



# SABBATH KEEPING YOUTH

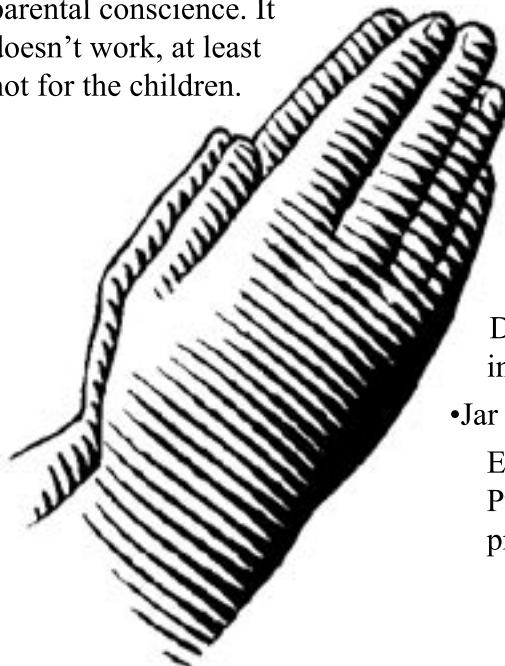
A Newsletter by The Church of God International

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## Give the Gift of Quantity

Dr. Laura Schlessinger quotes the following in her book, *Stupid Things Parents Do To Mess Up Their Kids*

Children need time and repetition. They require love and affection. They desperately need a consistent, real example. In family life, they will learn how to view themselves by the parents' routine actions, which speak louder than words or gifts. They will learn from those who give them the most time – peers or parents. And yes, it is about quantity time – not so-called quality time. "Quality time" is a concept formulated by parents who don't "have enough time" for their kids – an idea invented to sooth the parental conscience. It doesn't work, at least not for the children.



## Jehovah Jireh

Oh no! There's enough food for one more meal. The drought and famine have wiped out all the extra food. One last meal and then you and your mother will die. This is exactly what happened to a widow and her son in the book of I Kings chapter 17. Little did they know God wanted to show them why people called Him Jehovah Jireh. The Hebrews had many titles describing God. Each title started with "Jehovah" which was the name used for God. The word Jireh means "our provider." The title Jehovah Jireh means "God is our provider." You can trust God to take care of all your needs. The key is to "trust" Him. The widow is a great example!

The prophet Elijah asked the widow to fix him a meal. She told him she and her son only had enough food for one meal. Elijah

asked her to trust God and give him their last meal. The woman trusted God and obeyed. Then came the miracle. Jehovah Jireh, the provider, made sure that every time she opened her canister of flour and jar of oil, there was always enough for one more meal. She never had to worry about food again.

The Bible says "Jesus Christ is the same yesterday and today and forever." (Hebrews 13:8 NIV) Jehovah Jireh still provides for those who trust Him. It's great knowing that God is watching out for your family. Trust God and He will keep food on your table, clothes on your back, and a roof over your head. Did you notice how God used the widow to provide for Elijah? Maybe God wants you to help someone. Ask your parents to help you provide food or clothes for someone in your town who needs a little help from Jehovah Jireh.

## The Parents' Corner

Can a jar bring your family closer together? These jars sure can.

- Jar Full of Fun.

Each family member saves money in the FUN jar. Set a goal like going out for ice cream or a trip to an amusement park.

- Jar Full of Love.

Decorate a jar together using paint, candy, and small objects. Bake a treat to put in the jar and then give it to someone who could use some love.

- Jar Full of Worries.

Each family member writes their worries or prayer requests on a slip of paper. Pull one slip each night at dinner and pray for that need. When God answers the prayer the whole family will rejoice because they played a part in prayer.

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# Teaching Your Child About Prayer

**P**rayer is an important part of our walk with God. It is not something that we can just forget about and not do. Prayer is a must but often people don't know how to pray and skip it altogether. It is important you teach your children how to pray and model it for them.

Prayer is a way for us to talk with God. We can thank Him and ask Him for help or forgiveness. He already knows what is in our hearts but we must go to Him with it. Through prayer we can show Him that we trust Him and have faith He will help us and show us the way.

•Christ taught us how to pray. He told us to:

- Pray for our enemies. (Matthew 5:44)
- Pray in private. (Matthew 6:6)
- Know God in your prayer. (Matthew 6:7)
- Have faith in God that your prayers will be answered. (Matthew 21:22)
- Believe in God. (James 5:15-16)

•Give thanks to God and ask Him for what you need. (Philippians 4:6)

Christ also modeled prayer for us. "So when you pray, you should pray like this: Our Father in heaven, may your name always be kept holy. May your kingdom come and what you want be done,

here on earth as it is in heaven. Give us the food we need for each day. Forgive us for our sins, just as we have forgiven those who sinned against us. And do not cause us to be tempted but save us from the evil One." (Matthew 6:9-13)

Here are some ideas for you to use in your home to help teach your children how to pray, the importance of prayer and how to model prayer.

•When your family sits down to eat dinner, pray and ask God to bless the food and thank Him for it. As your children get older ask them to say the prayer.

•Before your family leaves on vacation, pray and ask for God's protection. When you return home safely, pray and thank God for protecting you.

•If you learn that someone is ill or hurt, as a family pray for the person to be healed.

•Before your child goes to bed each night have him or her pray.

•Stand in a circle with your family and have everyone place their hands on the shoulders of the person next to them. Before you pray have everyone slowly press their hands down on the shoulders. Thank Christ for dying for our sins and taking our burdens away.

Slowly lighten the pressure on the shoulders. After the prayer discuss how the hands on their shoulders were like or unlike their daily burdens. Read 1 Peter 5:7: "Give all your worries and cares to God for he cares about you."

•At dinner ask your child if there is something that he or she would like to have the family pray for. It could be something that has to do with school, friends or their family.

•Have a family prayer box. During the week family members can write prayer requests on a slip of paper. On the Sabbath come together as a family and pray for the requests in the box.



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# Individual Psalms

**Psalms 3, 4, 7, 26, 71, 139**

Individual Psalms are prayers to God from individuals instead of prayers from a community of people. Psalms are prayers that were sung. For many centuries the book of Psalms was a hymn book for Jews and Christians. The psalms express different emotions just like the songs in our hymn book do today. The following psalms express having confidence in God and trusting that He is there watching over you.

## **PSALM 3**

This is a song that David sung to God when he was running away from his son Absalom (see 2 Samuel 14:25-15:18; 16:15-18:33). He is telling God about all the enemies he has and how he has confidence in God to protect him.

## **PSALM 4**

David asks that God hear his prayer. He tells of God's faithfulness to him and encourages others to trust in God and obey Him.

## **PSALM 7**

In this psalm, David tells God that he is innocent and he believes in God's judgement. David wants God to judge those who do evil and help those who do good, "stop those wicked actions done by evil people, and help those who do what is right." (v. 9) David says that God is where he goes for protection and safety, "God protects me like a shield." (v. 10)

## **PSALM 26**

David asked God to judge him. David had faith in God and has done good works. This is mentioned in the Bible many times to have "faith and works." You can't have one without the other (see James 2:14-26 and Romans 4). David wants God to examine him



well when being judged. But David also requests that God have mercy on him and redeem him.

## **PSALM 71**

This psalm was written by an elderly man who remains unknown. He prays for protection from his enemies. He talks about all God has done for him and how he has faith that God will do more for him. God has been with him this far in his life and he believes God will continue to be with him through the rest of his life.

## **PSALM 139**

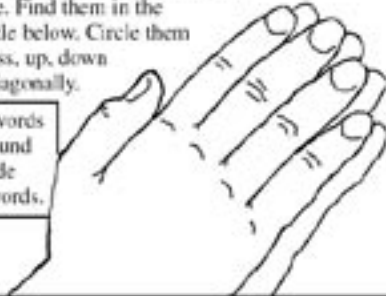
David thanks God for always caring for him and showing him mercy. David knows that no matter where he goes, God is there watching him because God is everywhere. David tells God he will be faithful to Him and asks God to lead him to "the everlasting way."

Each of these psalms showed us how to trust in God and know that he will always be there for us. We need to go to God in prayer and ask Him for what we need and thank Him for all that He has done for us.

## Individual Psalms

The psalms in today's lesson are all prayers that were written by individuals to express their own thoughts. These psalms were not written for a group or community. The 3 lists of words are found in these psalms. They are words of praise, thanks, asking for help, faith and more. Find them in the puzzle below. Circle them across, up, down or diagonally.

Some words are found inside other words.



Trust	Redeem	Praise
Deliver	Judge	Wicked
Faithful	Sustain	Thanksgiving
Gladness	Hope	Refuge
Help	Righteous	Glory
Hear	Salvation	Blessing
Peace	Deliverance	Love
Forsake	Joy	Enemies
Thanks	Rescue	Righteousness
Safety	Hand	Save
Steadfast	Sing	Answer
Shield	Bless	Gracious



## Just For Fun

This month's fun centers around the letter "J." Gather up some friends and have a jolly good time!

### Jello Jiggle

Have mom help fix 2 large boxes of jello in separate bowls. Before the jello sets, drop in 5 marbles (or other small objects). Put bowls in refrigerator and allow to thicken. Take the bowls outside with a friend. Take off your shoes and using only your toes see who can be the first person to squish out all of the marbles.

### Jammin' Jokes

- What kind of car does Mickey Mouse's wife drive? A minnie van.
- What happens when you throw a green stone in the red sea? It gets wet.
- Where do snowmen go to dance? A snowball.
- What is the most slippery country in the world? Greece.
- How do you make a milk shake? Give it a good scare.
- What do you get when you cross an elephant with a computer? A two-ton know-it-all.

Noni McVey  
 Youth Director  
 Church of God International  
 P.O. Box 223675  
 Carmel, CA 93922