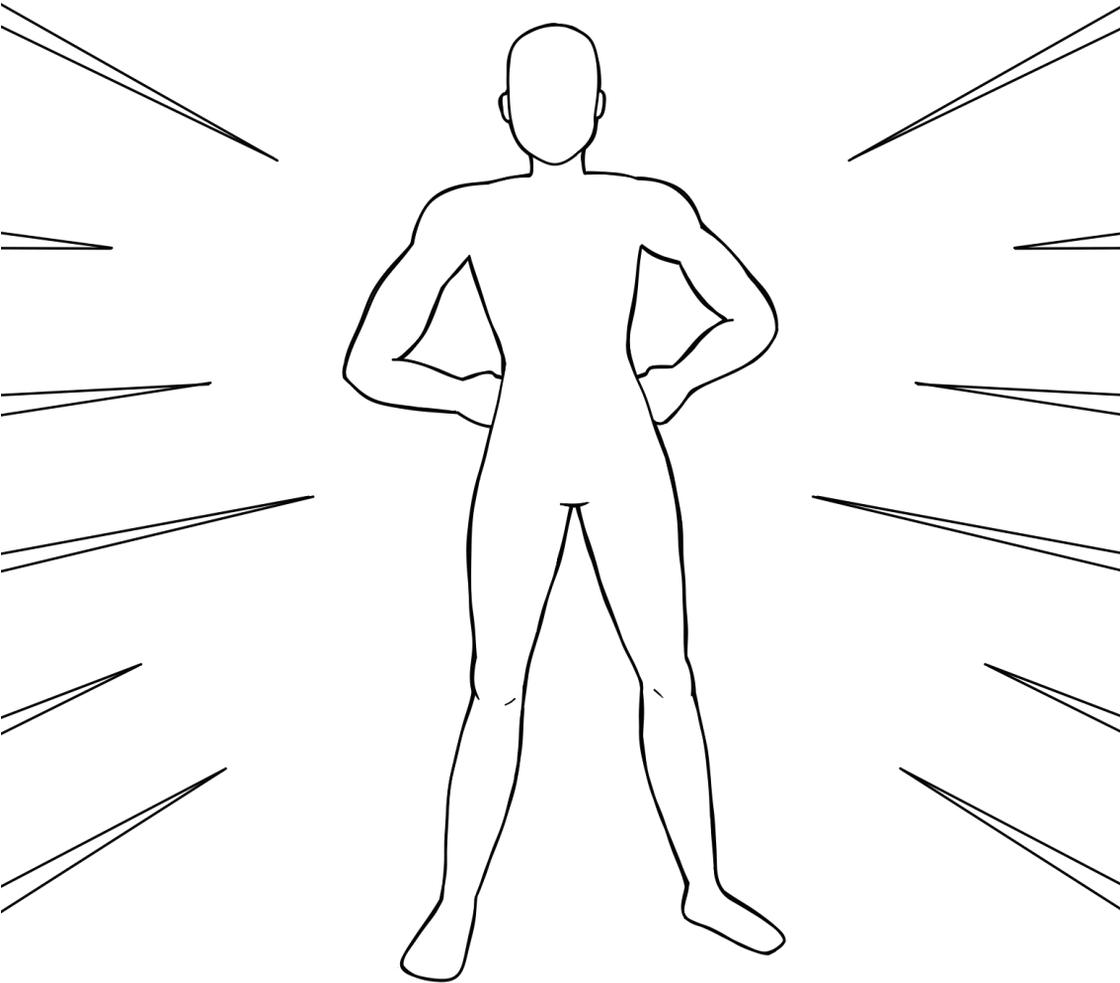
Fill in the target with things which are most important to you in the middle and less important further out





CONFIDENCE

Design your own superhero outfit:



Thank God for His power

Ask Him to give you
strength when you need it

What would your superhero powers be?

1)

2)

3)

Write or draw:

When do you feel most confident?

When do you feel least confident?

BIBLE BIT

"I CAN DO EVERYTHING THROUGH CHRIST WHO GIVES ME STRENGTH"

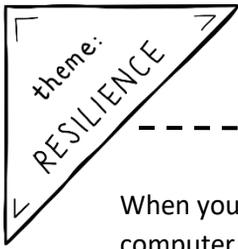
PHILIPPIANS 4:13

Christians believe that God powerfully helps us when we are faced with something we can't do in our own strength.

What areas of your life need some superhuman power at the moment?

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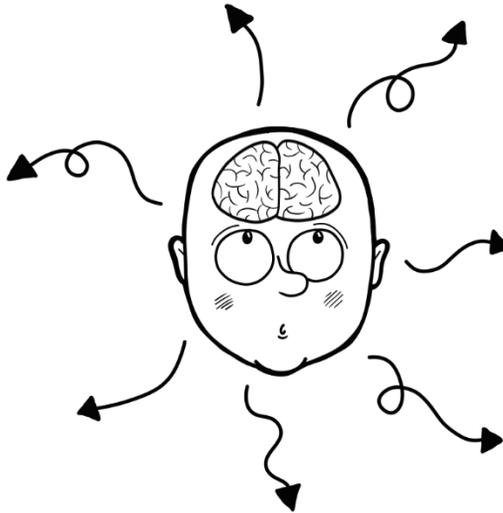


MINDFULNESS

When you've got too many tabs open on your computer, it starts to run slowly and freeze up. It can be the same with our brains. Sometimes we have lots of background thoughts running at the same time and we can feel overwhelmed.



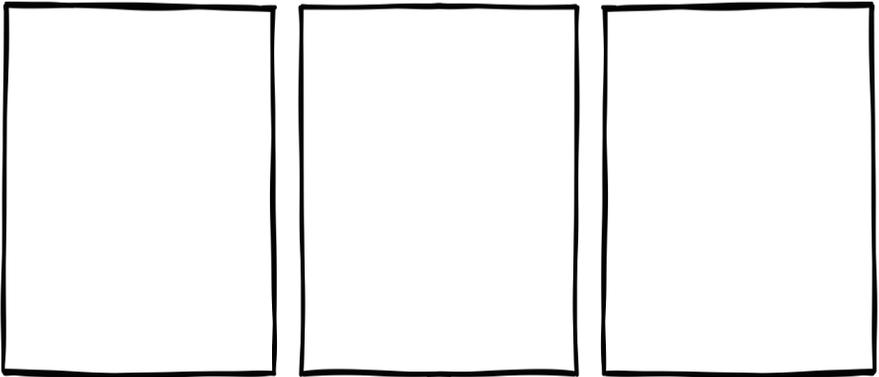
What thoughts are filling up your mind today? Write or draw them below.



Which thoughts are positive and/or necessary?

Which thoughts are negative and/or unnecessary?

Draw or write some things you could do when your brain feels overwhelmed with thoughts:

Three empty rectangular boxes arranged horizontally, intended for drawing or writing responses to the question above.

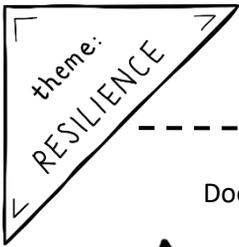
BIBLE BIT

PRAISE BE TO THE LORD, TO GOD OUR SAVIOUR, WHO DAILY BEARS OUR BURDENS.

PSALM 68:19

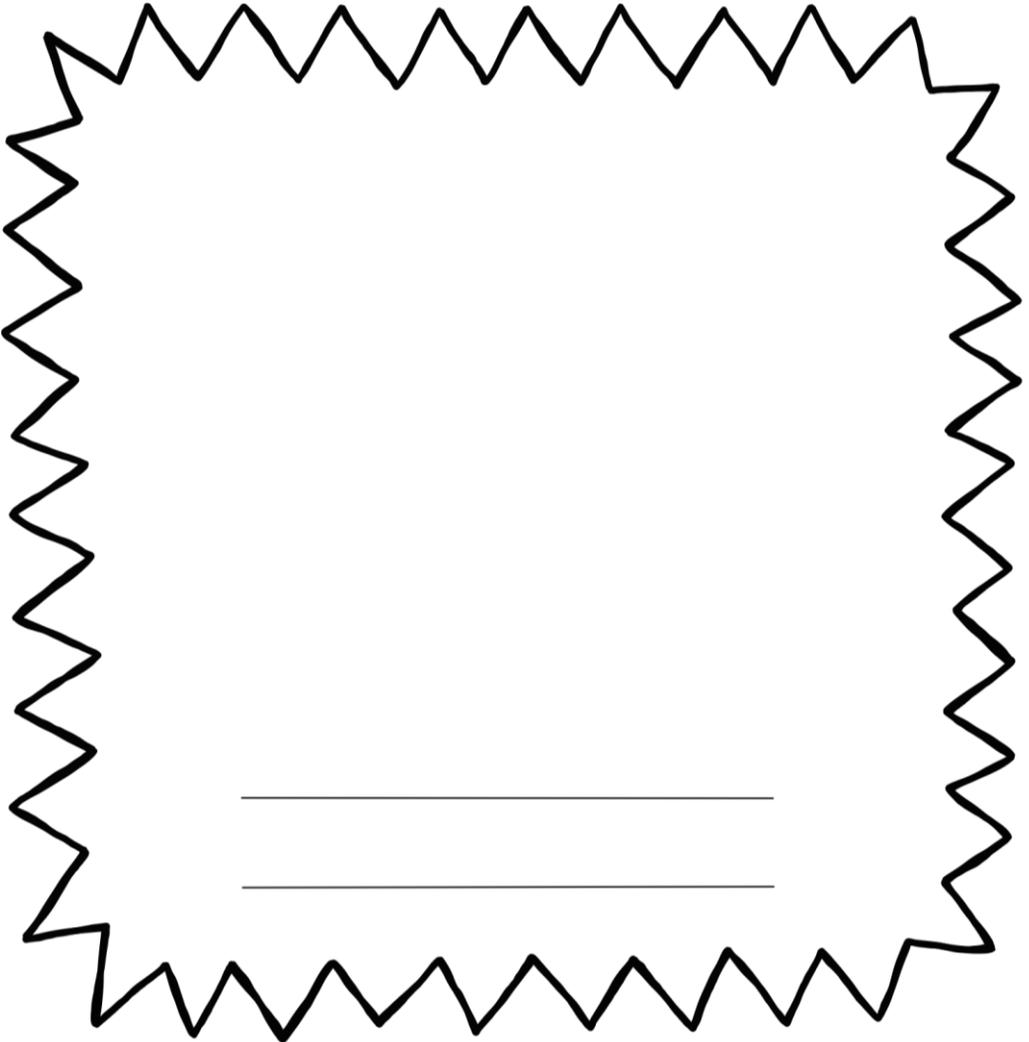


Tell God the thoughts going through your mind, both good and bad. The Bible says He bears our burdens for us so that we don't have to. Ask God for peace in your mind.



LAUGHTER

Doodle something which has made you laugh recently:



'A CHEERFUL HEART
IS GOOD MEDICINE'

Proverbs 17:22



BIBLE BIT

The book of Proverbs in the Bible is a bit like a book of good advice. Even in Biblical times they recognised that laughter is good for your mental and physical health!

DID YOU KNOW?

There is a type of therapy called **'Laughter Therapy'** which uses humour to improve wellbeing and relieve pain. Some hospitals also have **'Giggle Doctors'** who are similar to clowns but are specially trained to help reduce anxiety for children in hospitals.



- What's your favourite joke?

- What gives you joy when you are feeling sad?

Challenge yourself to make someone laugh today.
Who will it be?
.....

PRAYER IDEAS:

Thank God for the things in your life which make you smile and laugh.
Pray for your friends who are sad at the moment.



BROKEN TO BEAUTIFUL

QUIZ: GUESS THE CELEBRITY

Everyone goes through trials and suffering in life. Below are some famous people who have turned their struggles into positives. Try and guess each one:



This athlete was born with Achondroplasia (Dwarfism) which makes life difficult in many ways. However at age 13 she became the youngest British gold medallist for swimming in the Paralympics and she hasn't stopped since.

WHO AM I?



Despite being born without any limbs, and being initially rejected by his mother, this man has become an internationally famous motivational speaker and award-winning actor.

WHO AM I?



This former model was brutally attacked with acid in 2008 causing major facial disfigurement and blindness. She has since set up a foundation to help other burns victims and has made several TV shows about disfigurement and body image.

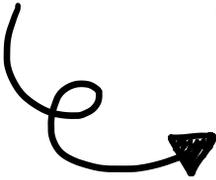
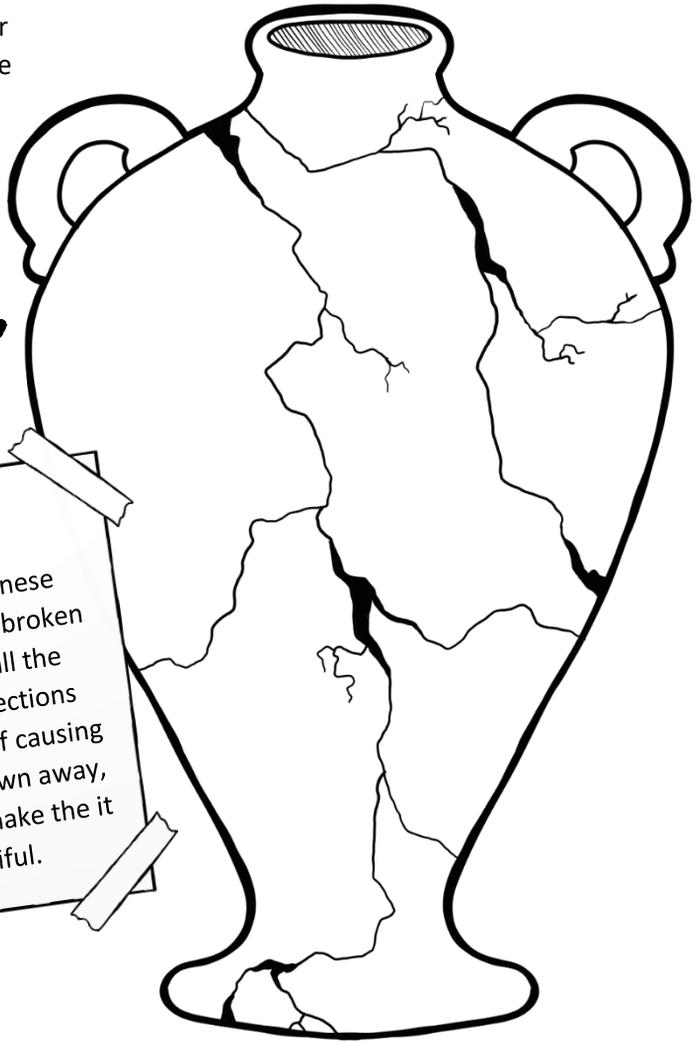
WHO AM I?

Christians don't believe that God causes suffering, but He can use it for good if we ask Him. He can turn something broken into something beautiful.



"THE GOD OF ALL GRACE, AFTER YOU HAVE SUFFERED A LITTLE WHILE, WILL HIMSELF RESTORE YOU AND MAKE YOU STRONG, FIRM AND STEADFAST." – 1 PETER 5:10

Restore this broken jar by decorating all of the cracked sections with beautiful patterns.



DID YOU KNOW?
Kintsugi is the Japanese practice of repairing broken pottery by filling all the cracks and imperfections with gold. Instead of causing the pots to be thrown away, the broken parts make the it more beautiful.

Which areas of your life feel broken or damaged? How can it be used for good?

.....

.....

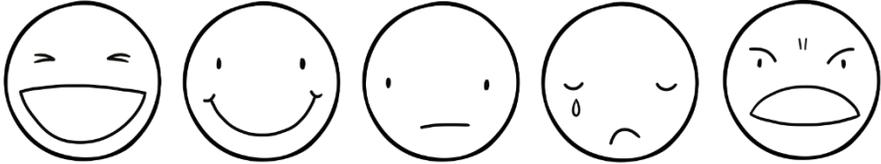


Ask God to restore the broken parts of your life and bring something good out the bad.



EMOTIONAL AWARENESS

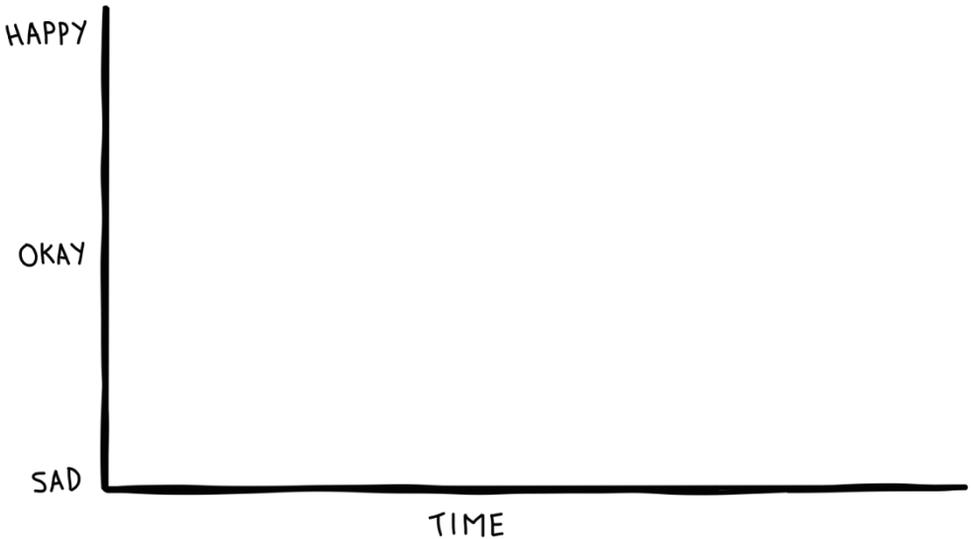
Circle how you are feeling today:



Write three words to describe how you feel today:

.....

Draw a line on this graph to show your mood over the past week. If there are any particularly high or low parts, note down the reason next to the graph.

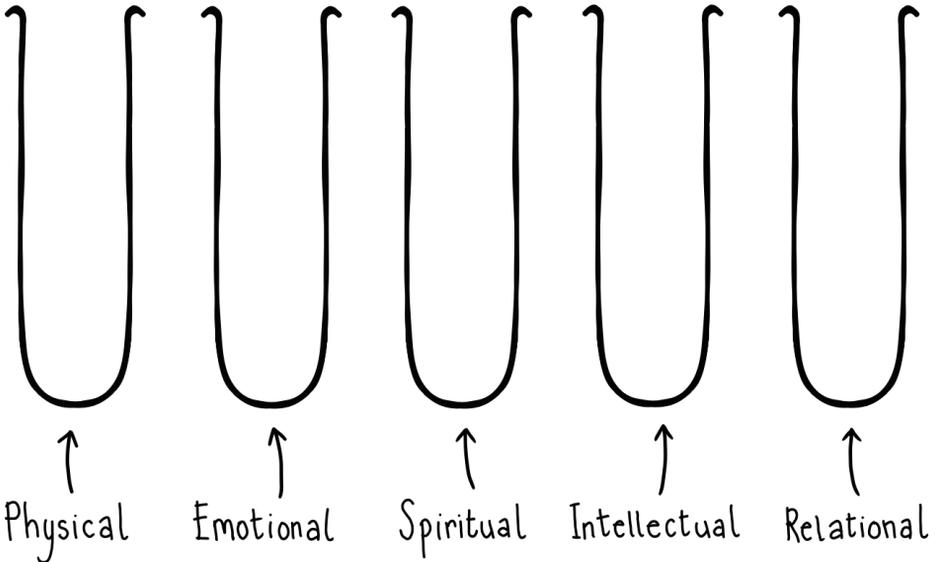


Thank God for the happy times you've had this week.
Ask God to help you when you feel difficult emotions.

HOW FULL ARE YOUR 'TANKS'?

Shade in each tank below with how 'full' you are in that area of your life.

- **Physical** = how your health is (e.g. illness, sleep, diet, exercise)
- **Emotional** = how stable and positive your emotions are
- **Spiritual** = how stable and healthy your core beliefs are
- **Intellectual** = how much your brain is being challenged
- **Relational** = how your friendships and other relationships are



Write one thing you can do this week to fill up a tank that's getting low:

BIBLE BIT:

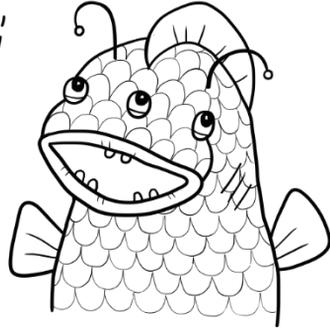
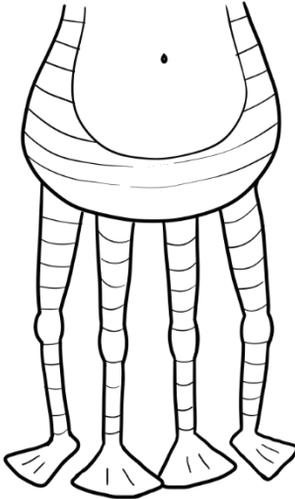
"YOU KNOW MY THOUGHTS BEFORE I THINK THEM" – PSALM 139:2

Sometimes we don't even understand our own thoughts, but we can take comfort in knowing that God knows exactly what is going on in our minds and we can talk to Him about it.



PERSEVERENCE

Finish off these monster doodles so that their bodies are complete.



BIBLE BIT:

"HE WHO BEGAN A GOOD WORK IN YOU WILL CARRY IT ON TO COMPLETION"

PHILIPPIANS 1:6

Unlike us, God always finishes what He starts. When God starts doing good work in someone's life, He won't give up on them or get bored.

FACT FILE

J. K. ROWLING



J.K. Rowling, author of the Harry Potter books, had amazing perseverance. When she first tried to get her books published, she was rejected 12 times. She could have easily given up, but instead she persevered. As a result of this, the books were finally published and the Harry Potter series is now the best selling book series in history.

Think of something that you worked really hard on or that took a long time.

- Did you persevere and complete it, or give up part way through? (Why?)

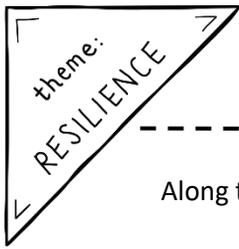
- What helps you to persevere when you feel like giving up?

PRAYER IDEAS



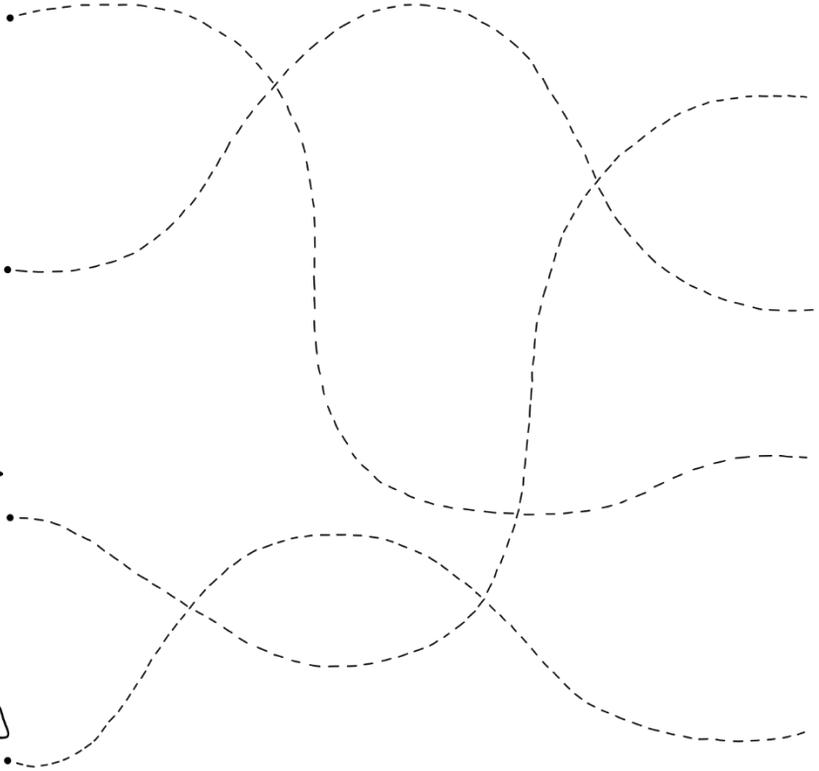
Thank God that He never gives up on us, even when we let Him down.

Ask God to give you perseverance and motivation when you feel like giving up.



GOD IS WITH YOU

Along the dotted lines, draw footprints to match each animal:



BIBLE BIT:

"THE LORD HIMSELF GOES BEFORE YOU AND WILL BE WITH YOU.
HE WILL NEVER LEAVE YOU OR FORSAKE YOU."

Deuteronomy 31:8

Christians believe God is with them every step of the way, even when things are difficult or we feel like we are alone.

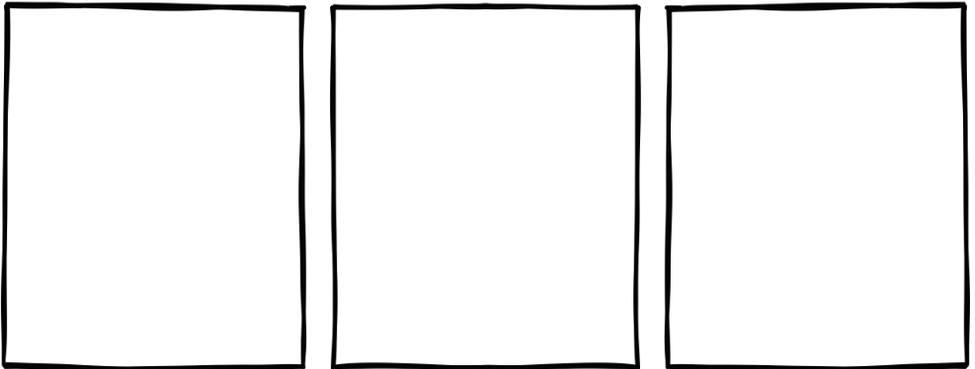
Do you believe that God is with you? Mark how you feel on the scale.

NEVER WITH ME RARELY WITH ME SOMETIMES WITH ME ALWAYS WITH ME

I DON'T THINK GOD EXISTS

God also created people to be in supportive communities with each other.

Draw three people that you can count on to be there for you when needed:



How have they been there for you in the past?

.....

.....



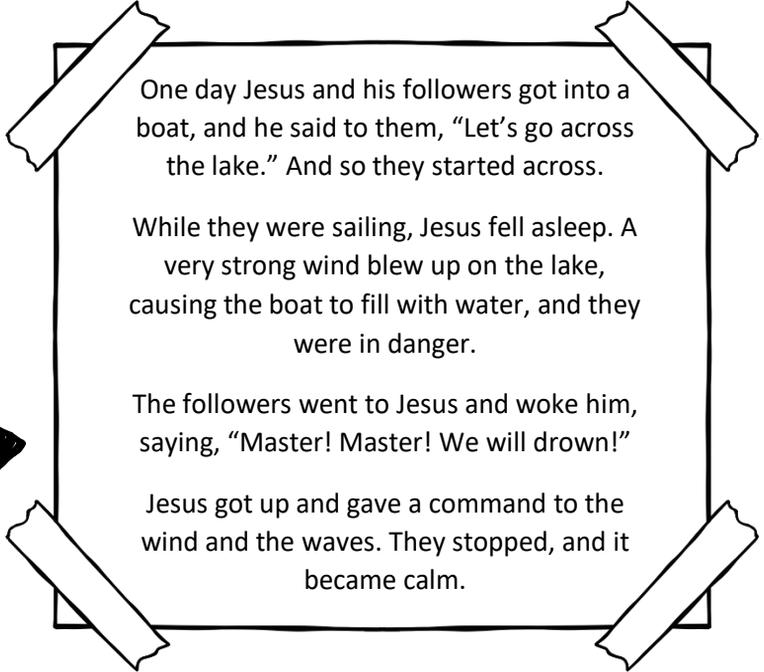
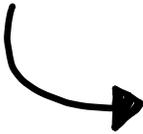
Thank God that He walks with you wherever you go.

Ask God to help you be there for your friends when they need you.



WORRYING

BIBLE BIT
LUKE 8:22-24



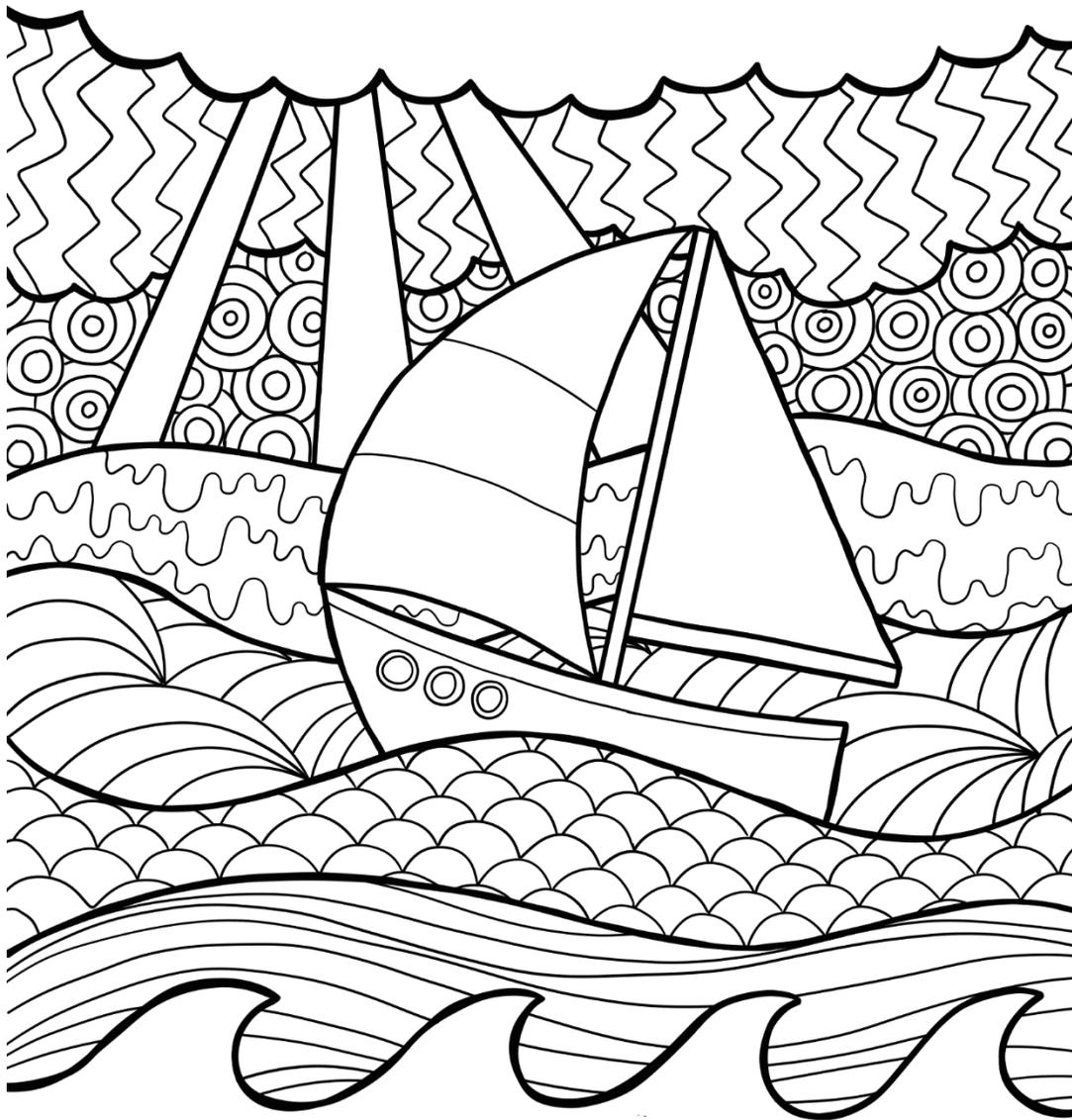
In this story, Jesus followers were really worried about the storm that was happening. But Jesus had it all in control. Christians take comfort from knowing that even when life is stormy, God is in control.

What 'storms' are there in your life at the moment?

Write three things that help you feel peaceful when you are worried.



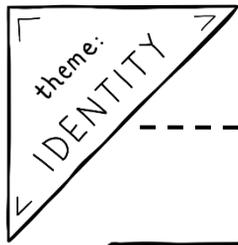
Concentrating on something relaxing, like colouring in, often helps people feel calm. Have a go at colouring in the picture below:



PRAYER IDEAS:

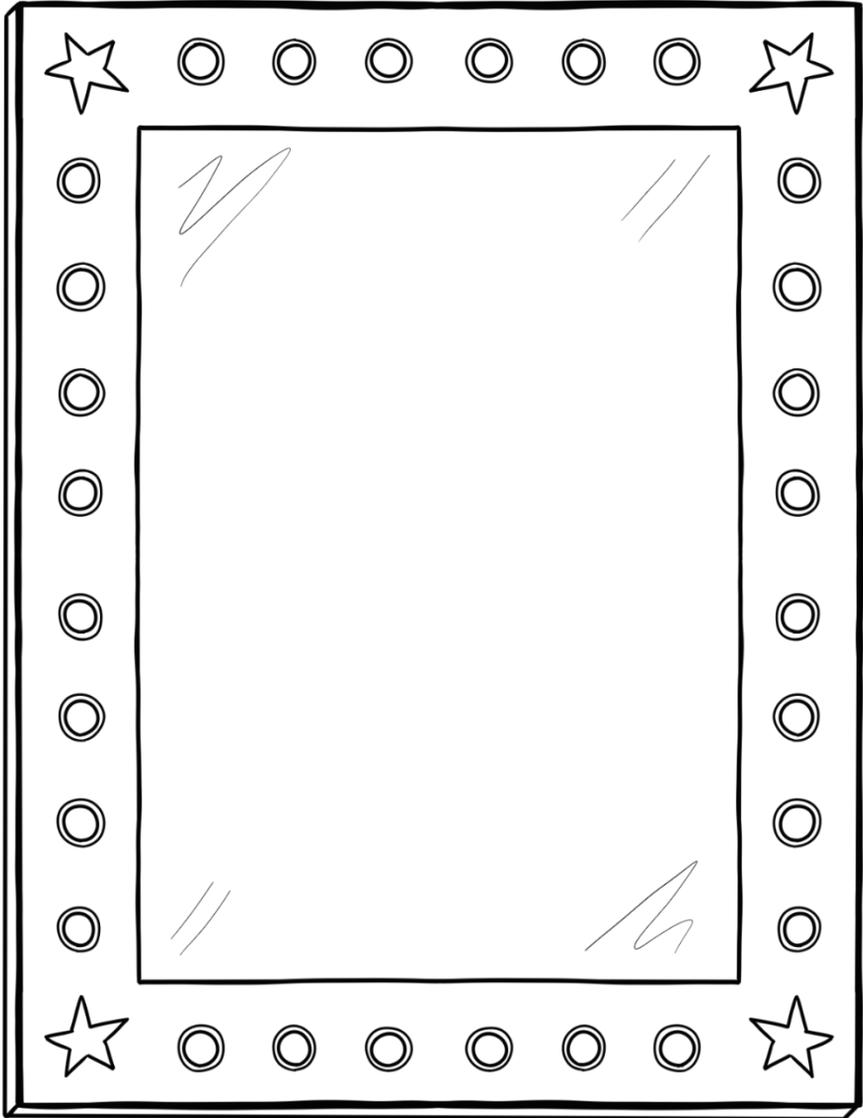
Thank God that He is in control.

Ask Him for peace when you are worried.



CREATED ON PURPOSE

Have a go at drawing a self-portrait below:



One thing I like about my looks is:



The Bible says that

You are fearfully and wonderfully made

BIBLE BIT

Psalm 139 includes lots of truths about how we were created – it says that God knit us together in our mother’s womb and that God’s thoughts towards us are more than the number of grains of sand.

You are not an accident or a coincidence, you were created on purpose.



Write or draw the best
thing you’ve ever made

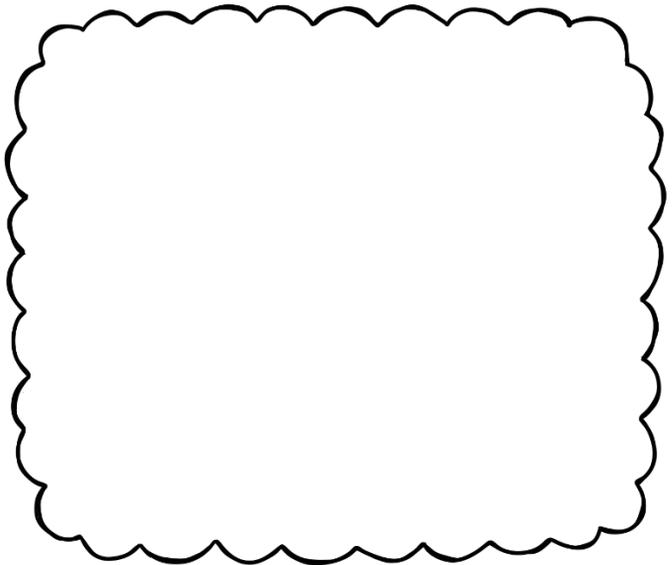


How did you feel when
you finished it?

.....

.....

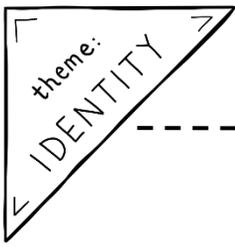
God is proud of His
creation...including you!



PRAYER IDEAS

Praise and thank God for the way He created you.

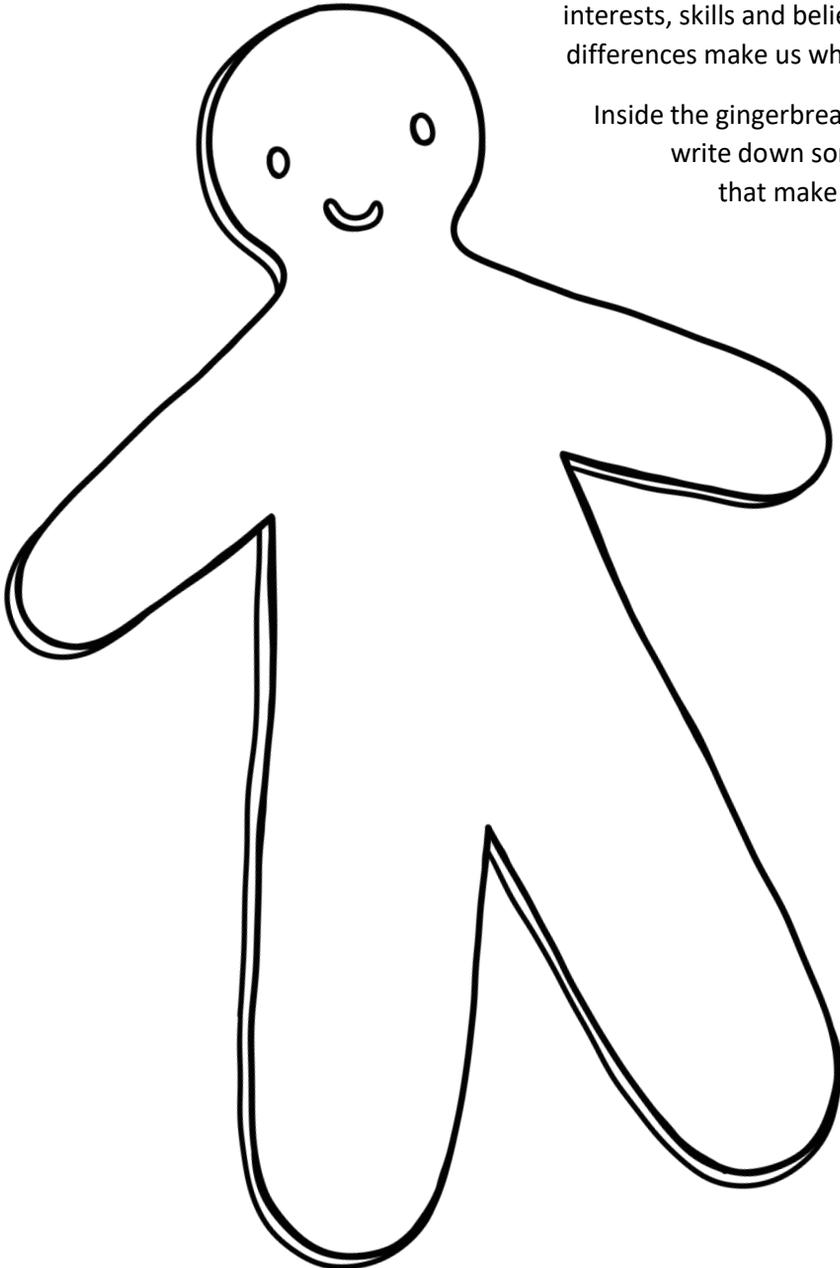
Ask God to give you confidence when you are feeling
self-conscious or worried about your looks.



WHAT MAKES ME ME

Everyone is unique, in their personalities, interests, skills and beliefs. These differences make us who we are.

Inside the gingerbread person, write down some things that make you YOU.



WRITE OR DRAW...

One thing that gives you joy

One thing you like about yourself

One issue that you really care about

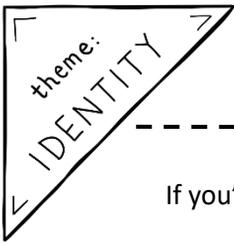
One way you can use your skills to help others

BIBLE BIT – EPHESIANS 2:10

“We are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Christians believe God has made us unique, with certain gifts, skills and personalities, and He has a purpose for our lives.

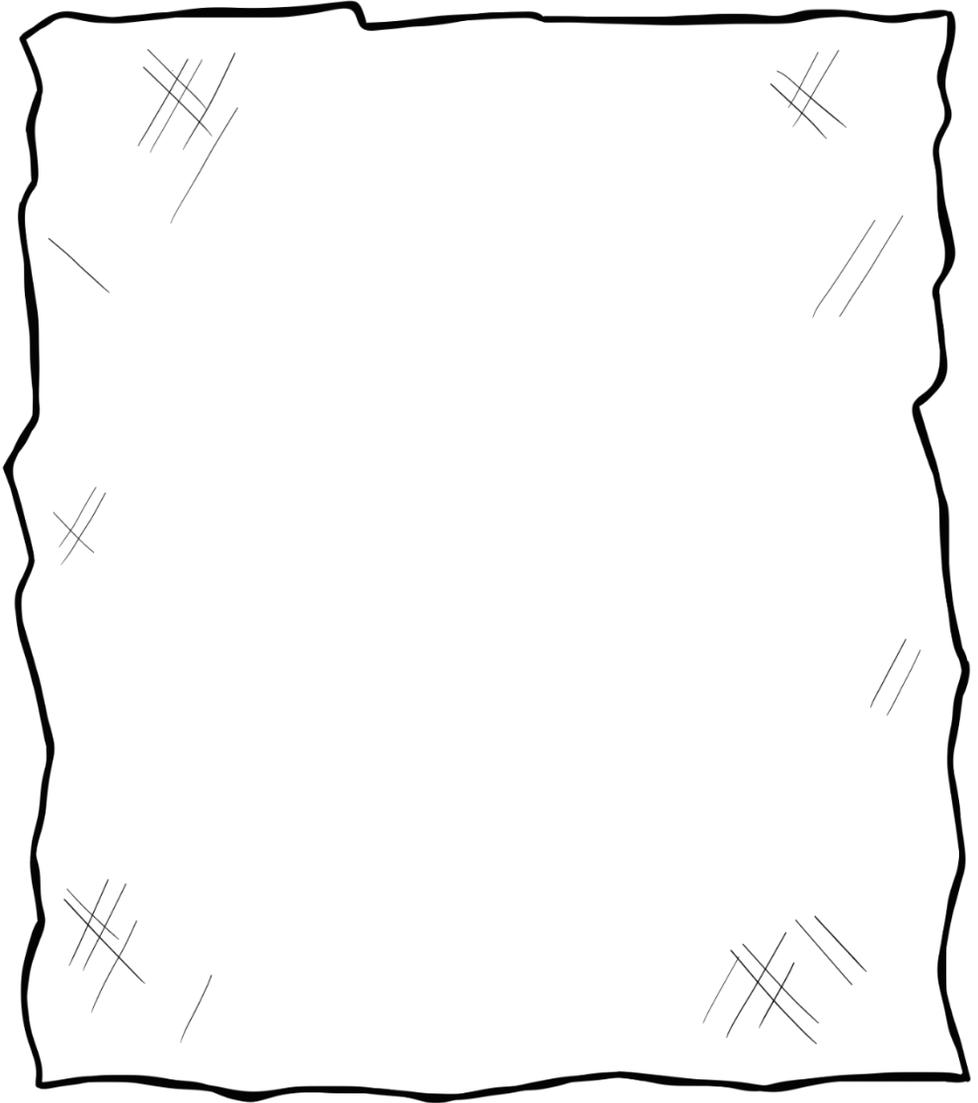
PRAYER IDEAS: Thank God for making you the way He has. Ask Him to show you what His purpose is for you.



ACCEPTING IMPERFECTION

If you're a bit of a perfectionist then this might be difficult...

On the paper below, doodle a picture or pattern with an **intentional mistake** in it.



BIBLE BIT

God says:

"MY POWER IS MADE PERFECT IN WEAKNESS"

2 CORINTHIANS 12:9

This Bible verse means that our flaws and weaknesses, our struggles and failings, all allow God's strength and power to be shown even more.

A later verse says **"for when I am weak, then I am strong"**.

What a great way to view our imperfections!

Moses is a great example of this. God tells him to save the Israelites from slavery in Egypt but he pleads with God to send someone else because he knows he isn't a good public speaker. But God gives him the words to say and, because of Moses' weakness, it's clear that the Israelites were saved through God's power not through Moses' skill.

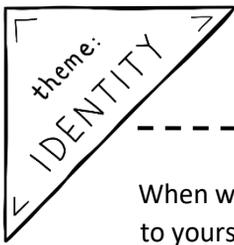
What parts of yourself do you view as 'imperfect' or 'weak'?

How could you view this in a more positive way?



Thank God that He doesn't expect us to be perfect.

Ask God to help you accept your imperfections.



VALUING MYSELF

When we value someone, it's easy to be kind to them. Being kind to yourself, taking time to relax and sometimes treating yourself will improve your mental health and help you to value yourself.

Complete the checklist below by adding your own ideas of
ways to be kind to yourself

GO OUTSIDE

PRACTICE THANKFULNESS

PHONE A FRIEND

WATCH A KIDS MOVIE

GET AN EARLY NIGHT

.....

EAT SOME CHOCOLATE

.....

TAKE A BATH

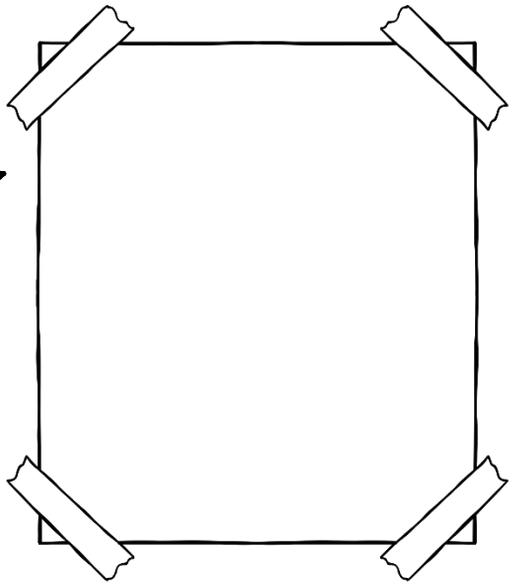
.....

WRITE A LETTER

.....

See how many you can do this week and tick them off when you have.

Who values you the most?
Draw a picture of them:



How do they show you this?

.....
.....
.....

Who do you value the most?

.....

Christians believe God values us so much that He sent His son Jesus to die for us so that God could have a relationship with us.

BIBLE BIT

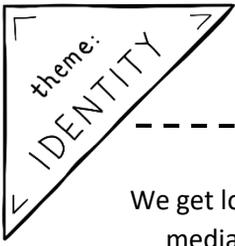
“Very few people will die to save the life of someone else. Although perhaps for a good person someone might possibly die. But God shows his great love for us in this way: Christ died for us while we were still sinners.”

ROMANS 5:7-8



Thank Jesus for what He did on the cross.

Ask God to help you value and be kind to yourself.



MEDIA INFLUENCE

We get lots of messages from the media (TV, films, adverts, social media, etc.) about our identity. Unfortunately a lot of these messages are negative and untrue.

In the TV, write down some of the messages we get from the media:



How do you think media affects young people?



.....

.....

It's good to remind ourselves of what's **TRUE**. In the bubble below, write down some things about your identity that are **TRUE**:

E.g. I am loved; I am talented; I am unique; I will make mistakes and that's okay...

PHILIPPIANS 4:8

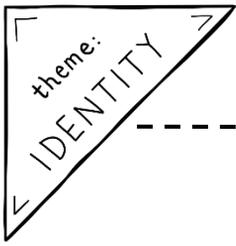
Think about the things that are true and honourable and right and pure and beautiful and respected.

BIBLE BIT

The Bible tells Christians to focus on the things that are true. It's not always easy but God will help us.

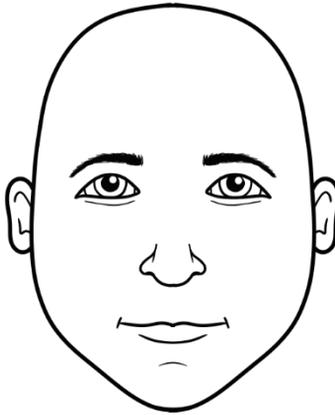
PRAYER IDEA

Pray for your friends, that they would believe what's true about them and ignore the unhelpful messages we get from the media.



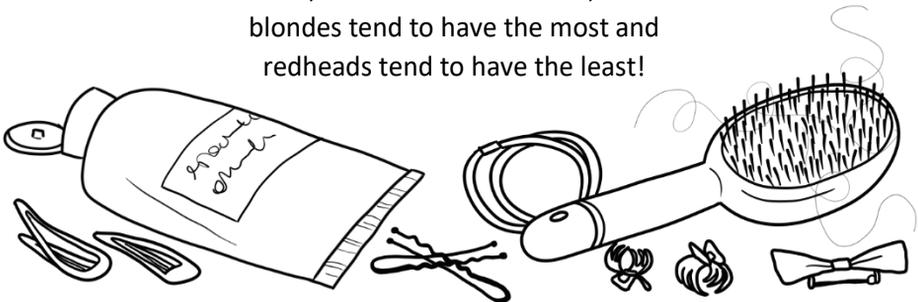
KNOWN BY GOD

Doodle a hairstyle for this person:



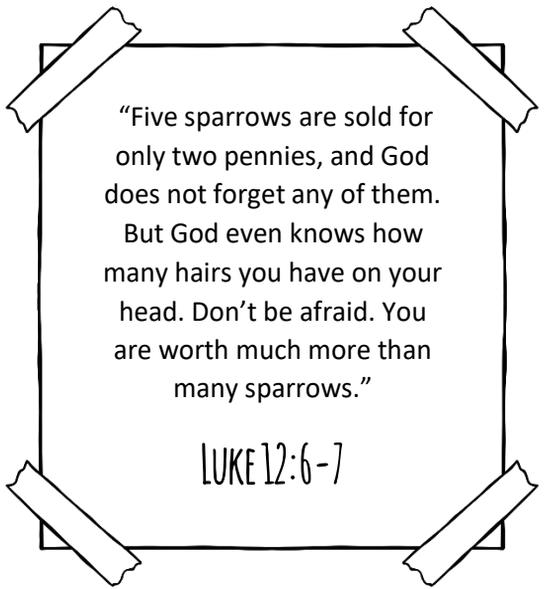
DID YOU KNOW?

The average human has around 100,000 hairs on their head, but blondes tend to have the most and redheads tend to have the least!





If God knows and cares about every bird He has created, how much more does He know and care about each of us. This verse says that He even knows how many hairs are on your head!

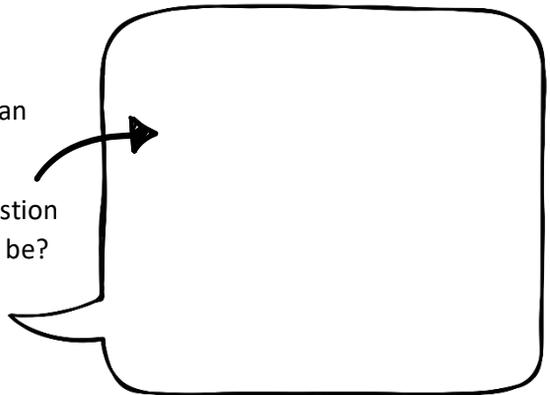


Who do you feel 'knows' or understands you the most?

How does it feel to be understood by someone?

Christians believe that God understands us even more than we understand ourselves.

If you could ask God one question about yourself, what would it be?

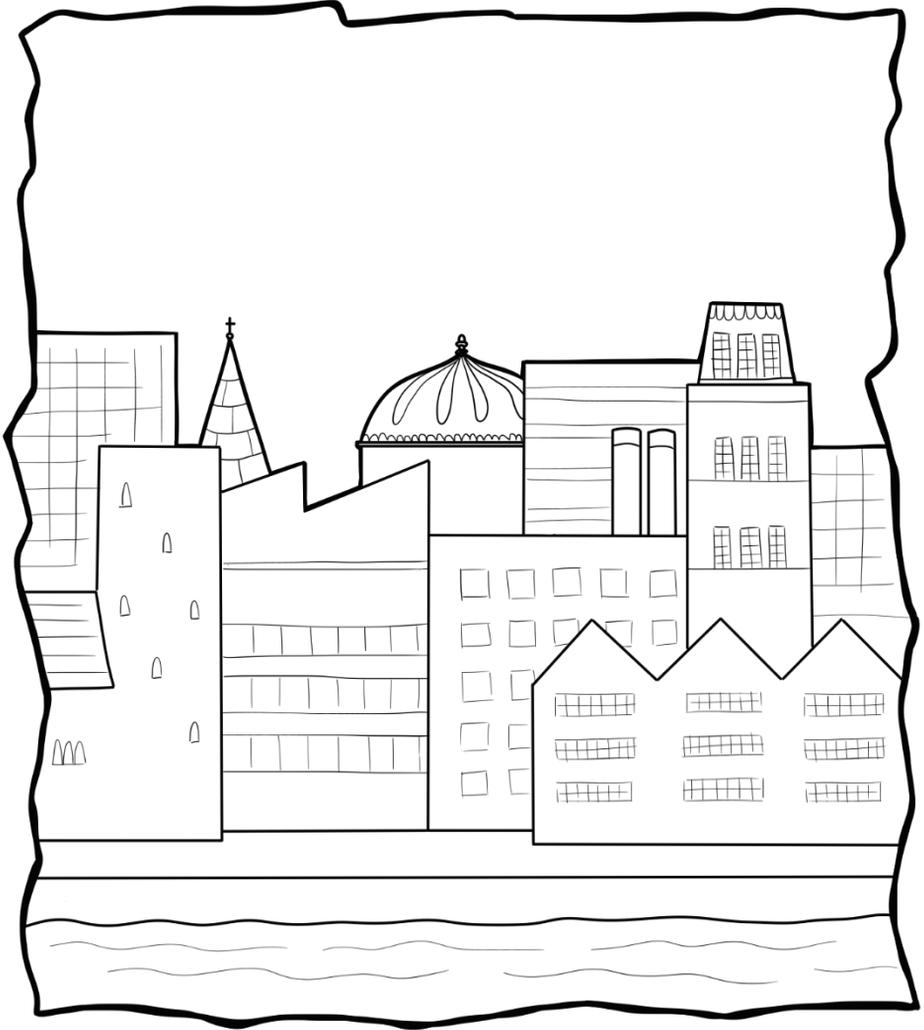


PRAYER IDEAS: Thank God for how much He cares about you. Ask God to help you understand and care for others in the same way.

theme:
COMPASSION

THE ENVIRONMENT

Doodle over this cityscape so that the concrete buildings are covered in trees, plants and other kinds of wildlife.



Whose responsibility do you think it is to look after the environment?

.....

“The Earth belongs to the Lord, and everything in it – the world and all its people.”

PSALM 24:1

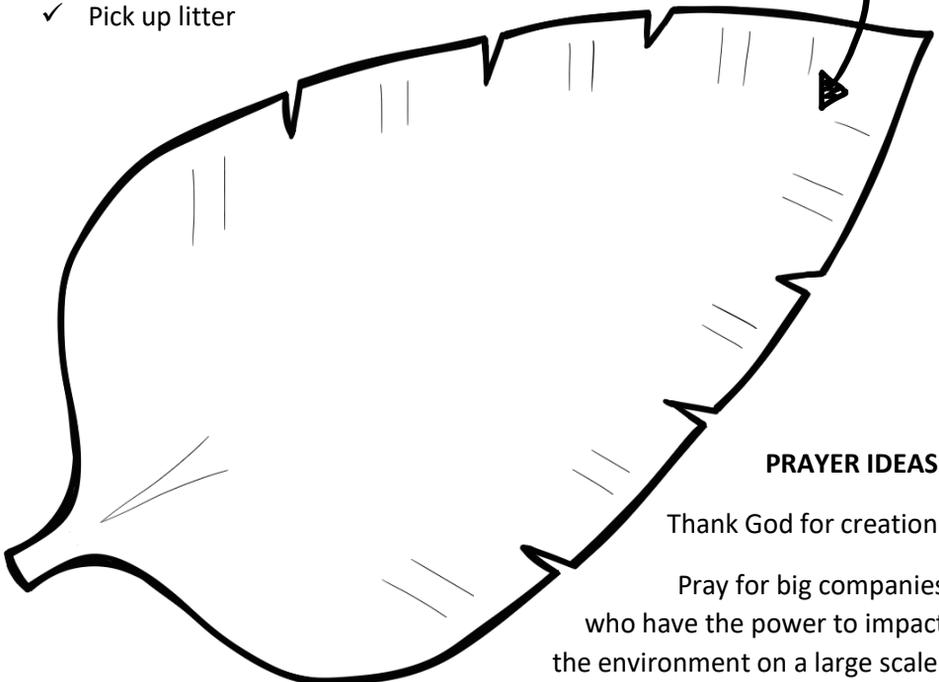
BIBLE BIT

Christians believe God created the Earth and has given us responsibility to look after it. It is not ours to destroy for our own gain, it is God's.

PRACTICAL IDEAS FOR HOW TO LOOK AFTER THE ENVIRONMENT

- ✓ Walk or cycle instead of driving
- ✓ Reuse plastic bottles
- ✓ Recycle packaging
- ✓ Educate someone else
- ✓ Don't waste water
- ✓ Switch off lights
- ✓ Eat vegetarian or vegan
- ✓ Turn off the heating and wear a jumper
- ✓ Say no to drink straws
- ✓ Pick up litter

In the leaf, write down three things you are going to do to care for the environment this week.



PRAYER IDEAS:

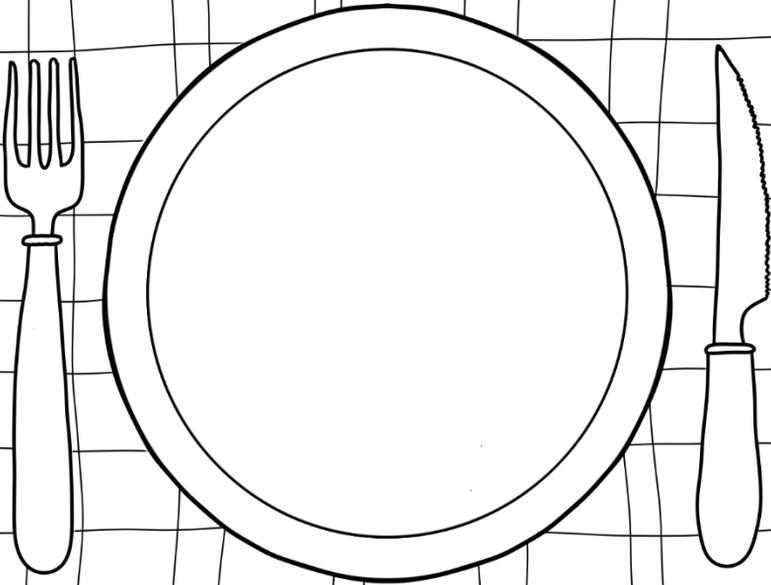
Thank God for creation.

Pray for big companies who have the power to impact the environment on a large scale.

theme:
COMPASSION

GLOBAL NEED

DRAW YOUR MEAL
(The last meal you ate...or just your favourite!)



DID YOU KNOW?

Only half of the food you eat is grown in the UK. 30% is from other European countries and the rest from places like Africa, America and Asia.

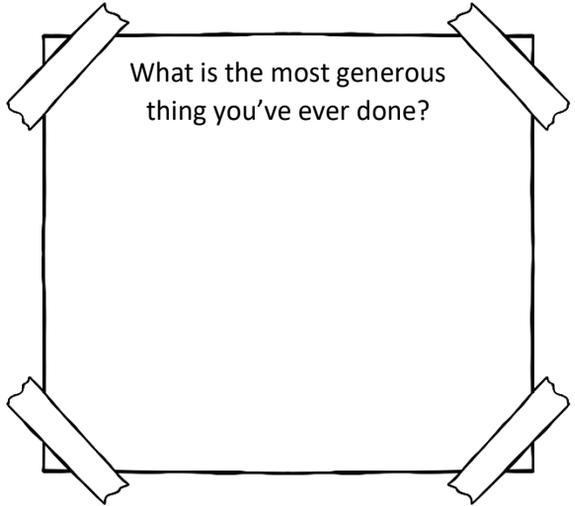
BIBLE BIT

"ANYONE WHO HAS TWO SHIRTS SHOULD SHARE WITH THE ONE WHO HAS NONE, AND ANYONE WHO HAS FOOD SHOULD DO THE SAME."

LUKE 3:11



The thing that Jesus emphasises more than anything else in the Bible is that we are to care for the poor. Christians believe it is their duty to feed the hungry and give to those in need.



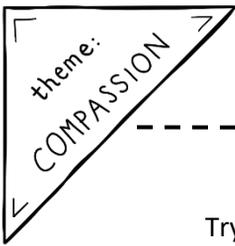
How does it make you feel when you see homeless and hungry people?

What can you do this week to help someone who has less than you?



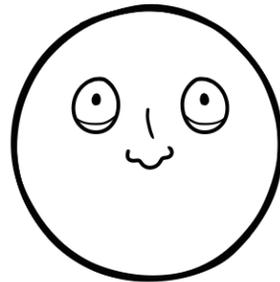
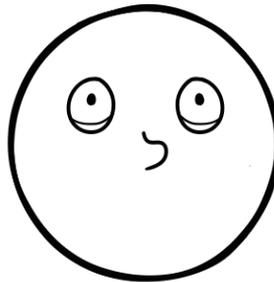
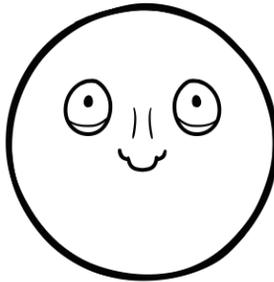
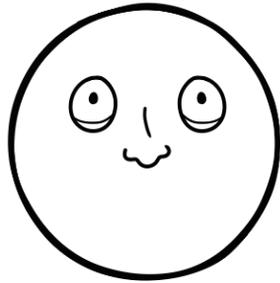
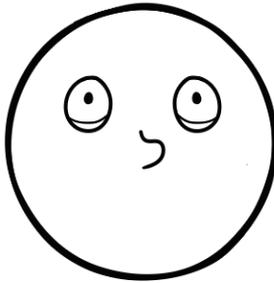
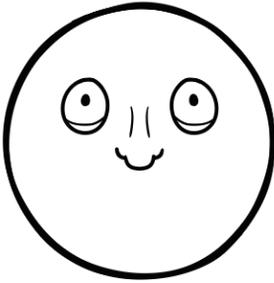
Thank God for things you have that others don't.

Ask God to provide for those in need and help them.



ENCOURAGING OTHERS

Doodle the missing mouths on these faces.
Try and make them all different (the sillier the better!).



“When you talk, do not say harmful things, but say what people need – words that will help others become stronger.”

EPHESIANS 4:29



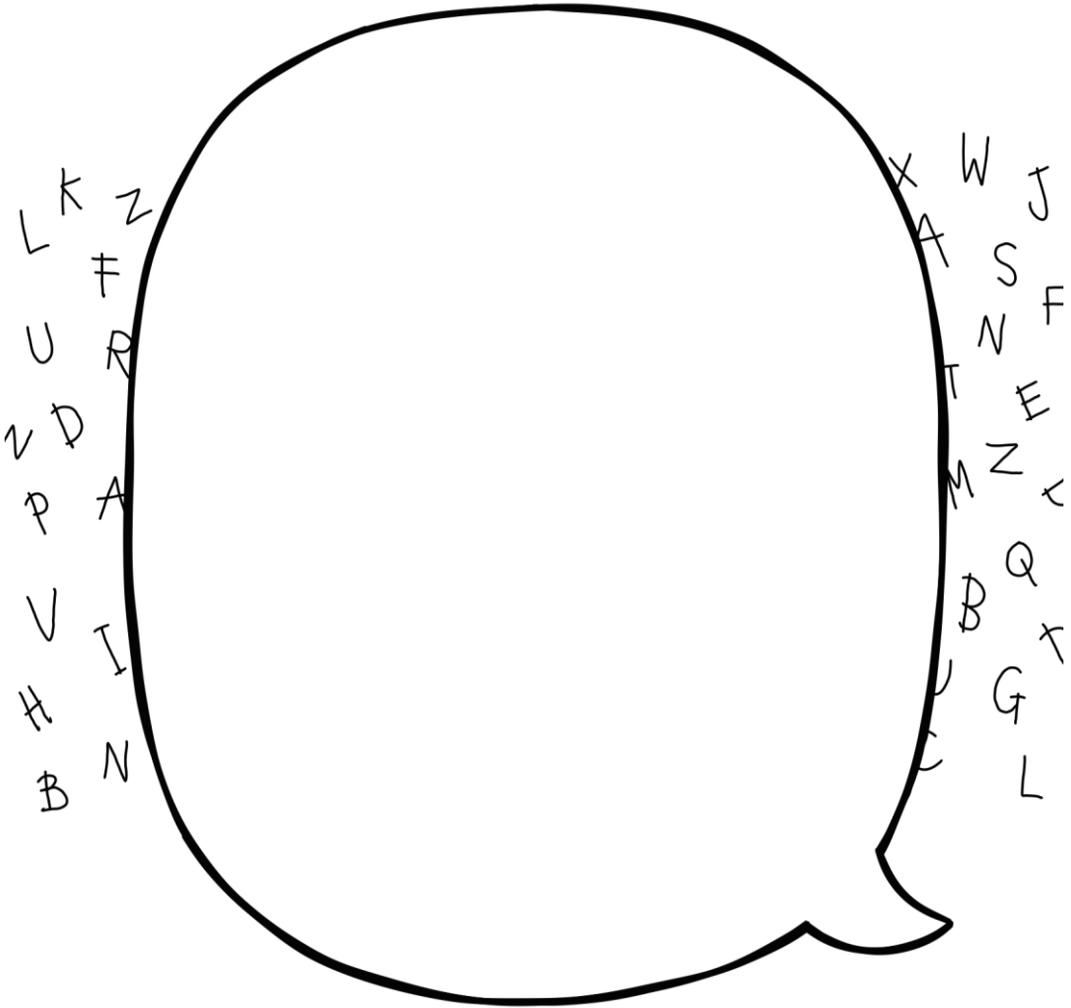
Our words are powerful and it matters what we say. The Bible teaches that we should use our words to encourage others and build them up.

What’s the most encouraging thing anyone has ever said to you?

.....

.....

In the speech bubble, write as many encouraging phrases as you can think of that you can use to help your friends 'become stronger'.

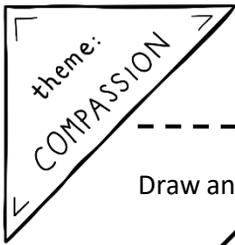


Your challenge is to use all of these phrases this week! (And mean it!)



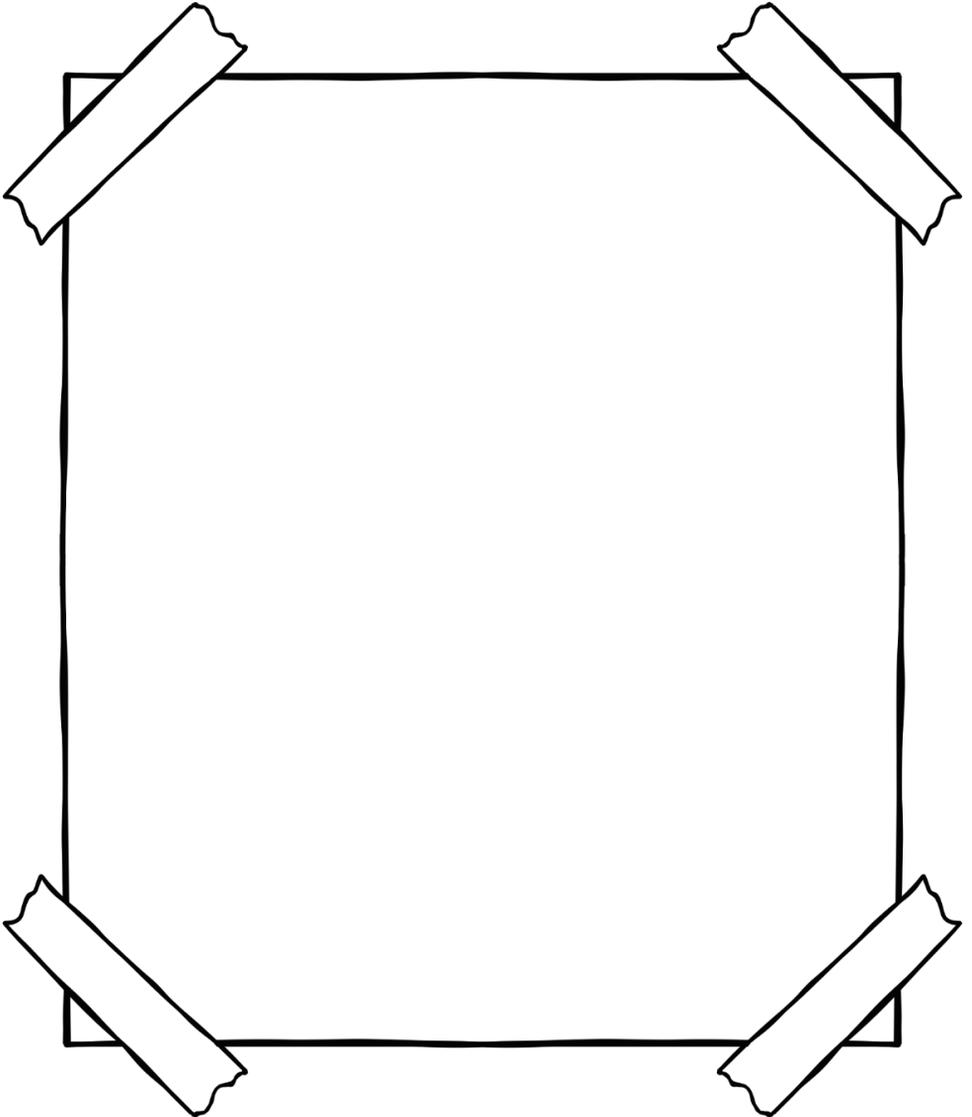
Pray for those who speak unkind words.

Ask God to help you use your words to encourage others.



ACTS OF KINDNESS

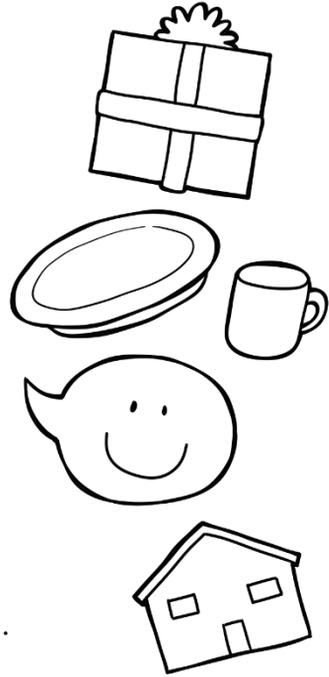
Draw an act of kindness you have done for someone else recently:



Think about how you feel when others show you unexpected kindness. Small acts of kindness can seem insignificant to us at the time but can really impact the lives of those around us.

Add three more ideas to the 'Acts of Kindness' list below and then challenge yourself to do all of them this week!

- TIDY UP THE HOUSE
- SMILE AT A STRANGER
- SURPRISE SOMEONE WITH A GIFT
- DO THE DISHES AT HOME
- ASK A TEACHER ABOUT THEIR DAY
- TAKE SOME ITEMS TO A CHARITY SHOP
-
-
-



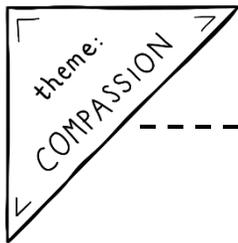
BIBLE BIT

"As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

Colossians 3:12

PRAYER IDEAS:

Thank God for the kindness He shows to us.
Pray for those who are unkind to others.



WORLDWIDE WATER

DID YOU KNOW?

The average person in the UK uses **149 litres** of water per day!
However, in rural Africa people use just **4-40 litres** per day on average.

Wasting water doesn't just cost money, it also contributes to global warming as lots of energy is needed to make it clean. Many poorer countries have a lack of safe water and so we mustn't take for granted our access to clean water.



Think about the different ways we use water, then draw some of them below:



BIBLE BIT

"Don't pick all the grapes in your vineyards, and don't pick up the grapes that fall to the ground. You must leave those things for poor people and people travelling through your country."

LEVITICUS 19:10

This verse teaches Christians that they shouldn't be greedy with the things God has given them, but instead remember and be generous towards the poor.

The table below will help you work out how much water **YOU** use in a week. Count up how many times you do each activity this week, then do the calculations to work out your usage.

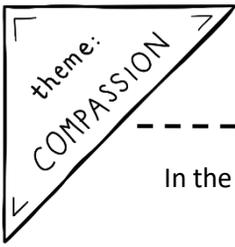
ACTIVITY	FREQUENCY	CALCULATION	LITRES OF WATER USED
Toilet flush	<input type="text"/>	X 6 =	<input type="text"/>
Shower	<input type="text"/>	X 70 =	<input type="text"/>
Bath	<input type="text"/>	X 80 =	<input type="text"/>
Washing machine	<input type="text"/>	X 75 =	<input type="text"/>
Dishwasher	<input type="text"/>	X 30 =	<input type="text"/>
Wash up by hand	<input type="text"/>	X 18 =	<input type="text"/>
Brush teeth	<input type="text"/>	X 0.5 =	<input type="text"/>
Wash hands	<input type="text"/>	X 0.5 =	<input type="text"/>
Drink (1 glass)	<input type="text"/>	X 0.25 =	<input type="text"/>

CHALLENGE:
See if you can reduce your water usage next week!



TOTAL:

Pray for those who don't have enough clean water.



GENEROSITY

In the present below, draw the best gift you've ever received:



BIBLE BIT

"If someone has enough to live and sees a brother or sister in need but does not help, then God's love is not living in that person."

1 JOHN 3:17

The Bible teaches that we should be generous with what we have, whether that's money, skills or time.



In the boxes below, write or draw a way you can be generous this week with the following things:



TIME AND ENERGY

(e.g. spend 10 minutes helping out at home)



BELONGINGS



WORDS AND CONVERSATIONS

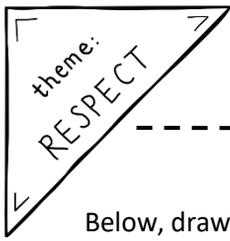


SKILLS AND KNOWLEDGE



Thank God for His generosity and the things He has given you.

Ask God to help you be generous with your resources and show compassion towards those who have less than you.

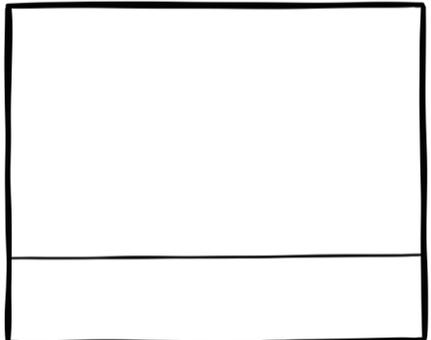
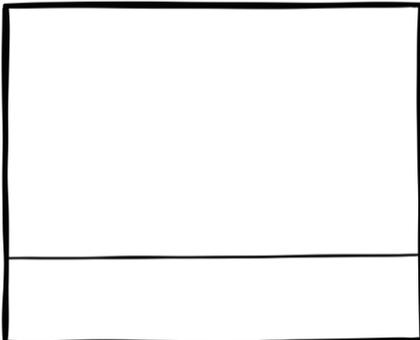
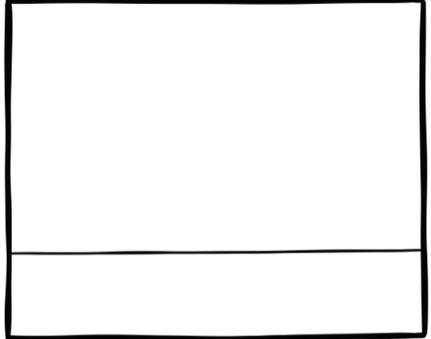
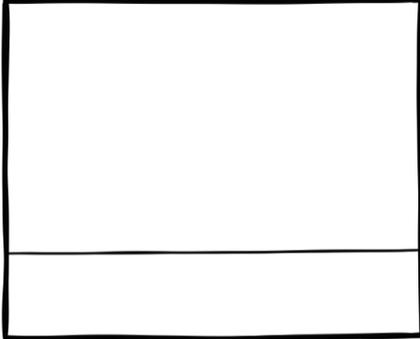
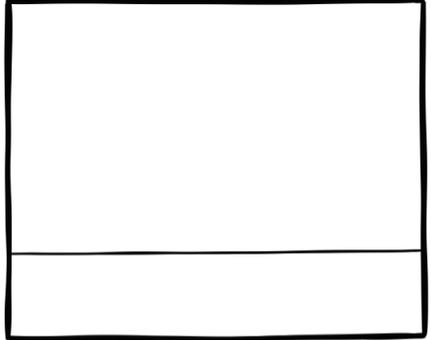
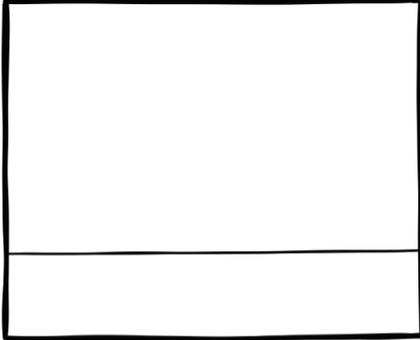


ROLE MODELS

Think about someone that you really respect.

Below, draw a comic strip of what you imagine a day in their life to be like.

A DAY IN THE LIFE OF _____

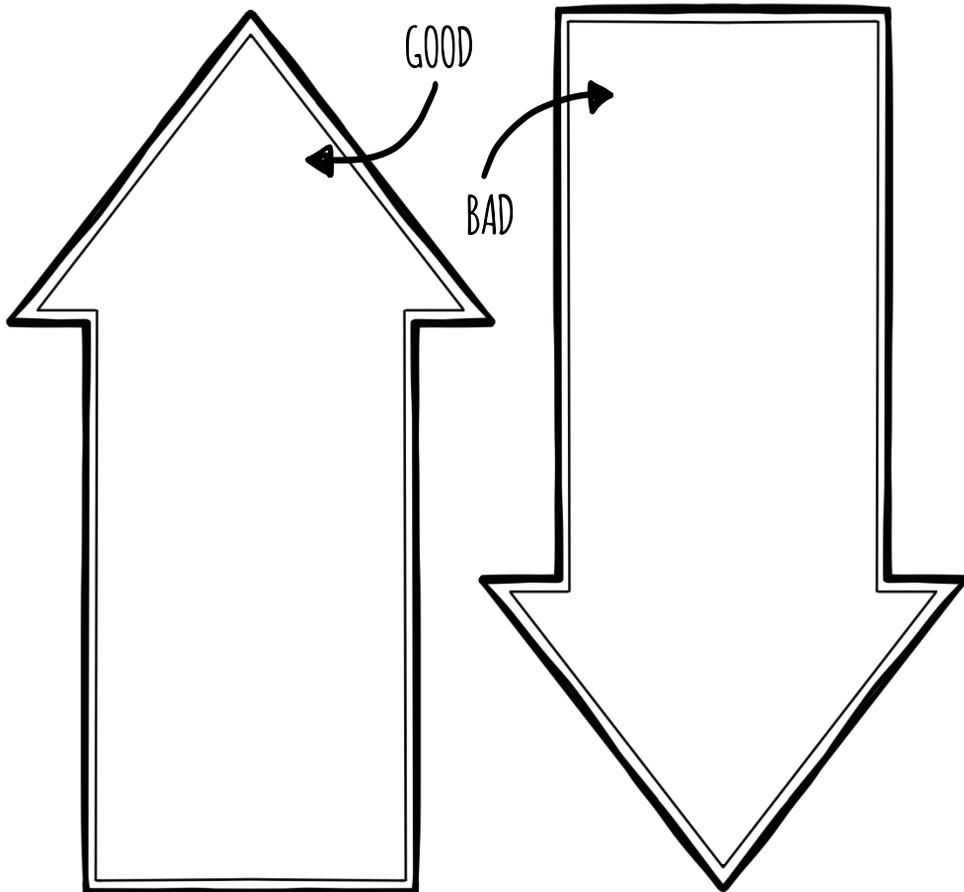


Why do you respect this person?

.....

.....

What characteristics make someone a good or bad role model? Write below:

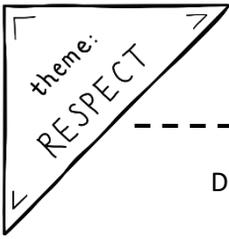


BIBLE BIT:
"WALK WITH THE WISE AND BECOME WISE"
PROVERBS 13:20

PRAYER IDEAS:

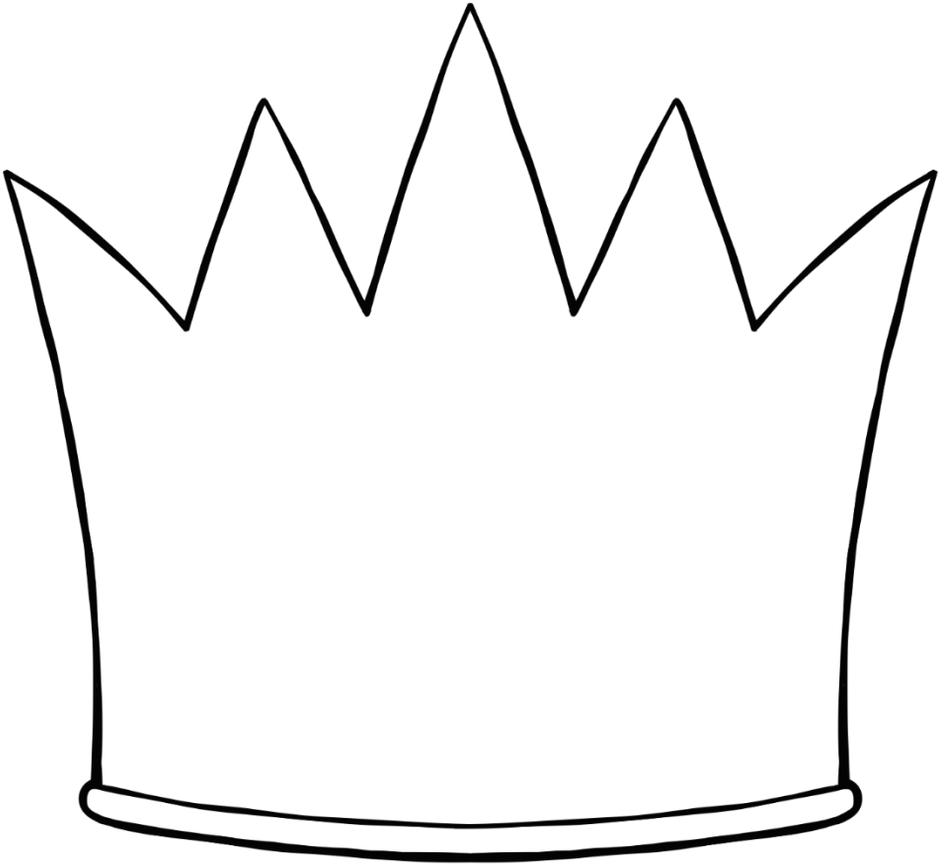
Thank God for sending Jesus to be our role model.

Ask God to help you 'walk with the wise'.



WORSHIP

Decorate this crown and make it as fancy as possible



Worship is all about showing respect and honour to someone or something.

Sometimes people give too much respect and honour to the wrong kinds of things – things which don't matter or which take over our lives. Maybe things like money, or football, or romance...these can become 'king' of our lives.

If you could be king/queen for the day, what would you do?



What or who rules your life?

Is this a positive or negative thing?

"WORSHIP HIM WHO MADE THE
HEAVENS, THE EARTH, THE SEA
AND THE SPRINGS OF WATER"

REVELATION 14:7

Christians believe that God
is King of their lives and the
only thing worth worshipping.

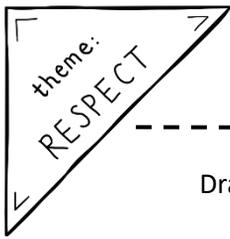
What do you think *should* be most important and honoured in your life?



PRAYER IDEAS

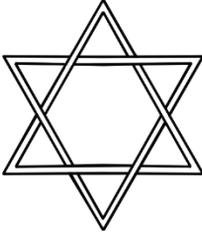
Thank God for who He is – King of the universe and maker of all things.

Ask God to help you give importance to the right kinds of things.



DIFFERENT BELIEFS

Draw lines to match the symbols to the religions below:

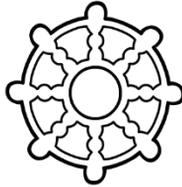


SIKHISM

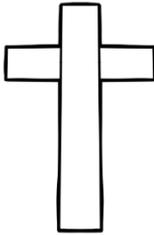


JUDAISM

BUDDHISM



CHRISTIANITY



ISLAM



HINDUISM

What things do all these major religions have in common?

.....

.....

“Accept one another,
then, just as Christ
accepted you, in order
to bring praise to God.”

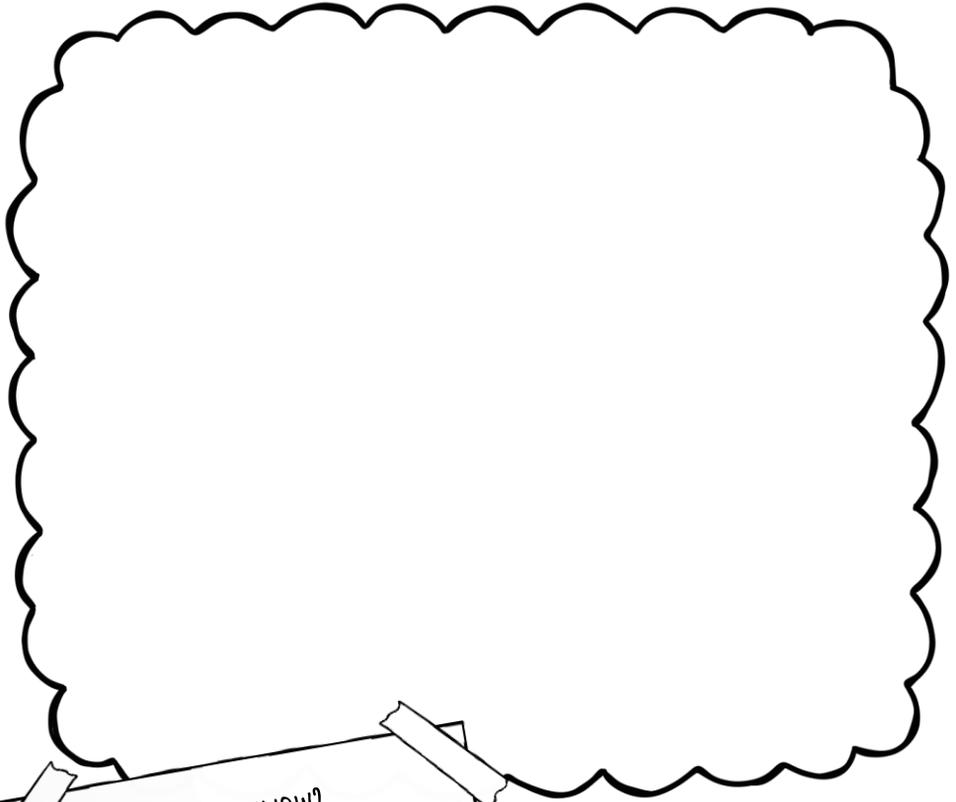
ROMANS 15:7



God tells us to live in peace with others from different backgrounds, cultures and traditions to us. It's good to talk about our beliefs and learn to disagree in a healthy way.

Religious symbols aren't just pretty pictures, they tend to represent something about that religion's beliefs. For example, the Christian cross shape represents Jesus' crucifixion.

Designing your own symbol or logo to represent *your* beliefs:



DID YOU KNOW?

There are around 4200 religions in the world! The largest religion is Christianity closely followed by Islam. Christians and Muslims make up nearly two thirds of the world's population.

PRAYER IDEAS

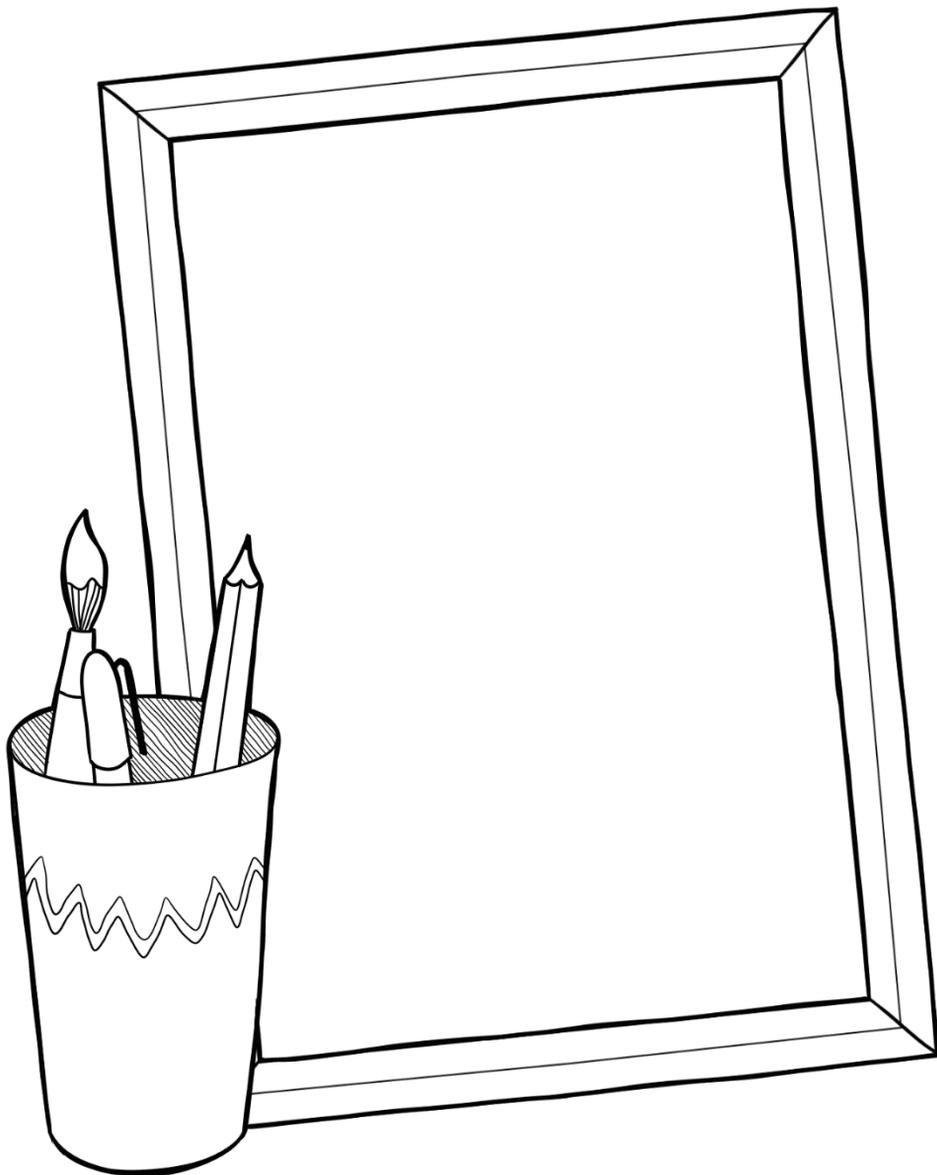
Thank God for accepting and loving all kinds of people.

Ask God to help you understand and respect other people's beliefs.

theme:
RESPECT

WONDER

Draw something beautiful you've seen recently:



What is it?

BIBLE BIT

“For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land.”

PSALM 95:3-5

Christians worship and respect God, who they believe created the universe. Appreciation of beauty and art is one of the unique things about humans – it’s like a special gift God has given His children just for fun and worship!



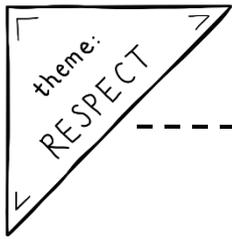
What makes something beautiful?

What questions do you have about how the world was made?



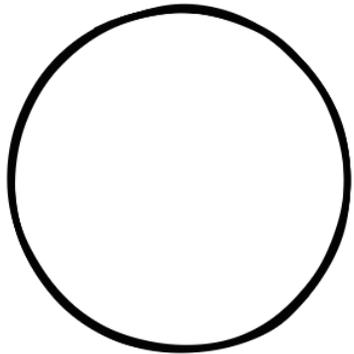
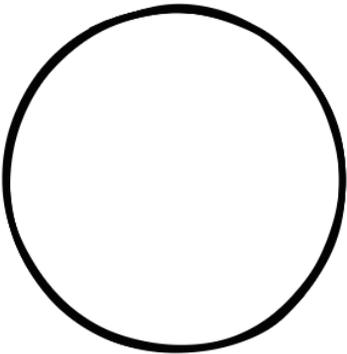
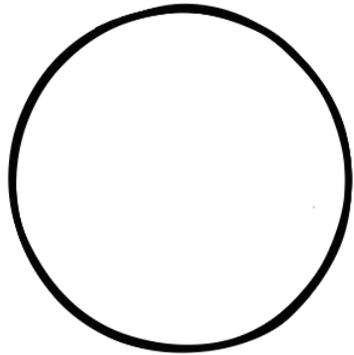
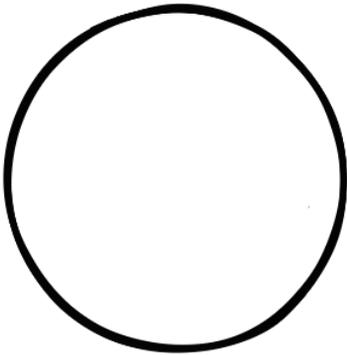
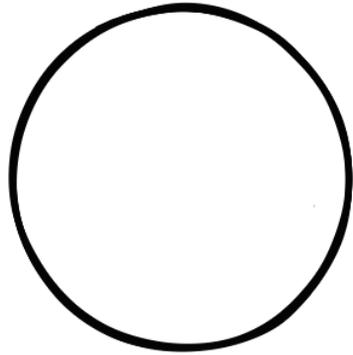
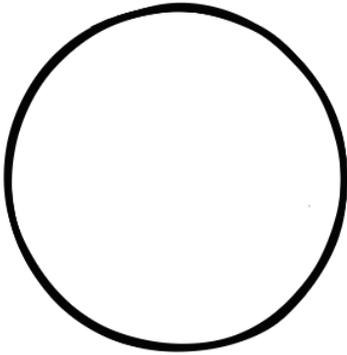
Thank God for the way we can enjoy the beauty of creation.

Ask God to help you notice more of the beauty around you and respect the world that God has made.

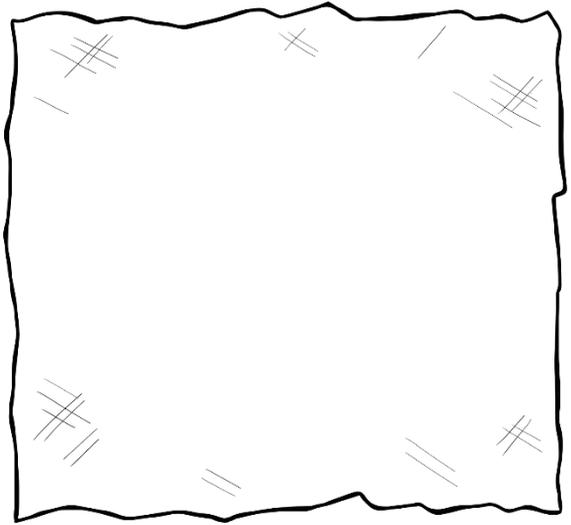
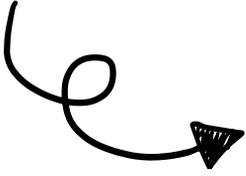


CELEBRATING DIVERSITY

In the circles below, design six new emoji faces.
Try and make them all different!



Write or draw some things that make you unique



People are unique and diverse – this is a really positive thing! If everyone was the same, society would fall apart. Write three positives to diversity:

-
-
-

“My dear brothers and sisters, as believers in our glorious Lord Jesus Christ, never think some people are more important than others.”

JAMES 2:1

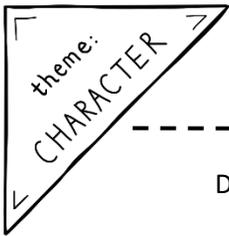


BIBLE BIT

Christians believe that all people, no matter how different or diverse they are, should be treated the same. God doesn't show favouritism so we shouldn't either.

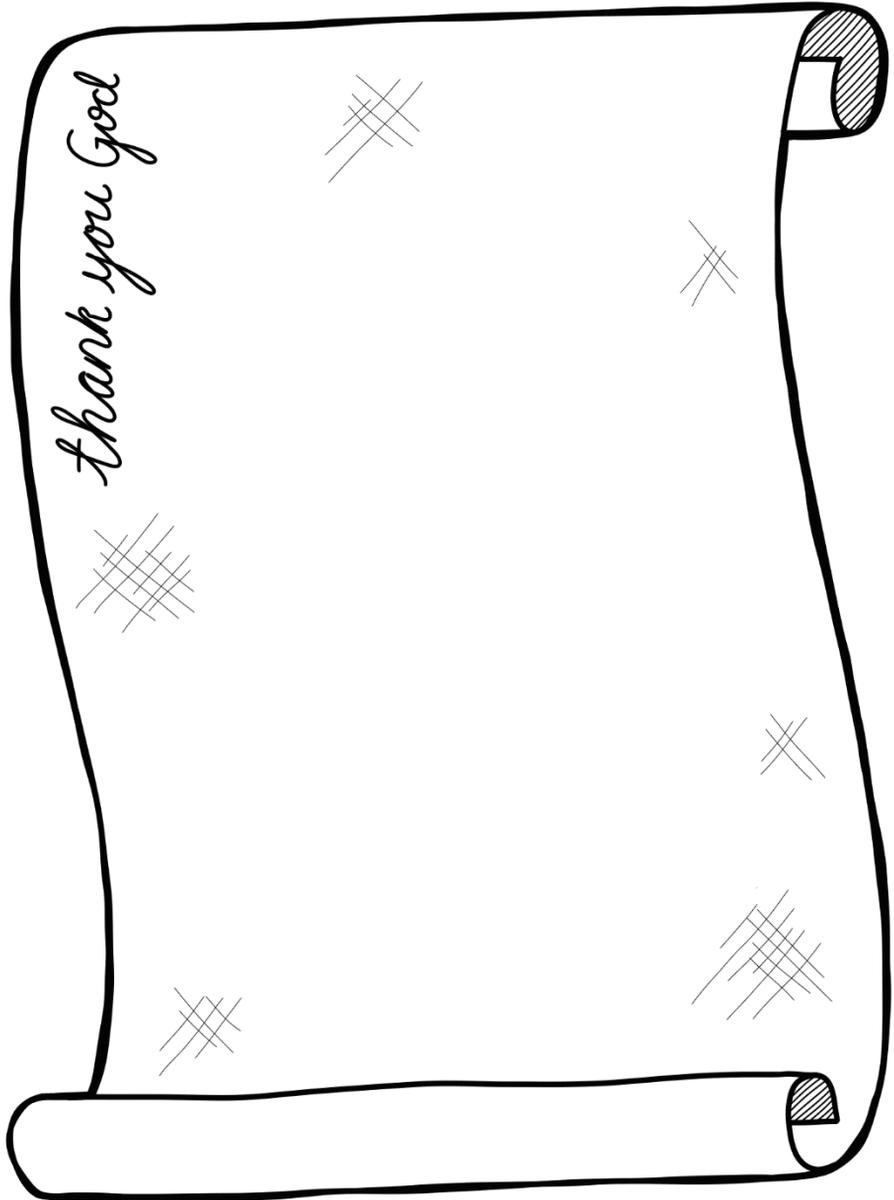
Thank God for the things that make you unique.
Ask God to help you to treat everyone equally.





THANKFULNESS

Draw or write some things that you are thankful for:



THANK YOU QUIZ: Guess the language

E.g. Thank you: ...English.....

Mahalo:.....

Grazie:.....

Merci:.....

Danke:.....

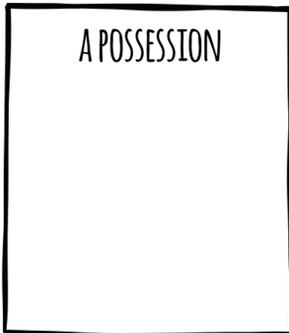
Obrigado:.....

谢谢 (xiexie):.....

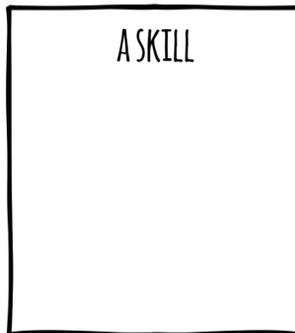
Dziękuję:.....

Write or draw something you are thankful for in each category:

A POSSESSION



A SKILL



A PERSON

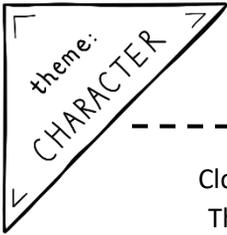


Christians believe that God is the one who gives us everything we have, because He loves us. Therefore, we should thank Him and praise Him for His goodness.

PRAYER IDEAS

Thank God for the things He has given you.

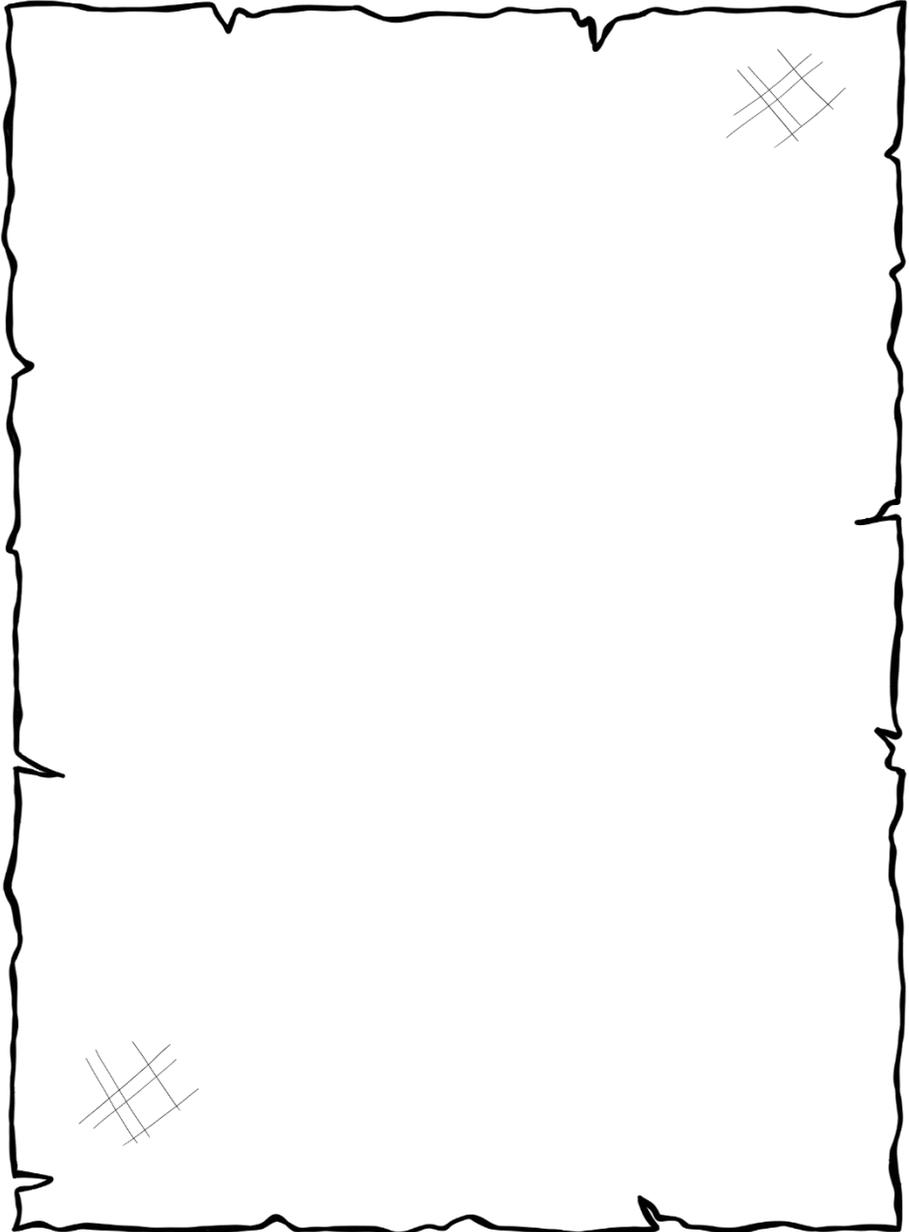
Pray for those who have less than you.



ATTITUDE



Close your eyes and draw a squiggle in the space below.
Then open your eyes and try and turn it into a picture.



In that activity, you turned a messy scribble into something positive. The Bible teaches that we should have a positive attitude in all circumstances too, not grumbling or moaning but being joyful and 'shining like stars'.

BIBLE BIT

"Do everything without complaining or arguing. Then you will be innocent and without any wrong. You will be God's children without fault. But you are living with crooked and mean people all around you, among whom you shine like stars in the dark world."

Philippians 2:14-15

How positive do you think you are as a person?

NEVER POSITIVE

RARELY POSITIVE

USUALLY POSITIVE

ALWAYS POSITIVE



What situations do you tend to 'complain' and 'argue' in?

.....

.....

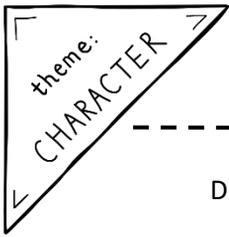
This week I promise not to complain when/about...

.....



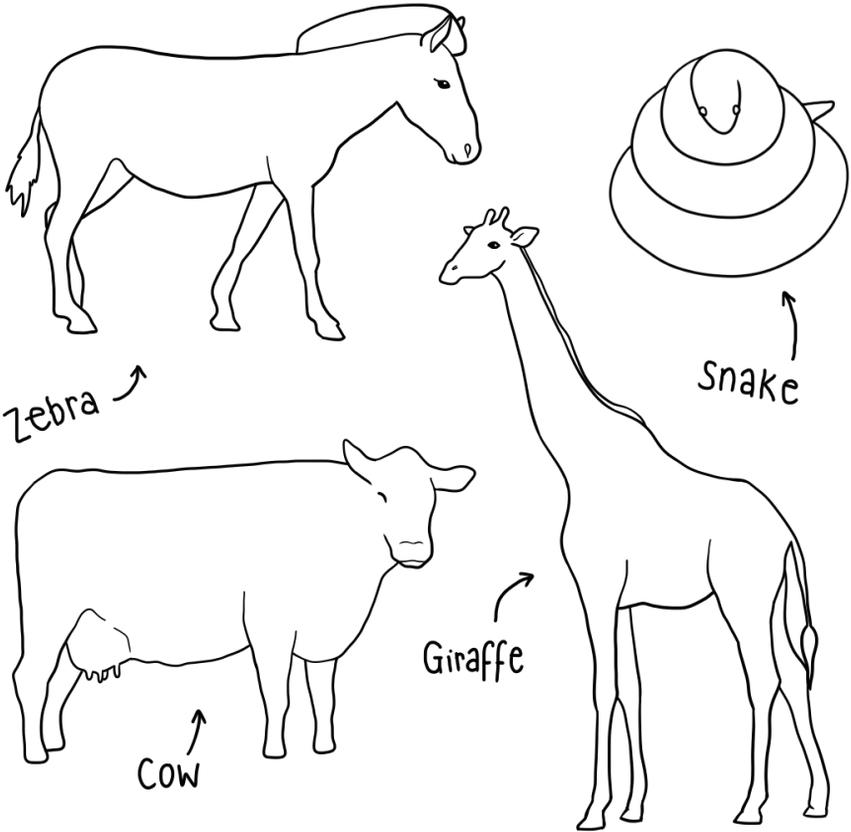
Ask God to forgive you for when you have had a bad attitude.

Ask God to help you see situations positively this week.



GOD'S CHARACTER

Draw the *incorrect* patterns on each of these animals.



Just like these animals, God's Kingdom is back-to-front and unexpected. It's the opposite to the pattern that the world follows.

The world says 'you get what you deserve' but God's grace means we get amazing things that we *don't* deserve. Jesus didn't just die for those who were good enough, He died for sinful, broken people too.

BIBLE BIT

“Very few people will die to save the life of someone else. Although perhaps for a good person someone might possibly die. 8 But God shows his great love for us in this way: Christ died for us while we were still sinners.”

ROMANS 5:7-8

Why do you think Jesus died for bad people who didn't deserve it?

.....

.....

God asks us to share the same character as Jesus – loving all people, not just those who are 'good' or 'nice'. Think about someone you find it difficult to show love and kindness to.

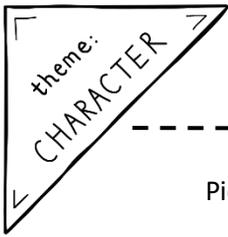
Write three things you can do to be kind to them this week:

- 1)
- 2)
- 3)



Thank God for the love and grace
He has shown to all people.

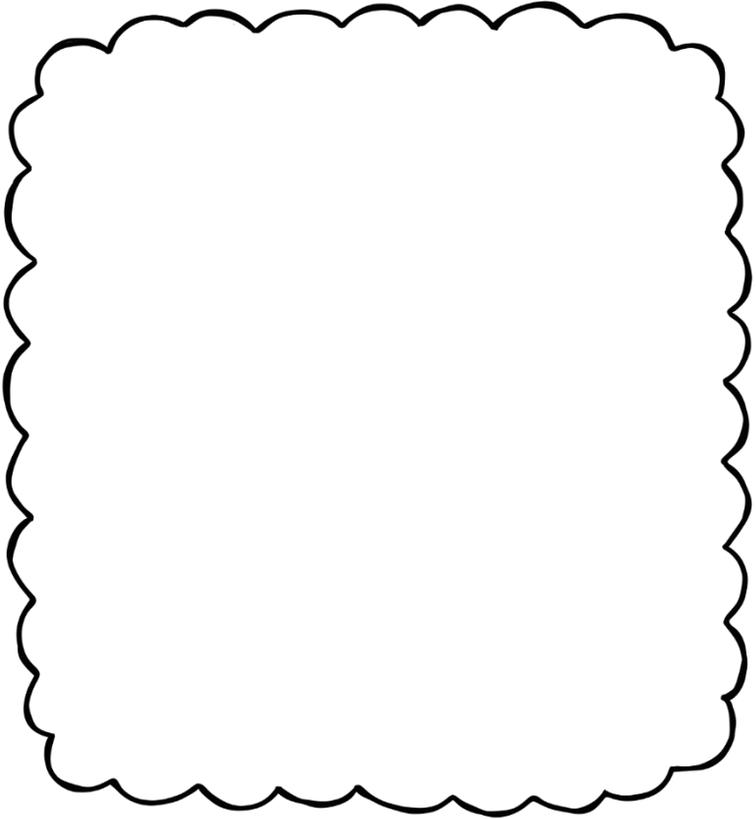
Ask God to help you show
kindness to all people, especially
those you find harder to love.



INTEGRITY

Pick two or three animals from the list below and then combine them to draw a mythical creature.

- GIRAFFE
- PARROT
- COW
- DINOSAUR
- SNAKE
- ANT
- ELEPHANT
- HUMAN
- CAT
- CHICKEN
- FISH
- SHEEP
- BUTTERFLY

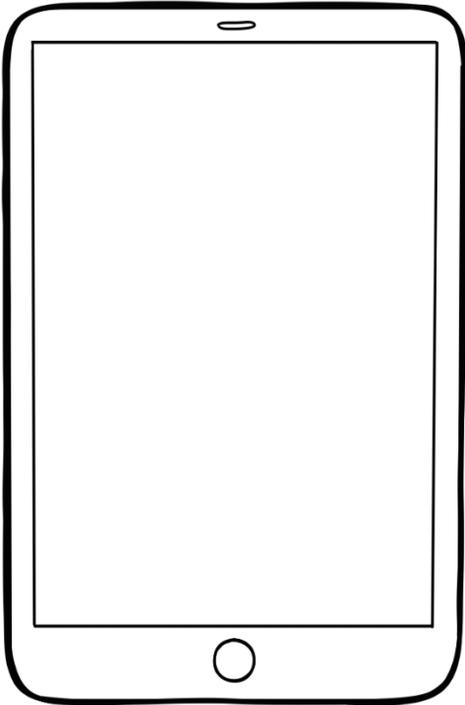


Integrity is a really important characteristic to have. It's about being real and honest – integrity means making your actions match your words, and not presenting an unreal or 'mythical' version of yourself.

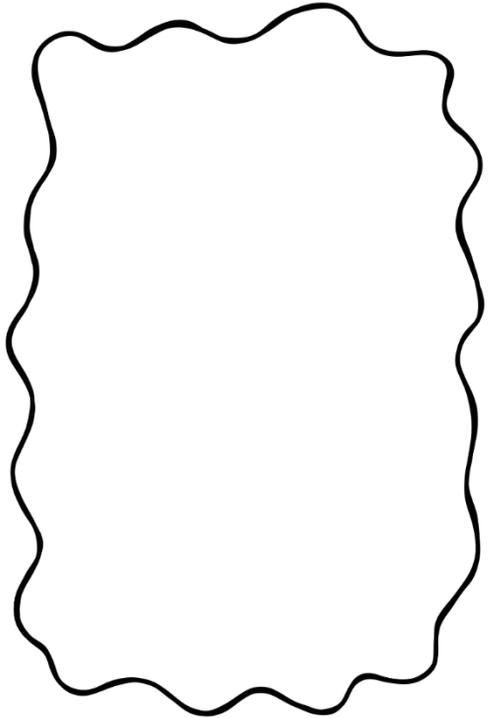
Give an example of when you've shown integrity.
(E.g. *you stuck to your word, you showed the 'real you', etc.*)

One of the places people struggle to show integrity is on social media. People show a filtered, edited, 'perfect' (unreal) version of themselves.

WRITE OR DRAW HOW PEOPLE
PORTRAY THEMSELVES ONLINE



WRITE OR DRAW WHAT
REAL LIFE LOOKS LIKE



BIBLE BIT

“These people worship me
with their mouths and honour
me with their lips, but their
hearts are far from me”

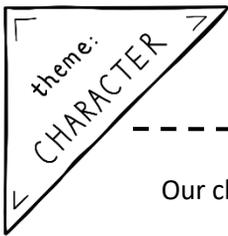
ISAIAH 29:13

Jesus warns against people who put on a front to make themselves look better. Our actions should match up with our words otherwise we are not showing integrity.



PRAYER IDEAS

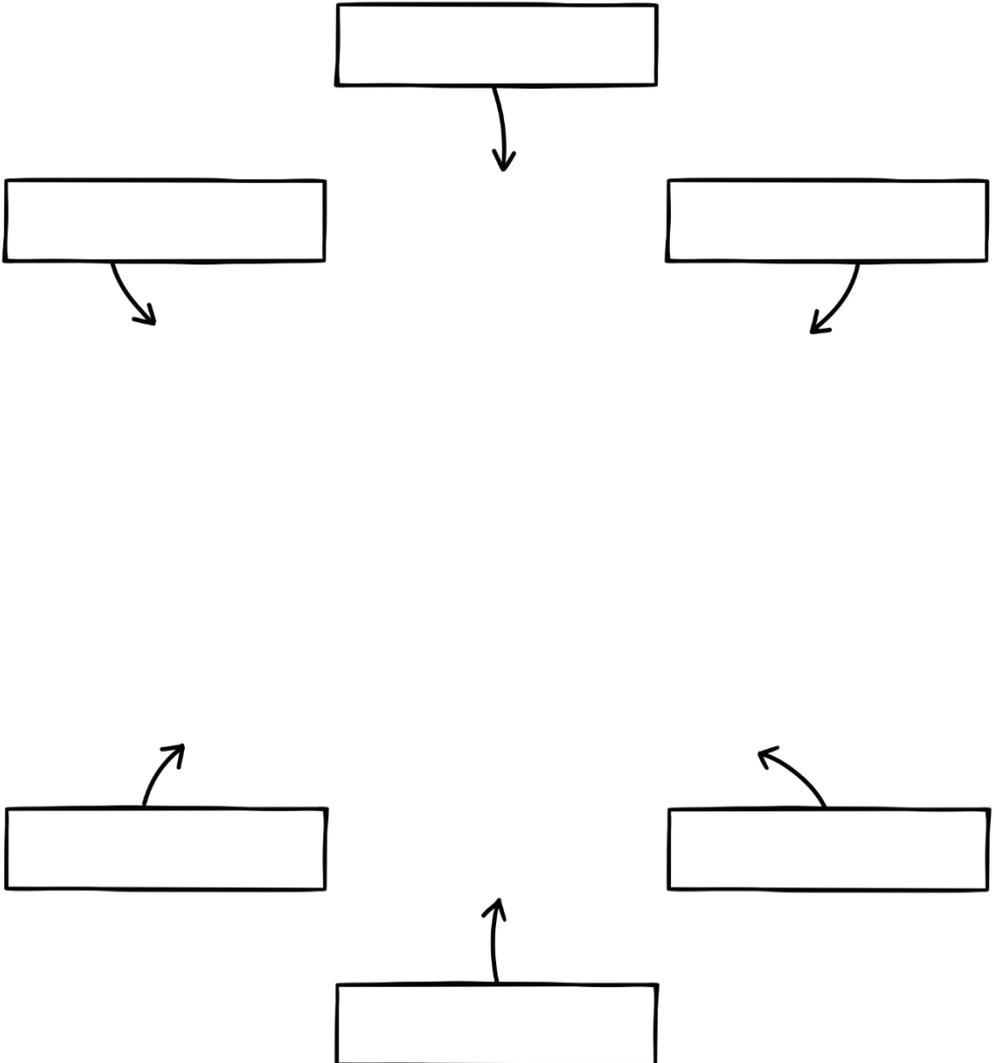
Ask God to help you have integrity,
especially on social media.



INFLUENCES

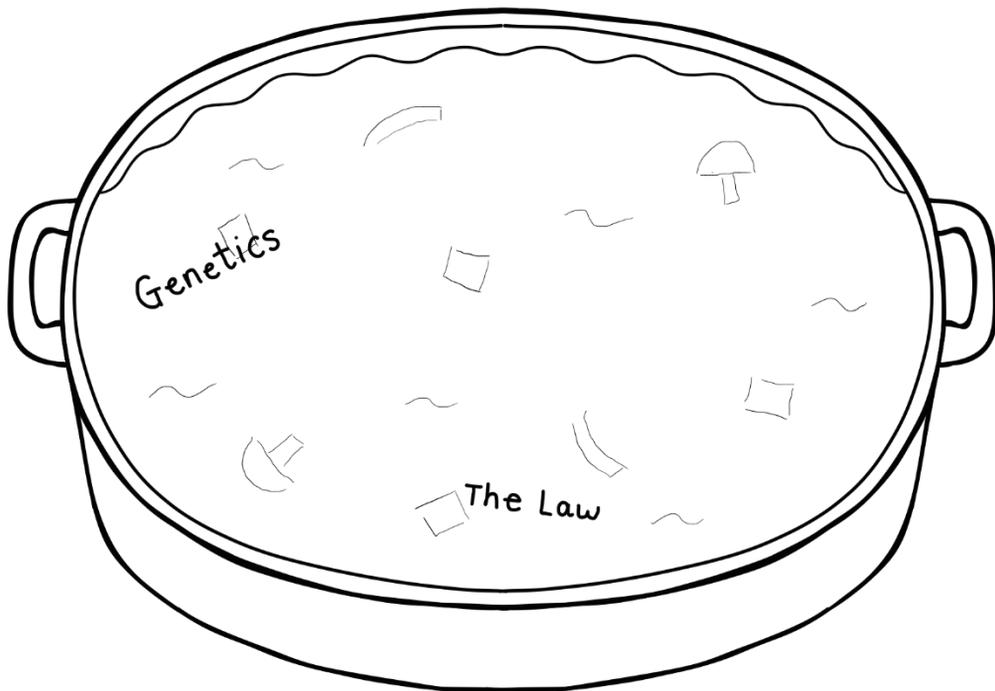
Our character is shaped by people around us – some are good influences, others may be bad influences.

Draw a self-portrait in the space below. Then fill in the labels to show the people that influence you – both bad and good.



Our character, personality, habits and interests – the things that make us *us* – are influenced by all sorts of things, not just people. All these influences are like ingredients thrown into a big pot, but we can often choose what ingredients to keep and what to throw away.

In the pot, write or draw some of the other things that influence your character (not individual people). There are some ideas to start you off.



BIBLE BIT

"MY DEAR FRIEND, DO NOT FOLLOW WHAT IS BAD; FOLLOW WHAT IS GOOD. THE ONE WHO DOES GOOD BELONGS TO GOD."

3 John 1:11



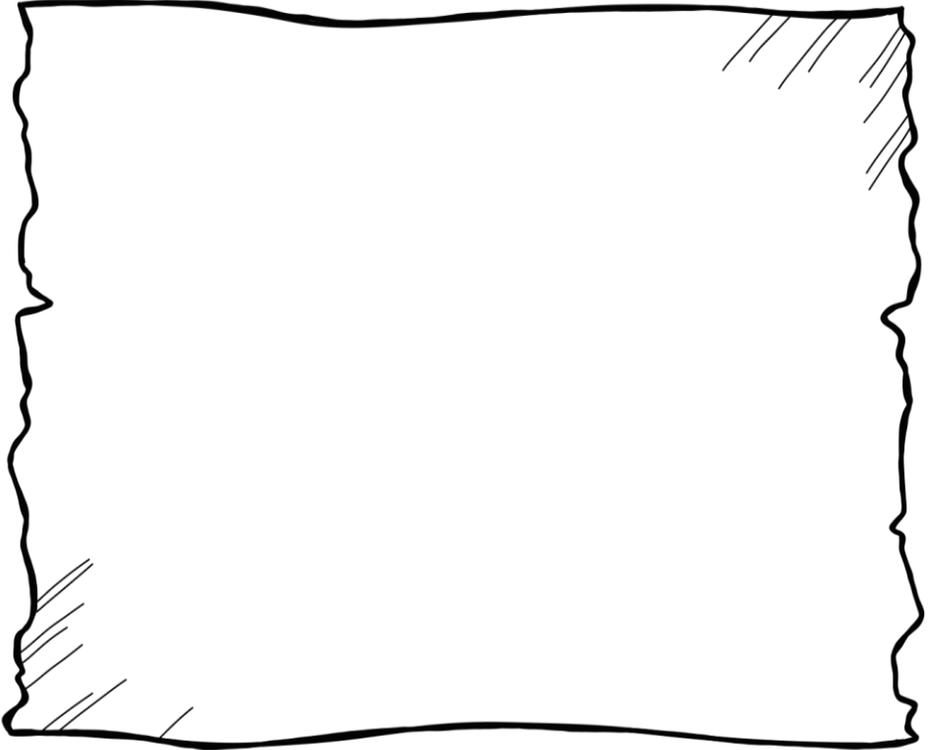
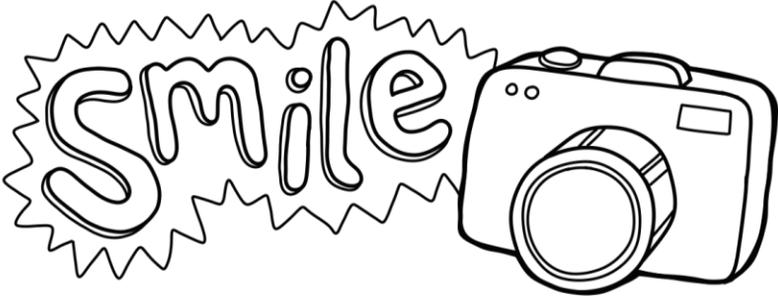
Thank God for sending Jesus to be the perfect role model.

Ask God to help you follow good examples, not bad.

theme:
CHARACTER

JOY

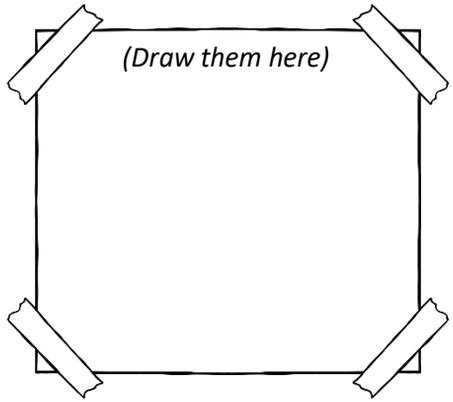
Draw something that has made you smile or laugh this week.



Joy is an important characteristic. It's not the same as happiness – happiness is an emotion that depends on your circumstances, and it's okay to feel sad when sad things happen. Joy is like an inner peace – even when things are tough, you still have things to hope for and be thankful for.

Who is the most joyful person you know?

.....



What do you think makes them so joyful?

.....

.....

BIBLE BIT

"I pray that the God who gives hope will fill you with much joy and peace while you trust in Him."

ROMANS 15:13

Christians believe it is God who gives us joy, through the Holy Spirit. This Bible verse is written by a man called Paul, who had amazing joy, despite being tortured and imprisoned for his faith.

How do you think 'being filled with joy' affects someone's life?

.....

.....

PRAYER IDEAS:

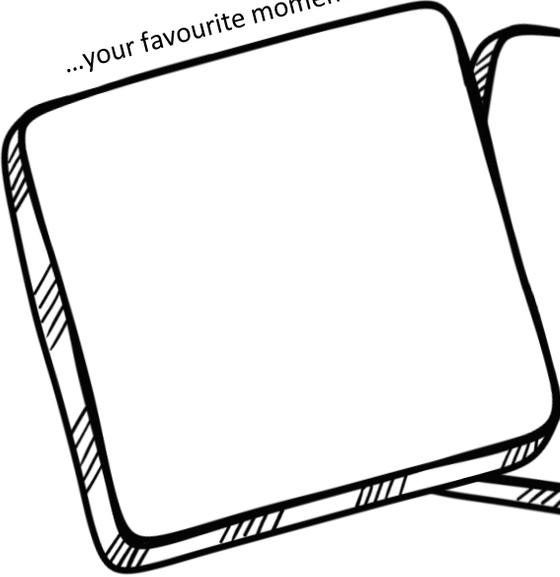
Thank God for the joy and hope He gives us.

Pray for your friends who struggle to feel joy and hope.

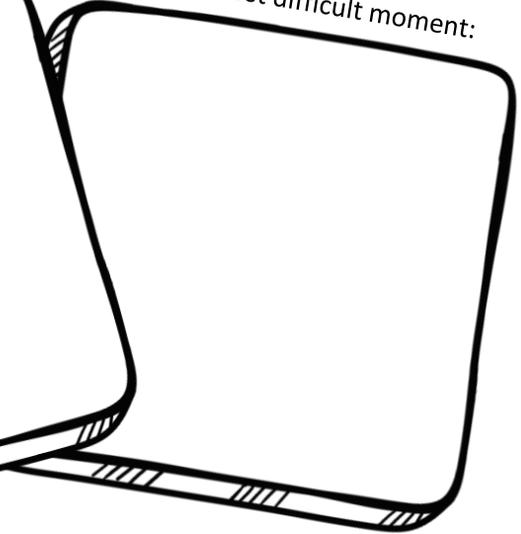
END OF YEAR REFLECTIONS

Write or draw...

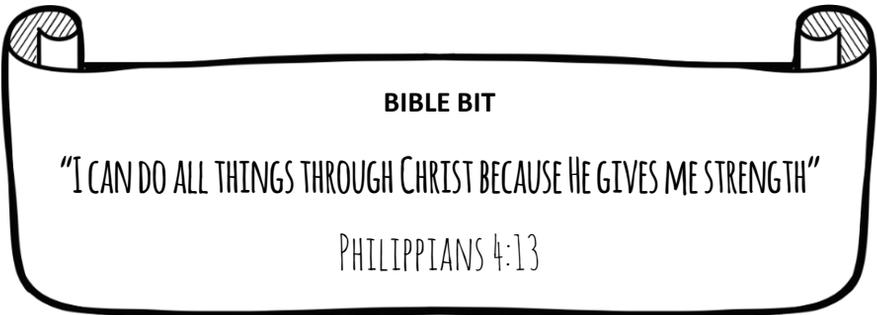
...your favourite moment:



...the most difficult moment:



What are you thankful for?



BIBLE BIT

"I CAN DO ALL THINGS THROUGH CHRIST BECAUSE HE GIVES ME STRENGTH"

PHILIPPIANS 4:13

