

Issue 189

this magazine belongs to:

Bible Explorers

Love the LORD and learn!



This issue we'll be looking at
kindness and goodness!

Do we have to be
good ALL the
time?

Salty
science

Showing God's
kindness

1

Hi Bible Explorers!

Welcome back and happy New Year! This issue is all about kindness and goodness, the next in our 'fruit of the spirit' series. We've had a bit of help from Auntie Christine Walker on this issue – look out for a new special feature, Auntie Christine's Science Corner, with lots to learn and experiments to try!

Joel has also discovered a new kind of puzzle which we are calling 'boxes and lines' – give it a try along with all the other activities.

Thank you SO MUCH to Anna Brady for writing the Dear Diary for over a year. Please get in touch if you would like to write the Dear Diary. We know that someone wanted to write the Dear Diary next, but we have misplaced who it was (whoops)!

Lots of love,

Joel, Claire, and Phoebe

p.s. – Phoebe has just had a baby, so might be a bit slow answering emails!
Please contact Joel or Claire on jsgalilee@gmail.com if it's anything urgent!

Dear Diary...

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Hey guys,

This is my last Dear Diary so I am very sad. It is winter now so you might have noticed some frosty grass. As the days get colder and shorter, it makes me feel like it might snow. It similarly makes me excited for spring which also reminds me of Jesus who came back to life again. It was a new beginning like the springtime, when we see lots of new life, for example lots of baby animals, like lambs, are born. As we are nearing spring I am writing about **new beginnings**.

Think back to the story of Noah (Gen 6-9). God wanted to rid the world of evilness, so he brought about the flood. Faithful Noah and his family were safe in the ark, so when the flood receded, the earth had a new beginning.

Everyone has all been invited to have a new beginning. A chance to live forever. We all have the chance to be baptised and be in God's kingdom. We should all take that chance when we get to it.

I'm looking forward to a new beginning in September – starting high school. I went to visit recently and it was amazing, but I am still feeling a bit nervous about my new start. However, I know God will be with me.

For now this is my final joke:

What did the snowman say to the other snowman?

I smell carrots!



Best wishes to you all. God bless. Anna

What is kindness?

Kindness is perhaps one of the easier fruits to understand, because kindness is a word that we hear often: at school, home or at the meeting when we are reminded to be kind to others. This is very **important**, and certainly a **fruit** that we should be trying to **grow**.

However when you look into this passage there is a little bit more to it than that. Kindness is also often translated as **goodness** or **gentleness** – which are also fruits of the spirit! This illustrates something we said in our first magazine of this series: that the **different fruits** of the spirit are all **different ways of showing love**. This means there is lots of overlap between the fruits, as they are all part of showing love.

The Greek word used in Galatians 5 is '**chrestotes**' which is often used to describe **God**. In fact, of the 8 verses which use this Greek word, 4 of them are explicitly about God. These verses outline how **God is kind** because he has allowed us to be **saved**. God's kindness is truly amazing and he had given us salvation if we want it.

God is kind, and therefore **we should try and be kind too**. We don't have God's power to save people, but we can still show kindness. Over the next couple of pages we will read about how **King David** showed kindness in his life.

Story time!

In 2 Samuel 9 we read about King David showing kindness to a son of Jonathan after he became king. Can you read the story and put these pictures in the right order by putting a number in the circle? Write a caption for each picture as if it were a comic strip.



BOXES AND LINES

6

Can you fill in the words from these verse which mention kindness? Letters connected by lines are the same – for example the 'S' at the end of 'suffers' links to the letter 'S' below it. Look up the verse if you are struggling!

A word puzzle for the verse 1 Corinthians 13:4. The puzzle consists of several boxes and connecting lines. The top row contains the word "S U F F E R S" in black letters, with a red line connecting the final 'S' to a box containing 'S' in the second row. To the left of "S U F F E R S" is a box containing "O". Below "O" is a row of four empty boxes. Below the four boxes under "S U F F E R S" is a row of four empty boxes. A red line connects the first 'S' of "S U F F E R S" to the first box of the row below. Another red line connects the second 'F' to the second box, the third 'F' to the third box, and the 'E' to the fourth box. A red line also connects the 'S' in the second row to the first box of the row below. A red line connects the 'S' in the second row to the first box of the row below. A red line connects the 'S' in the second row to the first box of the row below.

1 Corinthians 13:4

A word puzzle for the verse 2 Samuel 9:7. The puzzle consists of several boxes and connecting lines. The top row contains the word "S U R E L Y" in black letters. Below "S U R E L Y" is a row of four empty boxes. A red line connects the 'S' of "S U R E L Y" to the first box of the row below. Another red line connects the 'U' to the second box, the 'R' to the third box, the 'E' to the fourth box, and the 'L' to the fifth box. A red line connects the 'Y' to the first box of the row below. Below the row of four boxes is a row of eight empty boxes. A red line connects the 'S' of "S U R E L Y" to the first box, the 'U' to the second box, the 'R' to the third box, the 'E' to the fourth box, the 'L' to the fifth box, and the 'Y' to the sixth box. Below the row of eight boxes is the word "J O N A T H A N" in black letters. Below "J O N A T H A N" is a row of eight empty boxes. A red line connects the 'J' to the first box, the 'O' to the second box, the 'N' to the third box, the 'A' to the fourth box, the 'T' to the fifth box, the 'H' to the sixth box, the 'A' to the seventh box, and the 'N' to the eighth box. Below the row of eight boxes is a row of eight empty boxes. A red line connects the 'J' to the first box, the 'O' to the second box, the 'N' to the third box, the 'A' to the fourth box, the 'T' to the fifth box, the 'H' to the sixth box, the 'A' to the seventh box, and the 'N' to the eighth box. A red line connects the 'J' to the first box, the 'O' to the second box, the 'N' to the third box, the 'A' to the fourth box, the 'T' to the fifth box, the 'H' to the sixth box, the 'A' to the seventh box, and the 'N' to the eighth box.

2 Samuel 9:7

7 The unforgiving servant



Peter asked Jesus about forgiveness. Jesus told this parable:



A king was settling his accounts and found that a servant owed him 10,000 bags of gold!



The servant fell to his knees and begged. "Be patient with me, I will repay everything!"



The king took pity on him. He cancelled the debt and let him go.

What do we learn from this story? God is so kind to us even though we do not deserve it and we can never repay him. What we should do is to show God's kindness to other people!



On his way out, the servant found another servant who owed him a few silver coins.



He grabbed him by the neck and said "Pay me what you owe me!" The man begged, "Be patient with me and I will pay you back!"



The servant refused and had the man put in prison.



When the king found out, he told the servant that he was wicked. "I had mercy on you. Shouldn't you have shown the same mercy to your fellow servant?"

This verse sums it up: 'And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.' Ephesians 4:32

9 Auntie Christine's Science Corner:

Have you ever heard of **OXYTOCIN**?

(pronounced – ox-ee-toe-sin)

It's a hormone or chemical messenger in your body. Sometimes it's called the 'love hormone' or 'cuddle drug' because it helps you feel **kind** and **loving**.

It's produced by a gland in your brain called the **hypothalamus** (the red bit in the picture) but you don't need to know this to feel its effects.

Kindness

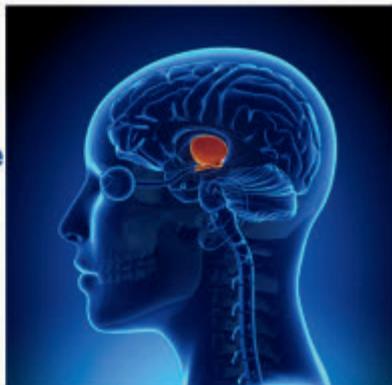


Photo Credit: www.depositphotos.com

The amazing thing about it is that if you spend time being **kind** to someone, your **oxytocin** levels will increase. Have you noticed that when you are kind to someone you feel good inside? That's **oxytocin** increasing in your body. And what's more, the person you are kind to will also get a rise in **oxytocin**, too. Which will make them feel kind as well. [Even **seeing** an act of kindness will often make you feel kinder. Isn't that **amazing**?

God has given us wonderful bodies so let's use them in a way he would be pleased with.

Spend a few moments thinking how you can be kind – help someone pick up something they've dropped, listen to your friend's problems, do something to help your Mum or Dad or just smile at someone today.

Random Acts of Kindness

In 1993, a book titled 'Random Acts of Kindness' became an overnight bestseller and inspired individuals and organisations to do one random act of kindness everyday.

What random act of kindness could you do?

Jot some down below, and send us your ideas to be in the next issue of Bible Explorers. We've started you off with some questions to get going. Most importantly – make sure you remember to do them!

How can I be kind to my family?

How can I be kind to my friends?

How can I be kind to people I don't know?

Goodness!

Goodness definitely sounds good – but what is it? How do we make sure we are being good? Let's get exploring and see if we can work out what this is all about.

God said that his creation was good in Genesis chapter 1. He decides what is good. Sometimes we do things that feel good but actually they turn out to not be good at all. This is why we should use God's measurements of what is good!

The Greek word used in the fruits of the spirit passage is 'agathosyne'. A Biblical scholar called Strong defined this word as '**Uprightness of heart and life**'.

Other than the 'fruit of the spirit' verses, this word only occurs **3 times** in the Bible. Can you read the verses and summarise below?

Romans 15v14

2Thess 1v11

Eph 5v9

EXPLORE MORE!

In Ephesians 5v9 you read how the fruit of the light is goodness, righteousness and truth. If goodness is light, then what is dark? Light and dark is a key theme throughout the Bible where we see that God's way is lights and the ways of sins are darkness. This makes sense, because for fruit to grow, you need light. If you tried to grow in the dark, you wouldn't bear any fruits, and would be fruitless which is not pleasing to God.



Let's see what Auntie Christine has in store for us...

Auntie Christine's Science Corner:

Goodness

Have you ever heard someone being called 'the salt of the earth'? It means that person is really, really good. The expression comes from the Bible and Jesus was using it to show how 'good' we can be. But **why is salt good?** Have a look at the suggestions below.

You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet." (Matt. 5:13)

Before we had fridges and freezers it was used as a preservative, keeping things like meat fresh for a long time.

It makes things taste better.

It's a de-icer. That's why it's put on roads in bad weather.

It is used in the manufacture of lots of things like glass, soap, leather and paper.

In the Old Testament, the offerings were seasoned with salt as a reminder of the people's covenant with God (Leviticus 2:13).

And it's also good for us. Without it we could become tired, irritable, nauseous, confused, have muscle spasms or even die.

But don't have too much!

So we can all try to be **good**, helpful and reliable like the salt of the earth.

There are lots of fun things you can do with salt. Here are some you could try!



Lift a piece of ice with string and salt

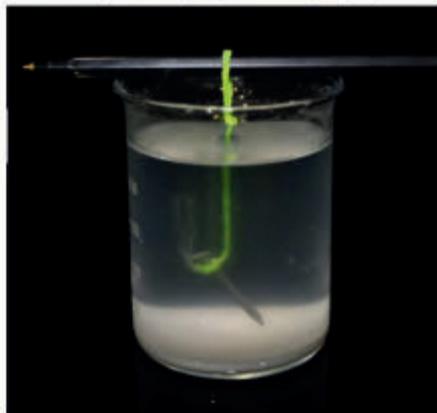
1. Put ice cubes into a shallow dish and rest wet string directly across the ice.
2. Pour salt onto the ice and string.

After 30 seconds you should be able to lift the ice with your string!

Make your own crystals

1. Fill a jar with hot water and slowly stir in several tablespoons of salt. Let it cool.
2. Tie one end of some string around a nail and tie the other end around a pencil.
3. Put the nail in the jar so that it will be suspended in the water when the pencil is laid across the mouth of the jar.

After about a week your string will be covered with salt crystals.



Separate salt and pepper

1. Mix a teaspoonful of salt and a teaspoonful of pepper on a plate.
2. Blow up the balloon and draw a face on it.
3. Rub it for about 30 seconds on a wool garment or your hair.
4. Hold the balloon over the salt and pepper.

Only the pepper will jump up to the balloon. If you listen carefully, you'll hear a cracking sound like static electricity! You could try to make the pepper look like hair for the face you've drawn.



1. Fill two glasses about 2/3rds full with water.
2. Add salt to one and stir well.

3. Drop an egg into each glass and see the difference.
4. Now carefully add clear water to the salty glass. What happens to the egg?

Floating and sinking

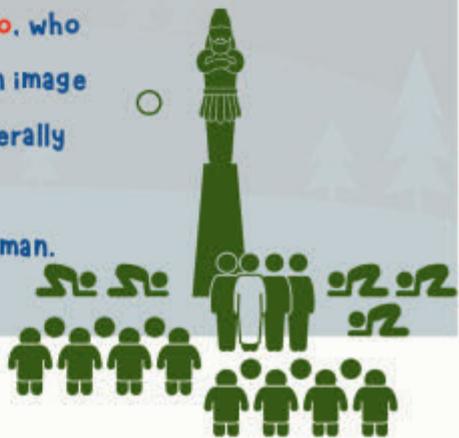


Good vs evil

Goodness and evil are totally distinct – like light and dark, day and night. Everything is either **good** or **bad** in God's eyes, according to his definition of goodness. It's a bit like how the egg either floated or it sank.

We also saw how the salt **separated** from the pepper. This reminds us of God's **judgment**. When God made the world it was good, but it soon became bad through our human actions. He wants the world to be **filled** with goodness again, and that is only possible when there is no sin or evil. When **Jesus comes back**, good will be separated from evil. We won't be able to do things that are not good (1 John 3:2, Revelation 22:3).

Remember what **goodness** meant – upright before God. One amazing example of this is Daniel's friends: **Shadrach Meschach and Abednego**, who were commanded to bow down to a golden image of King Nebuchadnezzar. They refused, literally standing up for God. Another example is **Mordecai** who refused to bow down to Haman.



Do you go along with what your friends want to do, whether it is good or bad? It's difficult when there is pressure from people around us, but we should always stand up for what is right.

We choose **now** which way we want to follow – the strait and narrow way or the broad way.

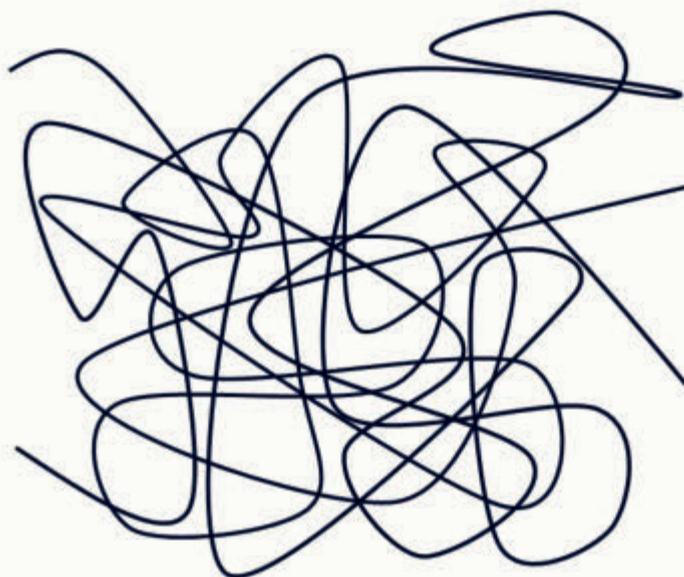
The mess below has two gates, one which leads to destruction, and one to life. Which gate leads to which? Follow the lines to find out.



A



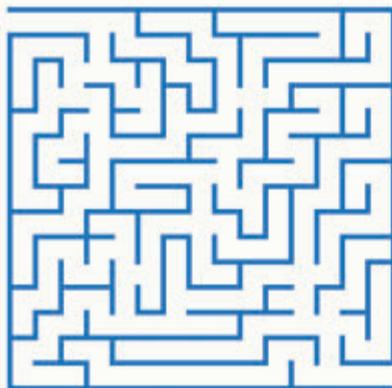
B



Broad gate
which leads
to destruction

Narrow gate
which leads
to life

START



END

Being good all the time can feel like a maze sometimes! We should thank God that he has given us his word as our guide and that he strengthens us when we are struggling.

Summary Quiz

1. Who did David show kindness to and why?

2. Who represents the king in the parable of the unforgiving servant?

3. How many times does the specific word for 'goodness' come up in the Bible?

4. Does an egg float or sink in salty water?

5. What are the two gates which Jesus describes as routes for our lives?

Summary Wordsearch

D V W C A G D R Q F Q B D M E N E U D J
 P A V S P W W L A Q R H J G I Q M M X H
 C Q V S W O V D O O S G Q V S K V H M R
 T W S I U L F R O E S O K S U X H K A S
 E Q O X D I O D Q G F E E Q O P G M Y Y
 I I V R R G R T C Z X N I S L G N X E Y
 C I I C E H G Q F W D J C H M V N D H B
 W A C E U T I D B N F R U I T C J G H F
 F T C P A N V U I D E B T R J X A J A Y
 L S T I U R E K Y S T R A I T T G H W R
 S E O Z A L G M E P H I B O S H E T H I
 S E R V A N T C T A F B M S Q E T A G S
 N L T A V A J Y V T K Z J I I M A B N U
 Z H T A T F Z Y E V J O N A T H A N M D
 F R Q N G Z C O L V B M O I J E J Z Q T
 S D V O A W Z B X O M L A Q D D K P T R
 I I U Y C R D S S E N D O O G V A N D G
 U Z S K F Y R A V F T L A S Q Z H R S A
 R I B E M W O O T D J U Y J A S G N K G
 E Q G Y H J P M W D O V E J H F J H P K

DAVID

JONATHAN

MEPHIBOSHETH

FRUIT

SALT

GENTLENESS

GOODNESS

DEBT

FORGIVE

SERVANT

LIGHT

DARK

NARROW

STRAIT

GATE

Key verse:

And be kind to one another, tenderhearted,
forgiving one another, even as God in Christ
forgave you.

Have you tried any of the
experiments? Send us a photo!
phoebe.jefferies@icloud.com

Maybe you have ideas of random
acts of kindness – please send
in your ideas.

Or post to
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Wolston
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Next time we will take a look
at the next two fruits of the
Spirit, faithfulness and
gentleness.

