

Cross out the first letter and then every other letter to reveal the missing words in this verse.

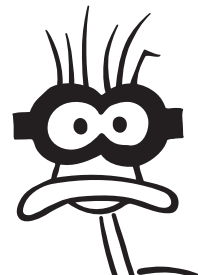


XPGHKYTSQIUCRAVLT |
 TVRBANIRNYIUNOG | IGHOGOWDC
 | GYORDWLQIANSEPSLS |
 VMXUZCMHP | BGEFTTTSEAR
 | LPKRJOHMGIFSDISNAGM |
 BQEANZEXFSIWTES | XLCIDFEER
 | LTIGFBE | NCHOTMYEU |
 TJIMMKOUTIHYO

IS _____, BUT TRAINING FOR
 _____ IS _____
 _____,

_____ IN THIS _____
 AND IN THE _____ TO _____.

1 _____ 4:8, NLT



SILENCE

Why fit in when you
were born to stand
out? — Dr. Seuss

YOU ARE WHAT
YOU ARE EAT.
A person's a person,
no matter how
small.—Dr. Seuss

Be who you are and say
what you feel, because
those who mind don't
matter, and those who
matter don't mind.
— Bernard M. Baruch

NEVER RUIN A GOOD DAY
BY THINKING ABOUT A BAD
YESTERDAY. LET IT GO.

Treat others the
way you want
to be treated.

When life gives
you lemons, make
lemonade.

Do your best.
Never give up!

List what you spend your time on.

spend 2 hours after
school on my phone



What can you do to fast from the activities you listed on page 7?

spend 15 minutes after school doing a devotion and praying

