



SABBATH KEEPING YOUTH

A Newsletter by The Church of God International

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Ticking Off Time

By Susan Lower

The time on the clock is ticking loud in your ears. The ring of the alarm fades away. You get up, get ready, and send your husband on his way. If you're lucky you've got just enough time for a cup of tea and a moment to savor the ending hour of dawn.

The pitter patter of little feet racing down the stairs breaks the silence. A sigh lets go, the day has risen. After the kids are dressed, their little tummies filled, and their messy hands washed it's time to go.

You've packed your diaper bag, readjusted little Susie's straps on her backpack, and zipped up jackets at the door. The only thing you haven't done is packed up the frustration this task can sometimes create. Wouldn't it be so wonderful to talk once and watch your request being obeyed? Then we could all zip up our irritation at repeat instructions to put on shoes more often. Why can't kids ever listen?

There is nothing more agitating than getting ready to leave the house and realizing you're missing something. Or actually getting in the car, halfway down the street, and have to turn around because you forgot to lock the door.

At the first glance of your watch, wait did you remember to put it on? Sigh, what else could go wrong?

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Show Mom The Love

Did you know one of the best ways to say "I love you mom" is to take out the trash? So you're thinking to yourself, "I do that all the time." You may be right. But how often do you take out the trash without being asked or threatened with the loss of your videogames?

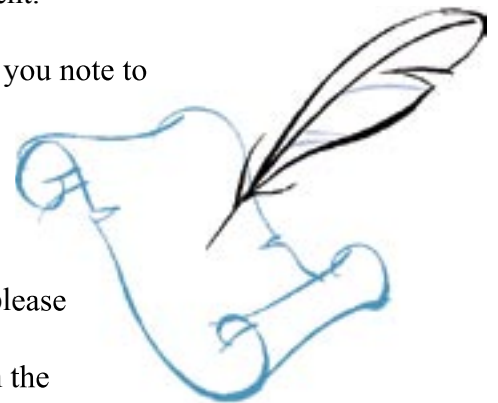
The Bible tells us to give freely of ourselves. In trash talking terms, that means hauling out the garbage without being asked. Jesus was the greatest example of a giving person. He actually thought of himself more as a servant than a king. Most kings ordered their followers around, but Jesus considered it a privilege to serve those who followed Him. His ultimate act of service was when He allowed himself to be punished for our sins. Jesus sacrificed his life to save ours. The Bible says there is no greater love.

Do you want to be more like Jesus? Then don't wait for your mom to ask you to clean your room. Do it before she asks. Then ask yourself, "what can I do for my teacher, my neighbor, and yes...my little brother." If you need help, ask God to show you what they need. After you help someone, write it down. When a month has passed, take a look at your paper and give Jesus praise because everyday you are becoming more like Him! One more thing, don't forget the trash!

The Parents' Corner

Children learn by example. When it comes to kindness, you can't set too good of an example. Let some of the ideas listed below get you on your way to being a kinder parent.

- Help your child write a thank you note to their teacher.
- Compliment three people every day.
- Greet your mailman and tell him thanks
- Smile, shake hands, and say please often.
- Let someone go before you in the checkout line.



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“Mom, I need to go potty!”

A slap to the forehead would feel good right about now. Of course, your four year old would have to go potty after guzzling down a half gallon of milk with breakfast.

“Why didn’t you go before we left?” “I don’t know,” small shoulders shrug.

Stop light, brakes halt the momentum of your journey. Closing your eyes a silent prayer escapes your lips. Another morning, like always, you’re going to be late again. The whirlwind of howling frustration, churning with agitation builds inside to form the tornado of over ripe words pushing at the gate of your mouth. “We’re almost there.”

Looking back through the rear-view mirror you see a squirming child. Little Timmy starts screaming as his toy falls out of reach. Before you can retrieve it the light turns green and horns are honking. You’re holding up the traffic line for those eager to get to work. Everybody is running on a clock that never seems to have enough time.

We’ve all been there, done that. Mornings, like these, don’t happen everyday in our house. But they happen. I may not always show up on time, or remember to bring the kitchen sink when I need it, but I always manage to bring my kids to our destination in one piece. It isn’t easy, and nobody said it would be. “There will be days...” Do you remember your mother saying those words? Mine still does, and it still applies to my everyday life.

There will be days of great joy and contentment where nothing is out of place or goes wrong. What world are you living in? There will a day with joy, a day with contentment, silliness, and excitement. But there will be days, more often than not, filled with stress, tension, and worry associated with our lives. How do I deal with this? By reciting to myself this verse: She opens her mouth with wisdom, and her tongue is the law of kindness. (Proverbs 31:26)

Screaming shouting, raising a voice is often how anger expresses itself. I confess I am guilty when it comes to yelling at my kids, my husband, and sometimes a friend when the stress of a situation weighs heavy on my shoulders. I think in a way we all are victims to this simple escape. The source of anger may not be caused by those we refute it towards, but any outlet is better than none.

In Proverbs 29:11 we are told not to give full vent to our anger. By opening our mouths we add fuel to the flames burning inside. Words, bitter sounds of the tongue, are not gifts which can be opened then returned and forgotten. There is no reward in opening a can of worms and having them wiggle away with our pride.

Let no corrupt word proceed out of your mouth, but what is good for necessary edification that it may impart grace to the hearers. (Ephesians 4:29)

Make time in your day for a quiet moment to seek out the source of your baking frustrations,

extinguish the tension breathing down your neck, and let anger cool. If you need time to sort out your feelings -take it. Find a safe place for you kids. A crib works when they are small. Playing over at the neighbors or visiting grandma can be a “treat” while you “retreat”. Use this time to relax. Take a bubble bath, take a walk, or take whatever time you need to find an outlet for what is claiming the better part of you. When you find it – keep it. Pack everything bothering you, in your own box and ship it off to a place where it won’t come back for a long time.

The gift you receive, one worth opening, is having the people around you take from your example. The ear that hears the rebukes of life will abide among the wise. (Proverbs 15:31) What our children learn from us today, they will return to us tomorrow. So when the seconds on your clock are ticking off the minutes and an hour flees from the day, remember 24/7 the stresses of life never completely go away. It’s how we face them, turn day into peaceful night that really counts.

Susan Lower is a 28 year old mother of two. In 2002 she became a stay at home mom after giving up the stresses of being an accountant. She has always loved to write, and thanks to the encouragement of her husband, is now picking the pen back up and letting God inspire her words.

Article Source: <http://www.faithwriters.com>

The Path of Integrity **Proverbs 11:1-23**

Proverbs is a book in the Bible that tells us how to live life. This is where we can go to learn from wise people like Solomon. Solomon was a wise king who ruled over Israel. God gave Solomon wisdom so he could rule over the people in a way that would be pleasing to God. It is in Proverbs that much of Solomon's wisdom is written down.

Truth and integrity are important topics to God but what exactly is truth and integrity? Truth means when you don't tell a lie. You only state things that are fact. When you tell the truth you have integrity. Integrity means you hold true to a strict moral code of ethics. Truth and integrity go hand in hand. The truth and integrity God wants us to have is to follow His moral code of ethics that we find in the Bible. Which means when we do the opposite of truth, telling lies, God hates it. "There are six things the Lord hates. There are seven things he cannot stand: a proud look, a lying tongue, hands that kill innocent people, a mind that thinks up evil plans, feet that are quick to do evil, a witness who lies, and someone who starts arguments among families" (Proverbs 6:16-19). Two of those seven items have to do with lying.

In Proverbs 11 we can read about the things God loves to see in His children and they are contrasted with the things He does not like to see. Read Proverbs 11:1-23. God is delighted by those who are honest and have integrity. Those who are dishonest and unfaithful will be destroyed. "Good people will be guided by honesty; dishonesty will destroy those

who are not trustworthy" (Proverbs 11:3).

Solomon writes about the importance of being kind. Kindness is being generous, sympathetic, warm-hearted and considerate. It is doing a good deed for someone, helping another

person, giving of your time or money. God wants us to be kind. "A kind woman gets respect, but cruel men get only wealth. Kind people do themselves a favor, but cruel people bring trouble on themselves" (Proverbs 11:16-17).

Telling a lie is not the only way to do wrong with your voice. People can be very unkind with their voices in many ways. They might say mean things about their neighbor, gossip or use bad language. The people who do these things are godless and lack judgment. These things are not pleasing to God. Those who know God and love Him know to hold their tongues.

Solomon wrote this to show a contrast between the good and the bad. He is trying to encourage us to seek after those things that are positive in God's eyes. I hope you will read and follow Proverbs 11 to be a good person. We are given hope that in the end we will be rewarded for doing good. "An evil person really earns nothing, but a good person will surely be rewarded. Those who are truly good will live, but those who chase after evil will die. The Lord hates those with evil hearts but is pleased with those who are innocent. Evil people will certainly be punished, but those who do right will be set free" (Proverbs 11:18-21). Listen and learn what is pleasing to God and follow those things!



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Solomon wrote wise sayings to teach about Integrity.

Solomon has much to say about the "road" we chose to take in life. Use the 5 road signs to find out where these two life roads lead. The first number refers to a sign; the others(s) to a letter on that sign.



12 38 32 12 25 34 48 312 23 32 210 38 25 48 22 24 11 14 48 42 11 12 21 215 12 12 215 42 21 11
 48 45 50 32 41 24 12 22 38 22 11 32 212 38 22 14 54 28 11 24 38
 38 30 24 48 45 49 24 29 54 38 52 43 42 31 37 360 20 31

Unscramble the letter to find words Solomon uses to describe those who pursue evil.

-----P (SIPSOG)
 U (HUNTLAUFF)
 R (DROPU)
 S (SHINESDOT)
 U (TRUESHLS)
 E (RUECL)
 E (VETPIECED)
 V (SERVEREP)
 I (DICEWK)
 L (SLED8OG)

Solomon contrasts wickedness with integrity. Insert the list of short words in the blanks to complete the longer words which describe a person of integrity. Then put the boxed letters on the line.



BITES IS KID RESTED FFE PIG STORY BALE

N ☐ R ☐ L MF ☐ SS W ☐ E I R ☐ HT
 G ☐ OU ☐ TH ☐ W ☐ III ☐ PL ☐ C

God detests men of perverse heart, but He _____ in those whose ways are blameless.

Church of God International
 P.O. Box 2525
 Tyler, Texas 75710