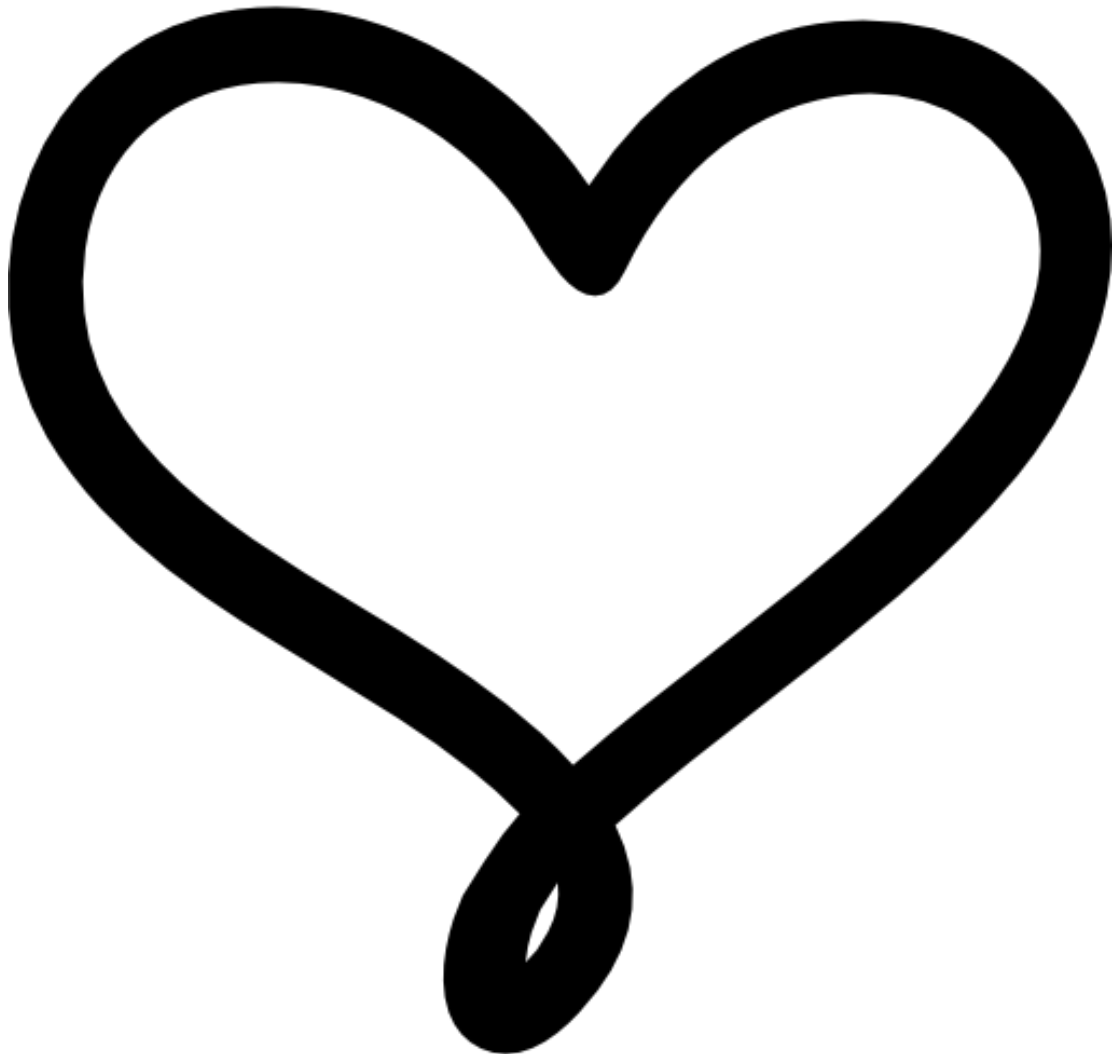


Positive comments have lots of power! Every time you try to see something that's good that another person does, tell them! It may help them feel better about themselves!

Inside the heart, draw what things you know God gives to you as a gift so that you can love and care for others.



February 16, 2020

What Defiles?

Mark 7



The Pharisees and the scribes wanted to prove that Jesus wasn't really the Son of God. They tried to show that Jesus didn't follow all of the old rules, and that only the rule followers are really on God's side.

(These same people didn't even follow all the rules themselves. They just really wanted to fight with Jesus to look like they knew better than he did.)

The old rules said they couldn't eat certain foods. But Jesus wasn't buying it. Jesus spoke to the crowd that had gathered and said that it doesn't matter what we eat or how we prepare ourselves to eat. It's not what goes into our mouths that harms others. The only thing that can cause real harm is what comes out of our hearts and out of our mouths.

That was Jesus saying we can overcome harm when we love others. When we speak kind words and show care for others, we create a beautiful, happy, healthy world!

Defiles

Things that make you "dirty" or "unclean." Jesus said what matters is what you DO for others.

February 16, 2020

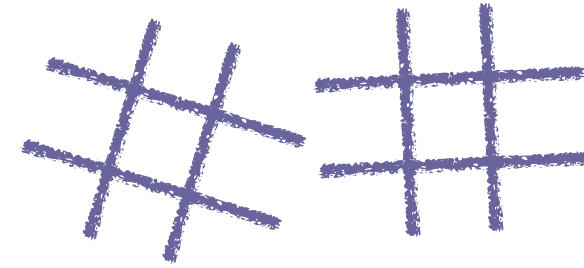
Fun Stuff

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 Z H U B M A F E S M O U Y S C R I B E S
 V O I K S R I S S Q S K P X A Q W D A X
 C Z R U I I J X K O P P F O H P D V N D
 L A S T Z N J T E O E S E K Y Y Q M M U
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- DEFILE
- HEART
- JESUS
- LOVE
- RULES
- SCRIBES
- PHARISEES
- GOSPEL
- MARK
- KIND
- WORDS
- CARING



On The Road

Next time you're on the road for a trip, see how many heart symbols you can find out on the road.



Try It At Home

Make a new menu this week and focus on foods that won't fill you up so quickly. Try eating slower and see if it's more (or less) difficult to change the pace of your eating.



MORE

Fun Stuff