

Issue 190

this magazine belongs to:

Bible Explorers

Love the LORD and learn!

This issue we'll be looking at faithfulness,
gentleness and self-control!



Simon Says?!

God's
faithfulness

Faithful Bible
characters

Hi Bible Explorers!

Hello Bible Explorers! How are you? This issue is the last in our series of the fruit of the spirit, looking at faithfulness, gentleness, and self control. We hope you've enjoyed this series and the summary quiz at the end will hopefully pull everything together across the last couple of magazines.

We are very excited to welcome a new Bible Explorer, Charlotte into the role of writing Dear Diary. Thanks so much Charlotte, we're looking forward to hearing all about what you've been up to.

Lots of love,

Joel, Claire, and Phoebe

PS – you may have found the puzzles extra hard last time. Joel's maths puzzle had a plus instead of a minus, and Claire's wordsearch had two words missing. We're sorry for the confusion – let's hope the puzzles are easier this time....!

Dear Diary,

Hi everyone! My name is Charlotte Woodcock and I am 11 years old. I attend Stafford Meeting and have a younger sister named Izzy who is 6. Here are some things you need to know about me!

1. Me and my sister are the only children at Stafford so we go to Cannock for Sunday School.
2. I very recently had my birthday so I am only just 11.
3. My favourite author is M.G Leonard.
4. I know how to play the piano but I do not know how to read piano music. I play by ear. This means I do not read the notes: I listen to them and work out how to play a song from the way the notes sound (just in case you didn't know).

On the 31st of December (New Year's Eve) me, my parents and my sister had a celebration with our friends. Olive, Caleb and Ezra Rushforth! We walked around the Houghton light displays together. They were so beautiful and full of colour.



Afterwards they came back to our house for a party. We played lots of games of Bible charades, ate lots of snacks and Izzy played the guitar very well! She made up a nice song and Ezra enjoyed dancing to it. He was a very good dancer for a 1-year-old!

I hope you have all been up to some fun things recently! God bless to you all and I look forward to telling you more about myself next time.

From Charlotte xxx

3

What is faithfulness?

Greek word: pistis

Strong's Reference: G4102

Occurs 244 times

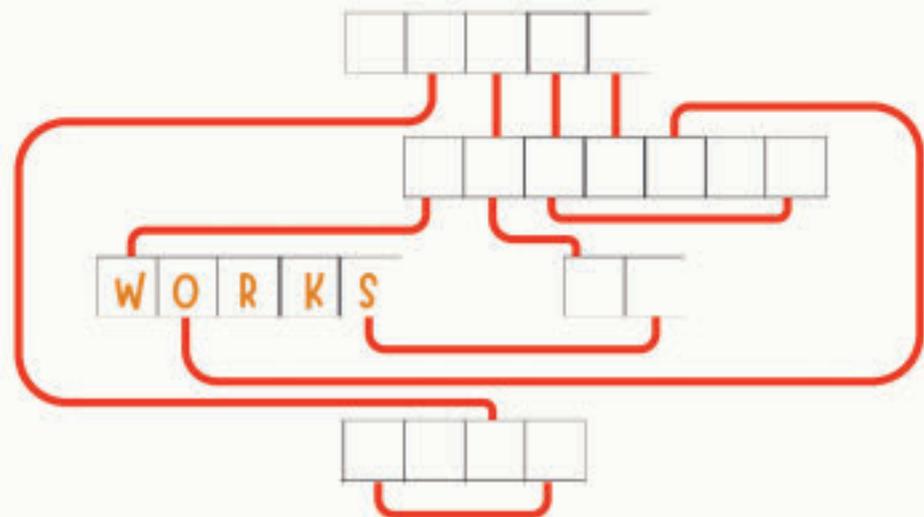
Faithfulness is the idea of **keeping your promises** – like in a marriage, a husband and wife keep the promises they made to each other on the wedding day for the rest of their lives! It's also the idea of **believing in God**, like in Hebrews 11:1-2. So to show this fruit, we have to:

Believe in God and the promises he has given us (being full of faith)

Live our lives according to the way we have promised to God, in a way that pleases him (being faithful)

BOXES AND LINES

Can you fill in the words from this verse about **faith**? Letters connected by lines are the same – for example the 'W' at the start of 'works' links to the letter 'W' at the start of the previous word. Look up the verse if you get stuck (James 2:26).



God's faithfulness

God asks us to be faithful because he is faithful to us. This means that he has promised us incredible things, and he is **faithful** to these promises – so we know that he will give them to us. It's important to think about what God has promised to us: have a look at these verses and see if you can write down what they tell us about God's promises. There might be a few promises within one passage so read carefully!

Hebrews 13:5:

1 Corinthians 10:13:

Jeremiah 31:33-34:

1 John 1:9:

5

Faithful Characters

In Hebrews 11, we're given a big list of faithful people from the Old Testament and what they did to show their faith. Can you match up the name with the act? (Use Hebrews 11 if you're struggling!)

Abel

Believed that God would give her a son in her old age

Enoch

Circled Jericho for 7 days

Noah

Asked the Israelites to go back to the Promised Land with his body

Sarah

Offered a better sacrifice to God than his brother

Abraham (x2)

Prepared an ark to save his household

Hid their child from the king's command

Isaac

Passed through the Red Sea

Received the 2 spies

Jacob

Kept Passover

Joseph

Offered his son Isaac knowing God could raise him from the dead

Moses' parents

Pleased God

Went where God called him to go

Moses

Blessed his grandsons Ephraim and Manasseh

Children of Israel (x2)

Refused to be called an Egyptian and accept the treasures of Egypt

Rahab

Blessed his sons Jacob and Esau

EXPLORE MORE!

6

Can you match the descriptions of Hebrews 11:33-35 to Old Testament stories? You might be able to think of a few different people for some of them. This is quite a tricky challenge!



Who through faith subdued kingdoms.

worked righteousness, obtained promises.

stopped the mouths of lions, quenched the

violence of fire, escaped the edge of the

sword, out of weakness were made strong.

became valiant in battle, turned to flight the

armies of the aliens. Women received their

dead raised to life again.' Hebrews 11:33-35



Jesus heals a



A Roman centurion had a servant who had become paralysed, in terrible pain and close to dying.



Before Jesus came to the house the Centurion sent some friends with a message for Jesus.

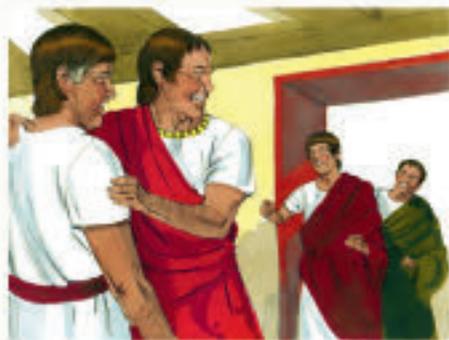


'Lord, don't trouble yourself by coming to my home, for I am not worthy for you to come into my house. Just say the word from where you are, and my servant will be healed. I have authority over my soldiers. I only need to say, "Go," and they go, or "Come," and they come. If I say to my servants, "Do this," they do it.'

centurion's servant



When Jesus heard this, he was amazed. Turning to the crowd that was following him, he said, 'I tell you, I haven't seen **faith** like this in all Israel!'



When the officer's friends returned to his house, they found the slave completely healed.

What amazing faith the centurion had, that he believed Jesus could heal his servant without even being near him!

EXPLORE MORE!
Read John 4:46-54 where another man showed faith that Jesus could heal his son even though he was miles away.

Gentleness

Greek word: praotes

Strong's Reference: G4236

Occurs 9 times

The Greek word for gentleness is 'chrēstotēs' – in your Bible it might say 'meekness'. Sometimes we can think of gentleness or meekness as being weak, because gentle people are often quiet or very good at willing to let other people take charge. Actually though, it takes a LOT of strength to be gentle, and these people often make the best leaders. A really good example of this is

Moses.

Moses was the leader of the children of Israel – but he was described as "the meekest man on the face of the earth"

(Numbers 12:3). It took a lot of strength for Moses to lead Israel out of Egypt and through the wilderness – but he did it gently, just like how Jesus showed us. The word for 'meek' is also

translated 'humble.'

Jesus was the ultimate example of meekness – he tell us he is 'gentle and lowly in heart' (Matt 11:29) and although he had the power of God, he always spoke gently to people and ultimately gave up his life, barely speaking a word against the people who caused his death.



Spot the difference!

10

Below are 2 pictures of Jesus
gently welcoming children. Can you
find 10 differences?



11 Gentleness: Aunty Christine's Science Corner!

Think about what happens when someone **pinches** you. It's not very nice is it? You might want to pinch them back. But do you know what happens inside your body?

When you feel the hurt, the nerve cells (they're called **neurons**) where you are pinched carry electrical messages through your body and up the spinal cord to your brain to tell you it's hurting. And a message will go back to the hurt to tell you if you need to do anything about it like rubbing it (not pinching back!) This all happens **very, very fast**. Nerve messages travel around 100m/sec or 200 mph. Neurons are working, sending messages back and forth to your brain all the time so you can tell whether you are hot or cold, standing up or sitting down, whether it's daytime or night time. We don't have to think about it to make it happen. What wonderful bodies!

Here is an **experiment** you can do to find out which areas of your body are most sensitive. With a friend take it in turns to drop a small piece of tissue onto each other's skin in different places while their eyes are closed. You will probably find that your back doesn't feel as much as your hand or your lips. The least sensitive bits are your heel and your elbow.

So what about you and your feelings? We've thought about **pinching** and **gentle touches**. We all know which we prefer. It's the same with how we behave. Just as we shouldn't go round pinching people we should also speak gently and not be quarrelsome.

Titus 3:1-2

'... to speak evil of no one, to be peaceable, to be gentle, and to show all humility toward all men.'



Onesimus

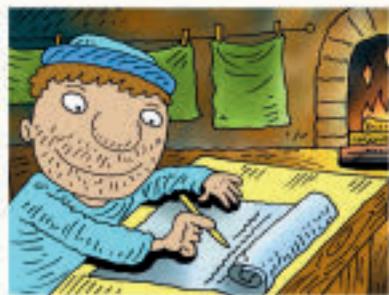
Can you write captions for these events in the life of Onesimus, the runaway slave? Use the verses and read carefully to work out what happened before and after the letter was written!



Philemon v 15



v 10



v 19



v 12, 15, 17

Paul was showing Philemon an example of **gentleness**: it would have been easy for Philemon to think badly of Onesimus who was his slave, and a runaway slave at that! Instead, he's expected to **humbly** and **gently** forgive Onesimus and greet him as a brother.

Self-control

Greek word: egkrateia

Strong's Reference: G1466

Occurs 3 times

Self-control is the **way of life** we follow to live a life pleasing to God. In 1 Peter, Peter lists qualities for us to build up: '...add to knowledge self-control, and to self-control perseverance...'

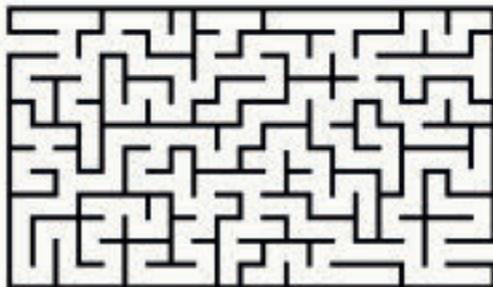
So first we need to **know** about God. Then we know how to **act**. That's where self-control comes in: **choosing to be like God** instead of doing whatever we want. Often this goes **against our natural instincts**. Then we need the perseverance to keep trying to act in that way.

Simon Says...

The game 'Simon says' is all about **controlling your impulse** to do things that you're not supposed to do – just like how we should control ourselves! Maybe you could play it with your friends at Sunday school – what do you notice? Is it easier when you are paying attention, or distracted?

Obviously, it's **easier when you pay attention** – just like acting like God is much easier when we pay attention to how he wants us to be, and not get distracted by other less important stuff!

Simon Says, solve this maze!



How good are you at stopping yourself doing something it's best not to do?

We all know that babies haven't got any self control. It's something we have to learn as we grow up and like so many things, some people are better at it than others. Children learn to have self control when they are about 3 or 4. There is an experiment psychologists do to see how good they are, at this age, at resisting temptation. It's called the **Marshmallow Test**. If you can get a grown up to find you a video of the Marshmallow test it is fun to watch.

Several young children were given **one** marshmallow and were told they could either eat it now or wait for 15 minutes without eating it, and then they could have **two** marshmallows. Most of them tried to wait, but some picked it up and nibbled at it or licked it and in the end couldn't resist eating it. What do you think helped the children who succeeded in waiting? Well, some of them tried not looking at the marshmallow, some hummed a tune to themselves or some tried to think of something else.

So if your answer to the question above is 'not very', perhaps these children can help you. You can keep thinking how nice it would be to do the wrong thing **or** you can go and find something better to do.



Use the first letter of each item to work out what the word is and complete the Proverb!



Proverbs 25:28 'A person without self-control is like a _____ with broken down _____'



Unscramble the words from
then try and find

1. T-F-I-A-H

Meaning: Trusting God even when
you cannot see what will happen.

(Hebrews 11:1)

2. D-R-R-W-E-A

Meaning: A good gift God gives to
those who trust Him. (Hebrews 11:6)

3. N-E-G-I-L-I-D-T-L-Y

Meaning: Trying very hard to please
God. (Hebrews 11:6)

4. E-I-H-R

Meaning: Someone who will receive
what is promised. (Hebrews 11:7)

5. E-I-H-R-N-I-E-T-C-N-A

Meaning: Abraham received the land as
this (Hebrews 11:8)

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

Hebrews 11 and Galatians 5.

them in the wordsearch

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

6. I-H-A-F-T-S-L-E-N-S-U-F

Meaning: Believing in God and keeping his
 commandments (Galatians 5:22)

10.F-I-C-U-Y-R-C

Meaning: What followers of Christ
 have to do to their natural desires
 (Galatians 5:23)

9.R-T-S-I-P-I

Meaning: The opposite of the flesh
 (Galatians 5:16)

8. S-E-S-N-E-E-K-M

Meaning: Being humble and calm, not
 rough or proud. (Galatians 5:23)

7. E-G-E-N-T-S-L-E-N-S

Meaning: Being kind and gentle with
 others. (Galatians 5:22)

Competition Crossword!!

We have looked at the 9 fruits of the spirit over the last 5 magazines. There is a crossword clue for each one, and we've helped you out with some of the letters for the trickiest clue. Once you've finished the crossword, can you make a word from the shaded letters? Send in your answer to the address / email on the back cover to receive a prize!

Love

3. In the parable of the prodigal son, who is the Father who shows him love when he returns?

Joy

5. The joy of the Lord is your _____' (Nehemiah 8:10)

and

4. What king famously had a reign of peace in the Old Testament?

Peace

Patience

6. Who had to be very patient when God gave him trials? We can read about him in a book with 42 chapters.

Kindness

9. Jonathan's son who David showed kindness to (2 Sam. 9:10)

and

goodness

2. The opposite of good is _____ (Psalm 34:14)

Faithfulness,

1. What was the job of the faithful man who knew Jesus could heal his servant? (see page 9-10!)

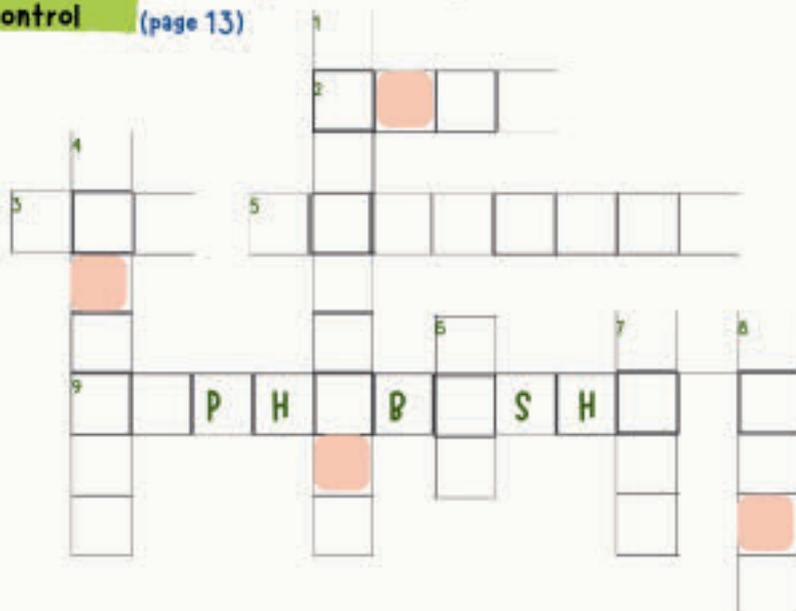
gentleness

7. Another word for gentleness used to describe Moses (Numbers 12:3)

and self-

8. How many times does the Greek word for 'self-control' come up in the Bible? (page 13)

control



“But the fruit of the Spirit is love: joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law” (Gal. 5:22-23).

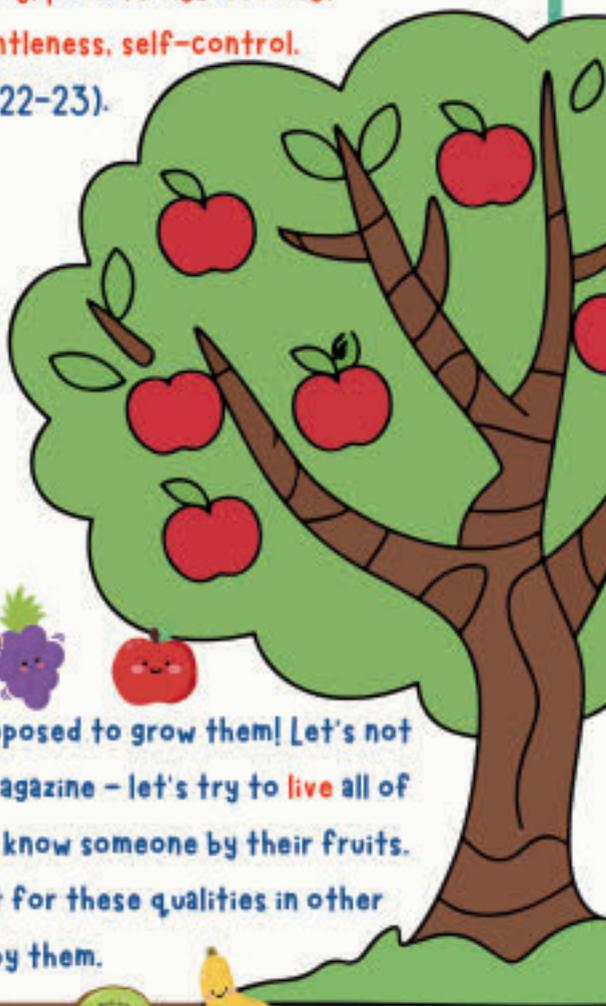
The first fruit of the spirit we looked at was **love**. One way to understand these verses is to read ‘the fruit of the spirit is love:’ and everything after this is **what love is**. Joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control are all **part of showing love**.



This is why they are **fruit** – we are supposed to grow them! Let’s not just read about these things in the magazine – let’s try to **live** all of these things. Jesus said that you can know someone by their fruits. One of the best ways is to look out for these qualities in other people and copy them.



Well done to Chloe, Jed, George, Seb, Emily & Abigail from Rugby for completing the challenge in Issue 188! We’re sorry that it was especially difficult because we’d mixed up our maths symbols!! Please get in contact to tell us if we’ve gone wrong, or if there’s anything you’d like us to do in the magazine – you could even suggest a theme if you like!



Key verse:

But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.

1 Timothy 6:11

Send your competition entries
to:
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Or post to
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