



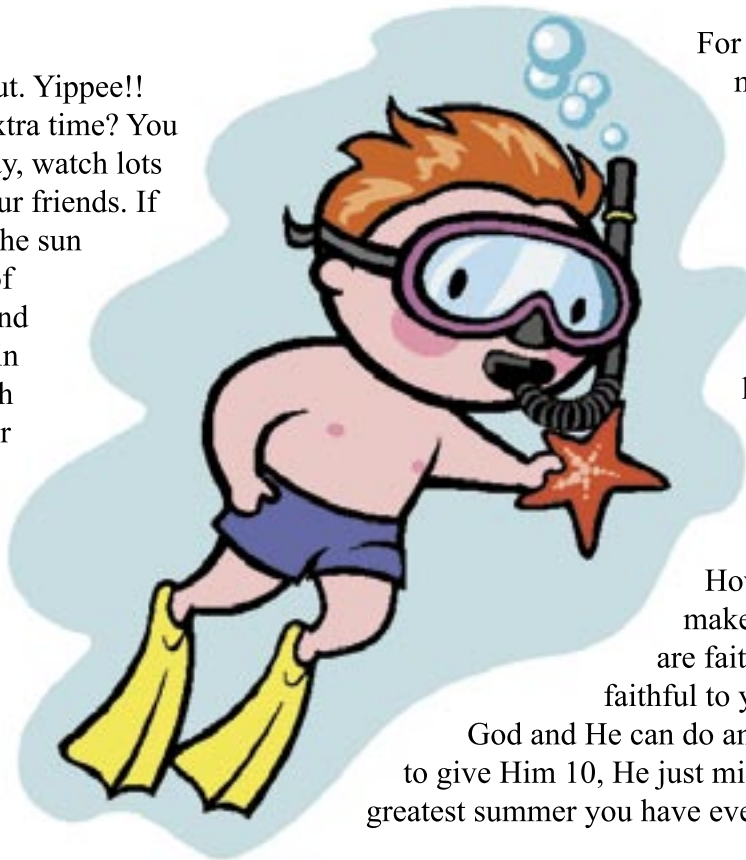
SABBATH KEEPING YOUTH

A Newsletter by The Church of God International

July/August 2006

Make 10 For Him!

Summer is here and school is out. Yippee!! What will you do with all the extra time? You will probably sleep late everyday, watch lots of TV, and play outside with your friends. If you've caught some rays from the sun and scuba dived to the bottom of the local pool, remember to spend time with God. Kids need God in their lives everyday just as much as adults do. You should do your best to give God 10 minutes everyday this summer. Does 10 minutes sound like a long time? To make it easier, divide your 10 minutes in half. Spend 5 minutes reading you Bible and 5 minutes praying. If you think you might forget to give God 10, try picking the time of day that's best for you.



For example, do you have more time to spare in the mornings, afternoons, or right before you go to bed? Make sure every day at that time you give Him 10 minutes. Time with God will help you know Him better and love him more. Giving God 10 will make you happier and the rest of your day better.

How does this happen? God makes it happen. When you are faithful to Him, He will be faithful to you. Remember, He is

God and He can do anything. If you remember to give Him 10, He just might make this the greatest summer you have ever had. YEAH!!!!

The Parents' Corner

Summer is a great time for getting outside and enjoying God's great creation. Here are some tips to help guarantee your family doesn't get scorched and enjoys the summer.

ALWAYS use sunscreen with SPF of at least 20+ and remember the sun's light is strongest from 10am to 3pm. Turning into a lobster is not how anyone wants to spend their summer days. Remember to pack lots of water so the sun doesn't turn you into a raisin. Of course don't forget to drink it. Keep a pair of sunglasses on hand to filter out those wild and crazy sun rays. Last but not least, always stay close to your children when they are playing in the pool or lake.

How to Pray for People I Don't Know

-
-
- The apostle Paul gives us nine points in Colossians 1:1-14 about how we can pray for those we do not know.
-
- We request in our prayer that the stranger.....
-
- 1. Understand God's will.
- 2. Gain spiritual wisdom.
- 3. Please and honor God.
- 4. Bear good fruit.
- 5. Grow in the knowledge of God.
- 6. Be filled with God's strength.
- 7. Have great endurance and patience.
- 8. Stay full of Christ's joy.
- 9. Give thanks always.
-



Spending Time Daily With Your Children

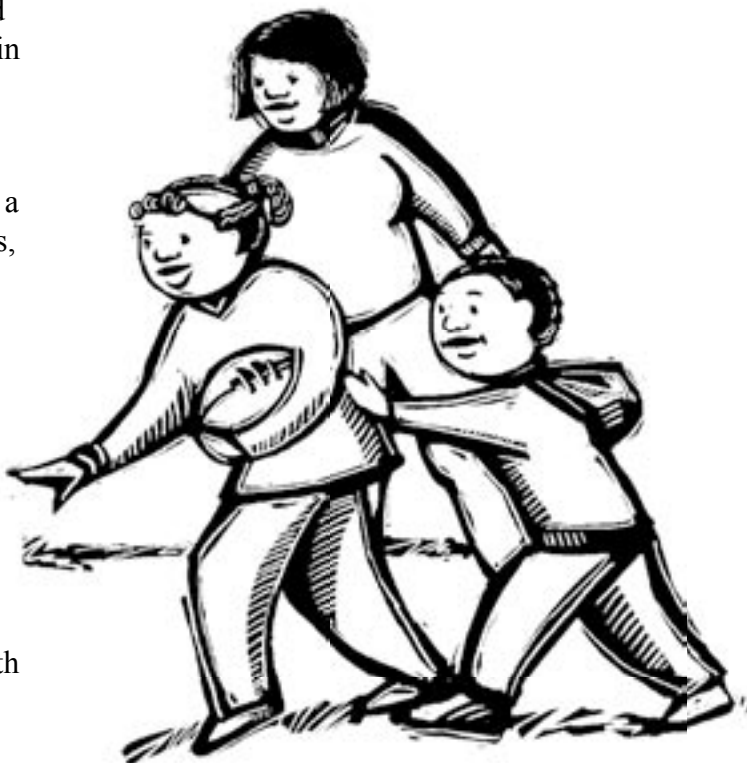
Spending time daily with God is something everyone should be doing, both you and your children. It is your responsibility to teach your children the importance of spending time with God and how to do it. You need to set an example for your children by letting them see you spend time with God. You could begin by having your family spend time with God every night after dinner or before bed. Read scriptures, discuss them, memorize them and pray.

Just like your children enjoy spending time with you, we should have the same desire to spend time with God. Life gets busy and making sure you spend quality time with your children can easily be pushed aside. God doesn't want to be pushed aside and neither do your children.

The time spent will be appreciated by both you and your children. Strong relationships are built over time. Henry David Thoreau said, "As if we could kill time without injuring eternity." Time is precious. Spend it wisely with God and your children.

Here are some ideas of how to spend time with your children daily:

1. Eat breakfast together every morning.
2. Eat dinner as a family together every night and discuss your day.
3. Set aside time before your children go to bed and read a story together or talk about what is going on in their life.
4. Set aside time every Sunday to do an activity together as a family. For example, play a game, plant a garden, go to the beach, go to the park, bake cookies, visit a convalescent home, etc.
5. Have a family movie night. Rent a movie for the whole family to watch together and pop popcorn.
6. Each morning or evening read something out of the Bible together. Talk about what it means and how to apply it to your life. Have your children practice memorizing the verse for the week.
7. Ask your children what they would like to do with you.
8. Start something that becomes a weekly tradition. Something your children will look forward to each week. Knowing they get to spend time with you, makes them feel special and important.



Sing Praise to God

Psalm 145-150

David wrote many psalms that praise God. At the end of the book of Psalm the psalms all lift up praises to God. Psalms 145-150 is an excellent example of how one should praise God.

Psalm 145 begins “I praise your greatness, my God the King; I will praise you forever and ever. I will praise you every day; I will praise you forever and ever.” God wants us to go to Him everyday for the rest of our lives and praise Him for all the wonderful things He has done for you and others. God is an awesome God! We can’t even comprehend how amazing He is. Psalm 145 encourages us to have a total commitment to God because of who He is.

David explains that for many years to come parents will be telling their children about God and their children will tell their children. “Parents will tell their children what you have done. They will retell your mighty acts, wonderful majesty, and glory. And I will think about your miracles” (Psalm 145:4-5). David loved thinking about God’s “mighty acts and His wonderful majesty.” We should be like David and love thinking about God. When you sit down with your Bible to learn more about God, it should be enjoyable and fun. You should want to spend time

with God and think about how awesome He is. Spending time with God is not a burden nor should you have to squeeze into your day.

God was good to David just like He has been good to you. David always gave God that credit. We also need to give God the credit for the great things He does for us. David knew he was not the only one who would praise God. “They will remember your great goodness and will sing about your fairness. The Lord is kind and shows mercy. He does not become angry quickly but is full of love. The Lord is good to everyone; he is merciful to all he has made” (Psalm 145:7-9).

God’s goodness and mercy will motivate us to tell everyone about Him and His kingdom. David also spoke about God’s kingdom. “Your kingdom will go on and on, and you will rule forever. The Lord will keep all his promises; he is loyal to all he has made” (Psalm 145:13). Once again, something David loved to think and talk about.

Psalm 146-150 goes on to tell us to praise God because He helps the weak and His people. We are told how to praise God and why. We are told how wonderful and awesome God is and all that He does. These are exciting chapters that should get you fired up to praise God!

As you spend time daily with God, reading the Bible and in prayer you will come to know God better and His mighty acts. God is kind, loving and patient which is how He wants us to be with each other. If we live our lives how He wants us to, we will then want to sing praises to God. We will want to tell everyone about His greatness and love to all.

“Let everything that has breath praise the Lord. Praise the Lord” (Psalm 150:6).



G

reat is the LORD and worthy of praise!

Find the words that David uses in Psalm 145 to describe God.



- | | |
|-----------------------------------|---|
| <input type="checkbox"/> ACTS | <input type="checkbox"/> GLORIOUS |
| <input type="checkbox"/> LOVE | <input type="checkbox"/> GOODNESS |
| <input type="checkbox"/> GRACE | <input type="checkbox"/> GREATNESS |
| <input type="checkbox"/> POWER | <input type="checkbox"/> PATIENCE |
| <input type="checkbox"/> WORKS | <input type="checkbox"/> SPLENDOR |
| <input type="checkbox"/> MIGHTY | <input type="checkbox"/> WONDERFUL |
| <input type="checkbox"/> AWESOME | <input type="checkbox"/> COMPASSION |
| <input type="checkbox"/> MAJESTY | <input type="checkbox"/> RIGHTEOUSNESS |
| <input type="checkbox"/> ABUNDANT | <input type="checkbox"/> GREAT <input type="checkbox"/> DEEDS |
| <input type="checkbox"/> FAITHFUL | |

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

Bible Scavenger Hunt

Are you ready for a Bible Adventure? You'll need a friend(s), a basket or wagon, and a Bible. Decide how long your hunt will last. Then, give each player a list of the following clues and scripture references. Using the clues and scriptures find as many items as you can before time is up. See who can find the most items mentioned in the Bible!!!

- | | |
|---|---|
| 1. What is cast upon the water in Ecclesiastes 11:1? | 10. An insect mentioned in Job 4:19. |
| 2. What David took from the stream in I Samuel 17:40? | 11. An object full of something mentioned in Mark 9:41. |
| 3. Something you get from a tree in Luke 6:43-44. | 12. What David took to the head soldier in I Samuel 17:18? |
| 4. Something tickly in Psalm 91:4. | 13. The fruit of a tree named in Romans 11:17. |
| 5. Two growing things mentioned in Isaiah 40:8. | 14. The valley in Ezekiel 37:1 was full of these. Find one. |
| 6. An insect in Ecclesiastes 12:5. | 15. An animal named in Jonah 4:7. |
| 7. A seasoning mentioned in Job 6:6. | 16. Something small mentioned in Matthew 15:27. |
| 8. What Ezekiel was to write on in Ezekiel 37:16? | 17. Just one of the foods named in Numbers 11:5. |
| 9. A liquid found in Proverbs 10:26. | |

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