



Sabbath Keeping Youth

The following poem is quoted from "Audrey Hepburn" by Barry Paris, (c)1996 Putnam. She read it to children for inspiration.

For attractive lips, speak words of kindness.
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run his fingers through it once a day.
For poise, walk with the knowledge you'll never walk alone...
People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed and redeemed ...
Never throw out anybody.
Remember, if you ever need a helping hand, you'll find one at the end of your arm.
As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others."

Kindness Rules

Jesus! What an awesome man (and God)! There were some really great things about the way Jesus acted while He was on earth. One of those things is how kind He was to others. Kindness poured out of Jesus. You could even say Jesus is the definition of kindness.

Like Jesus, you can show kindness in lots of different ways. You can be helpful, show compassion, have good manners, be tender, say polite words, or show concern for the elderly, handicapped, or sick. Jesus showed kindness in many ways. He ate dinner with a mean guy named Zachaeus who had no friends. He fed 5,000 hungry people on a hillside. Jesus prayed with His disciples, raised men from the dead, and forgave the "very sinful woman."

In Ephesians 4:32 it says, "be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you" (NKJV). You are commanded to be kind to others, just like Jesus was. You see people everyday who need someone to show them kindness. You see neighbors, friends, family, teachers, and many others you don't know. Ask God to help you think of ways to be kind to everyone you see.

Kindness is giving yourself! It's not being selfish, but it's seeing how much you can give of your time to others. Be kind today! Give of yourself ~ even if you just give someone a smile.



The Parents Corner

Kathie Reimer, in her book "1001 Ways to Introduce Your Child to God," has some great ideas for raising an obedient and loving child!

Let genuine praise abound!

As often as possible take the positive approach.

Be careful not to humiliate your child in public.

Let your words convince your child that they are an obedient and pleasing individual.

Make sure your child understands their limits and the meaning of your instructions.

"1001 Ways to Introduce Your Child to God" by Kathie Reimer

Four Kind Men

Mark 2:1-12

Do you have a good friend? Maybe you have several good friends. It is nice to have friends and there are times we all are in need of a good friend. The following Bible Story is about a man who had four kind friends.

Word of Jesus' ability to heal was spreading quickly. He healed a man of an evil spirit and that same day He healed Peter's mother-in-law. By the time evening rolled around there were crowds of sick people wanting Jesus to heal them. In the morning, Jesus tried to go to a quiet place, but was unsuccessful as many sick people followed. Jesus went on a tour of Galilee with Peter, Andrew, James and John. He taught in the synagogues, preached the gospel of the Kingdom and healed many wherever He went. When He returned to His home in Capernaum, people crowded into a house to hear Him preach.

Among those that came to see Christ were four men. They were carrying a man who was paralyzed. The man could not walk. They must have felt some disappointment when they saw the house was filled and spilling out with people. There seemed to be no way to get their friend to Jesus. While the situation looked bleak, they did not give up. If someone really loves and wants to help a friend in need, he will not give up. One will do whatever it takes to help a friend. Jesus said, "This is My commandment that you love one another as I have loved you" (John 15:12). God can use you to help another even when it seems impossible. These four men did not give up.

The four men carried their sick friend to the roof of the house where Jesus was preaching. Bible-time homes were not like our homes today. They were usually flat and the roofs were probably made up of mud mixed with straw. Once on the roof, the four friends began to take the roof apart. When the hole was large enough they lowered their friend through the hole.

When Jesus saw the faith of these four friends, He said to the paralyzed man, "Son, your sins are forgiven you." This statement from Jesus did not please some who thought only God could forgive someone of his sins. Was Jesus claiming to be God? Yes. During Jesus' day it was believed that sickness and disease were the result of sin. There are different factors that can bring about physical sickness. Illness may be the result of violating the principles of health, or the direct result of a person's sin (Matthew 9:1-7; John 5:14). There are also times that sickness is inherited (John 9:2) or the result of an

● injury or accident (Luke 13:1-5. Jesus
● confirms in John 9:1-3 that physical
● ailments are not necessarily caused by
● sin. . In this paralyzed man's position,
● he may have been disabled since birth
● or his sin may have brought about his
● illness.

● Jesus' ability to heal was a clear
● demonstration of God's power in
● Christ. Healings performed by Jesus
● represented to the world His absolute
● power over the world, which was given
● to Him by God. When Jesus told the
● paralyzed man his sins were forgiven,
● Jesus was informing the religious
● leaders He had the ability to forgive
● sin. Talk such as this was considered
● blasphemous, an affront to God's
● authority and power (Isaiah 43:25) and
● was punishable by death.

● While those who questioned
● Jesus' authority did not speak out, Jesus
● knew what they were thinking. Jesus
● said, "Why do you reason about these
● things in your hearts? Which is easier
● to say to the paralytic, 'Your sins are
● forgiven you,' or to say 'Arise, take up
● your bed and walk? But that you may
● know that the Son of Man has power on
● earth to forgive sins, He said 'Arise,
● take up your bed and go to your
● house.'"

● To the delight of his friends, the
● paralyzed man immediately got up
● from the bed and stood. All the people
● were amazed. There was happiness and
● joy as the people glorified God and
● said, "We never saw anything like
● this!"

● Imagine how happy the four
● friends must have been. They must
● have been glad they made the effort and
● did not give up. They had helped in
● making a difference in someone's life.
● When you have a friend that needs
● Jesus' kind of love, be sure to give it (I
● Corinthians 13:4,7).

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In Pursuit of Kindness

A kind heart is one of the best virtues we can give our children. Kindness is an attractive quality that will affect a child's life in a positive way. Putting the needs of other's ahead of ones own, taking the time to encourage and not destroy cultivates a harvest that is filled with happiness and success. When parents teach their children to help the poor, feed the hungry, visit the sick, lift up the downtrodden and give shelter to the homeless, they are teaching a lifestyle that is the standard of Christ.

We should not be surprised that the human imitation of God's kindness does not come naturally. In fact, ultimately no one is kind (Psalm 14:3; Romans 3:12). It is only as the fruit of God's Spirit that kindness can be a constant, steady and unchanging fact of the believer's life experiences.

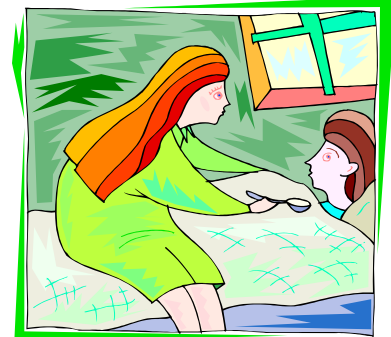
Jesus makes the understanding of kindness pretty clear. He tells us that showing undeserved kindness to others imitates God's character. God has shown great kindness to everyone He has made (Psalm 145:9), even to those of His creatures who are ungrateful and wicked. It is through this great Godly kindness that He leads all who will listen and learn to repentance, not to rejection of Him (Romans 2:4). In like manner, we are to respond to people with kindness regardless of their feelings toward us. Whether it is one of love and admiration or one of malice and wickedness, we must respond with Godly kindness. If someone mistreats you because you are a Christian, don't curse him; pray that God will bless him. When others are happy, be happy with them. When they are sad, share their sorrow.

People experience happiness through kindness when they feel a sense of achievement flowing from their lives. We become happy when we express kindness through a worthy cause. By doing so the labor of our lives has ultimate meaning. For people to be truly happy there must be a sense of contribution and fulfillment.

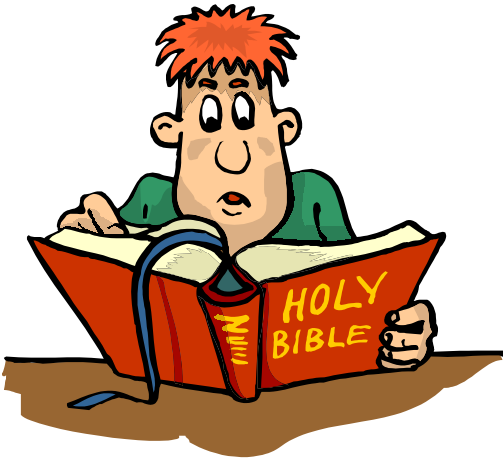
Centuries ago, the Apostle Paul wrote to the church at Galatia, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, meekness, temperance: against such there is no law" (Galatians 5:22-23). What Paul seems to be saying is that God intends for us to be happy people. It is through His spirit in us that we are satisfied, provided we put to use the virtues of His Spirit. Therefore it is God's will that we accept each other as brothers and sisters, that we show each other warm kindness and affection and that we lead our lives to achieve great things for His Kingdom.

When you teach your child to be kind, you are also teaching him to respect others. As parents, do you show one another respect? There are days in everyone's life that not everything goes well. On those days, are patience, kindness and gentleness shown to one another or is the household filled with anger and tension? This does not mean that everyday of your child's life should be without a problem, nor should life be seen through rose-colored glasses. Storms in the experiences of living are character building. The key to developing compassion is how you, the parent, handle the storm with the right response. There is not one event or storm in a child's life that will develop kindness. It is observing a parent over a period of time and how you react to each difficult situation that will make the difference. Children learn early on by your example. When you discipline your child, do you do it out of love and respect? Punishment should never be done in anger. When your children fight, do you shrug it off as sibling rivalry or do you step in and stop the fighting because in your house it is not acceptable?

In this life there is no way we can be perfectly flawless in our pursuit of expressing Godly kindness as Christ Jesus did, but we can certainly aspire to be as much like Christ as possible. Teach your child that he can have peace, not turmoil in his life, if he practices kindness in his daily life.



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Are you up for a real challenge? See if you can figure out where all 27 books of the New Testament fit in this puzzle! The books of the NT are listed below. Books with versions I and II are only listed once.

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|-------------|---------------|
| Matthew | Thessalonians |
| Mark | Timothy |
| Luke | Titus |
| John | Philemon |
| Acts | Hebrews |
| Romans | James |
| Corinthians | Peter |
| Galatians | Jude |
| Ephesians | Revelation |
| Philippians | |
| Colossians | |

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