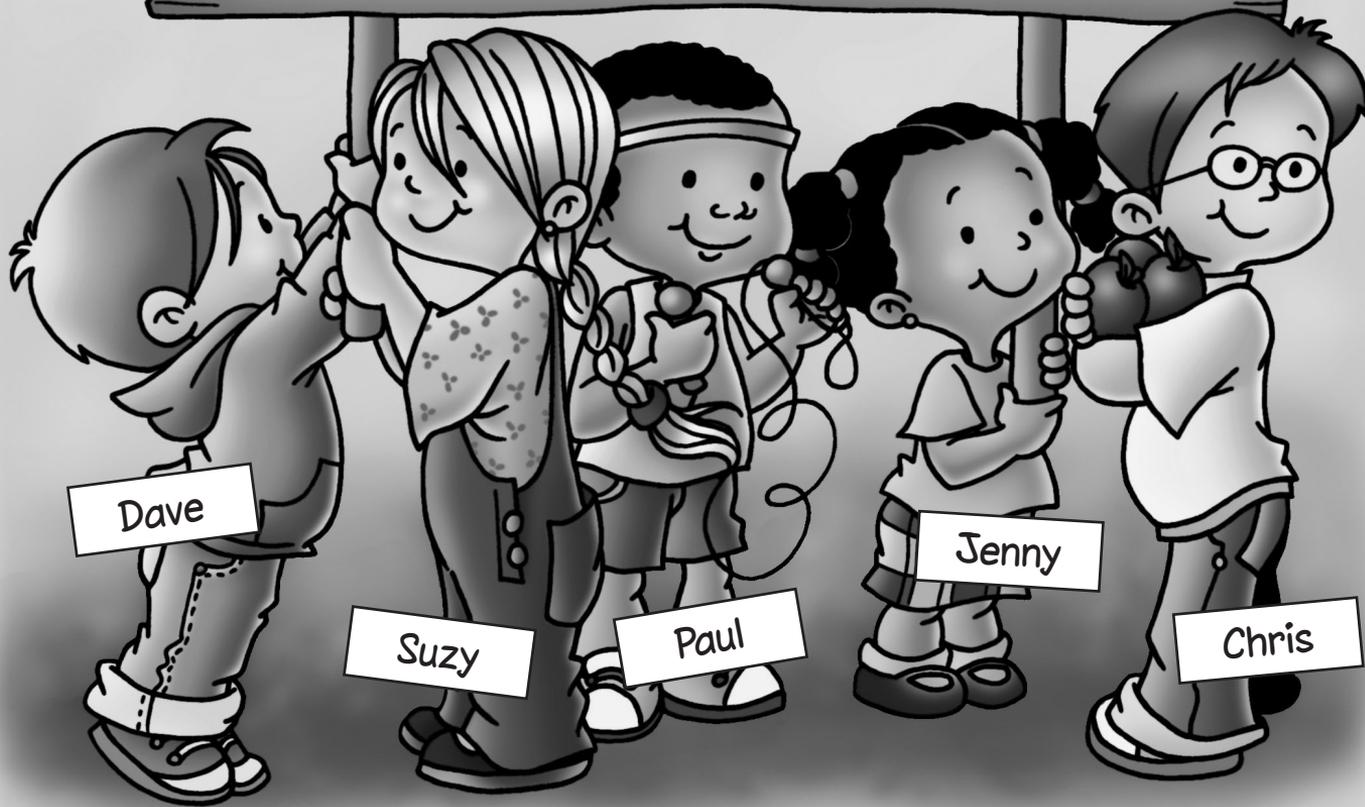


MLK #205
AM
February 2005

Strong Disciples Eat Healthy Food!



Dave

Suzy

Paul

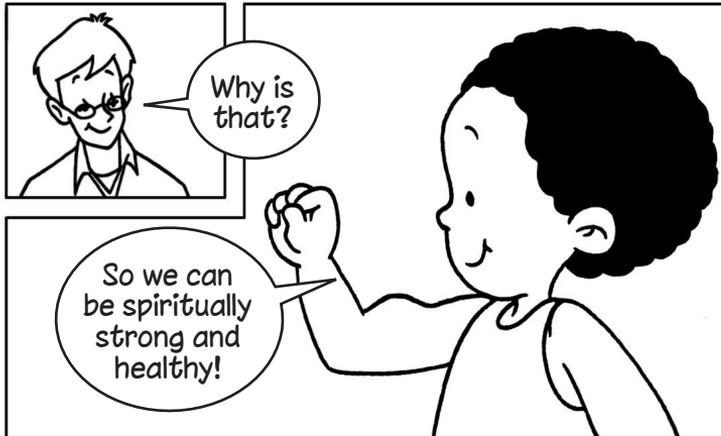
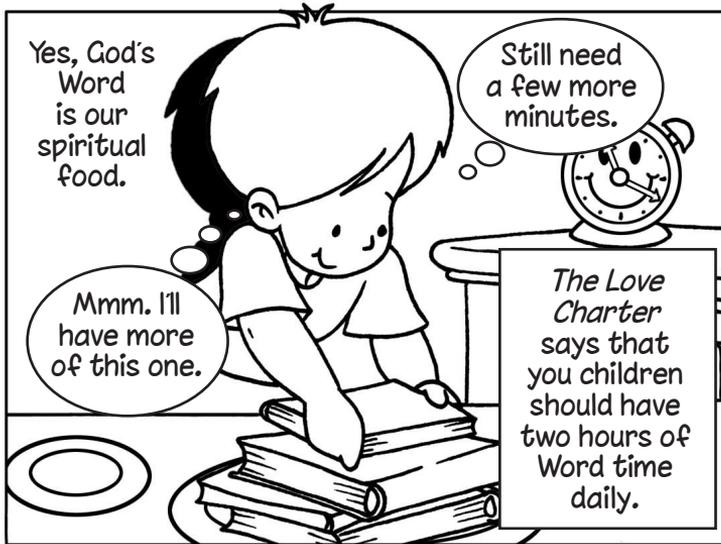
Jenny

Chris



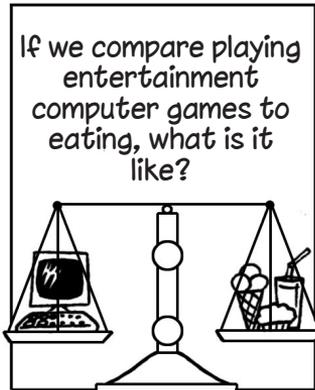






Remember at the beginning of the renewal last year we talked about how worldly input was like eating spiritual foods that are made with spiritual white sugar?







It's not the same as reading the Word, but it's still edifying* and good for you.

I think I'll have a little extra Word time.

*edify: benefit spiritually; instruct and uplift



Sometimes we play that the dolls are taking care of babies and toddlers.

That's like eating a healthy snack, because you're learning about caring for others.



What about when we play with Lego?

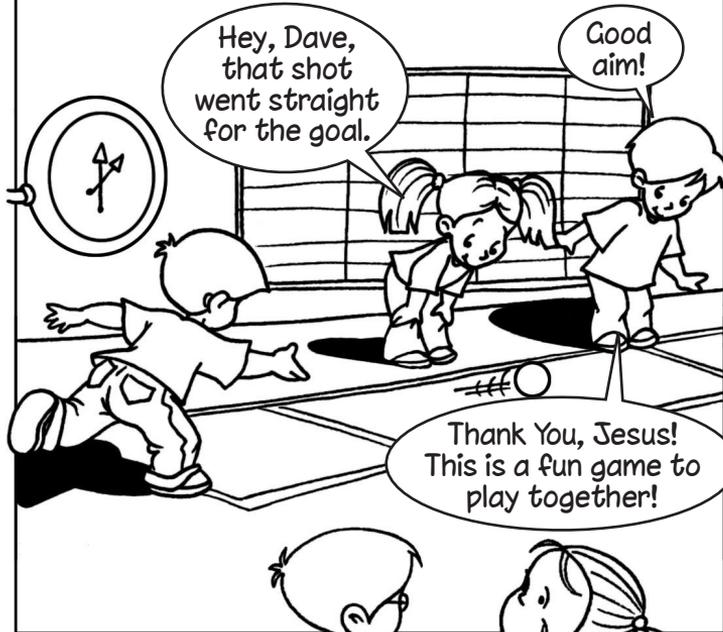
Or with Playmobil soldiers?

When we are playing together and having fun, is that good?

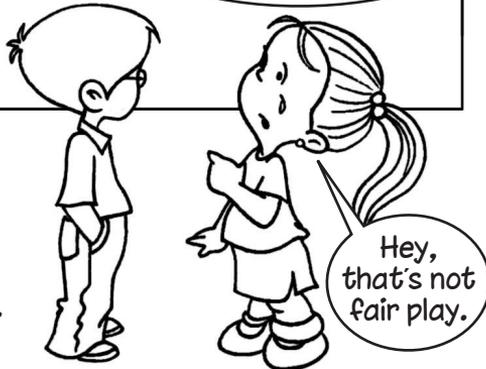
If your toy soldiers are being Jesus' soldiers who are helping or rescuing people, or if they are witnessing to those they meet, then that is good.

It also depends on how you play together.

If your play makes those playing happy, and helps each of you stay close to Jesus, then that's good.



But if your play makes someone unhappy, or ends up in an argument, that's not good.



It's also not good if while you play, you pretend to do something that Jesus wouldn't approve of.



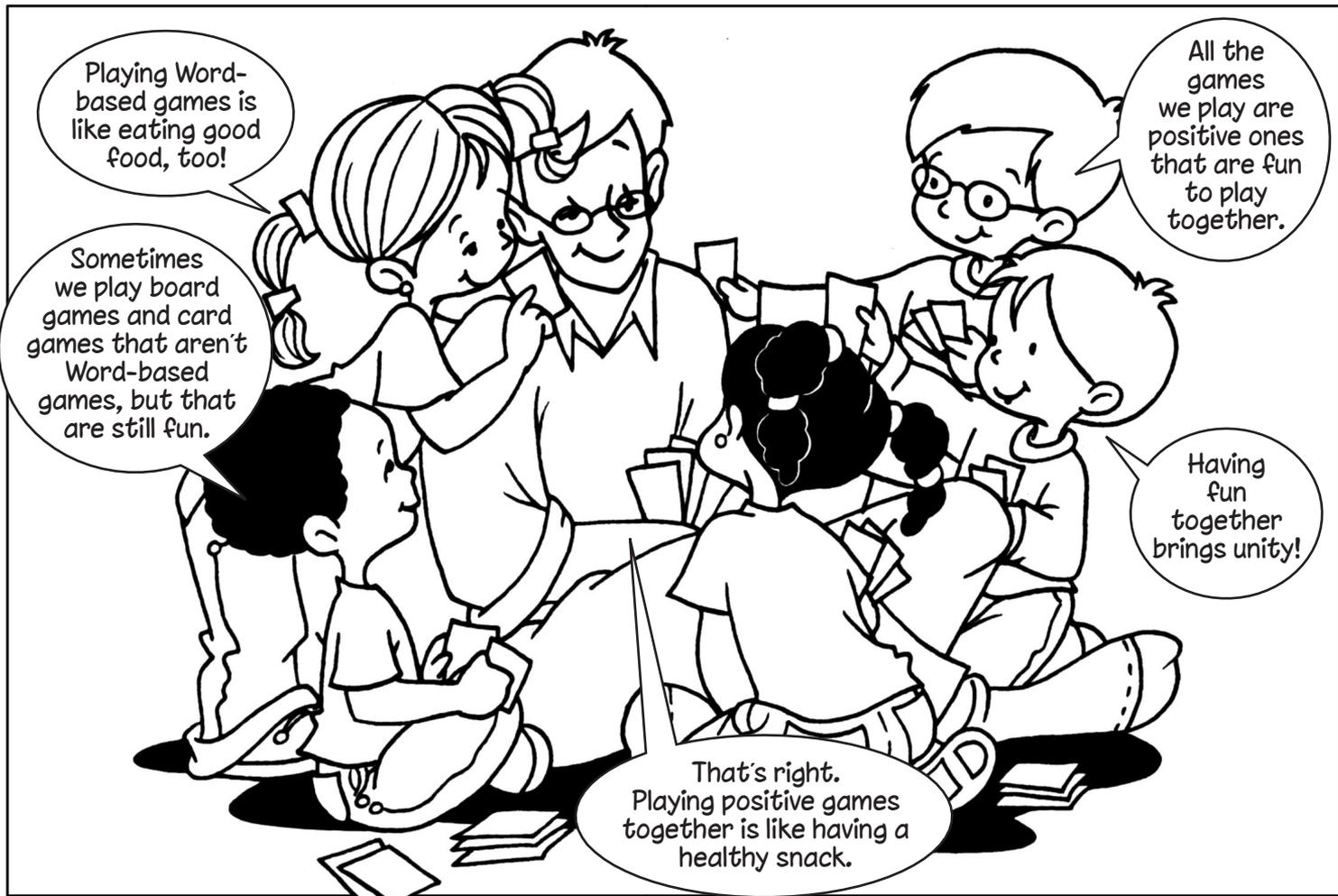
Like we shouldn't pretend to hurt people when we play.

I'm playing that my marbles are angels.



And mine are the people that the angels watch over.

You should always show love, even when you are playing or just pretending.



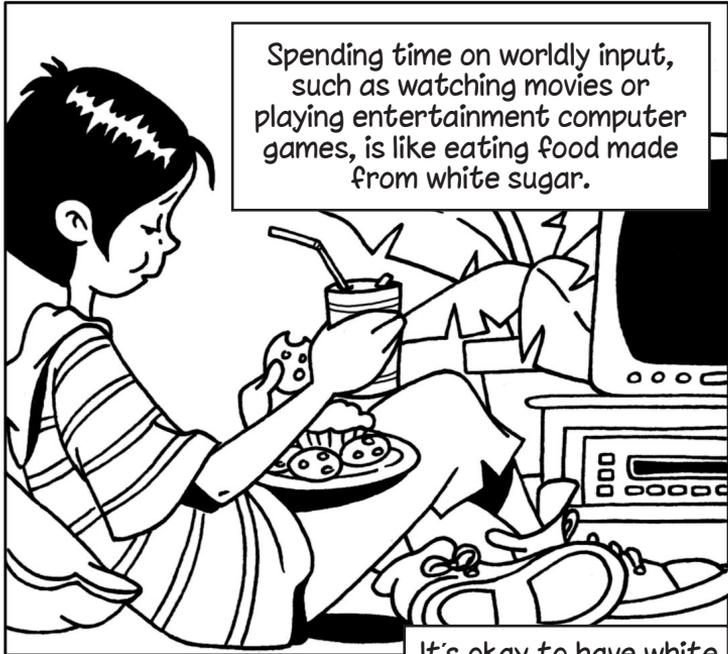
Playing Word-based games is like eating good food, too!

Sometimes we play board games and card games that aren't Word-based games, but that are still fun.

All the games we play are positive ones that are fun to play together.

Having fun together brings unity!

That's right. Playing positive games together is like having a healthy snack.



Spending time on worldly input, such as watching movies or playing entertainment computer games, is like eating food made from white sugar.

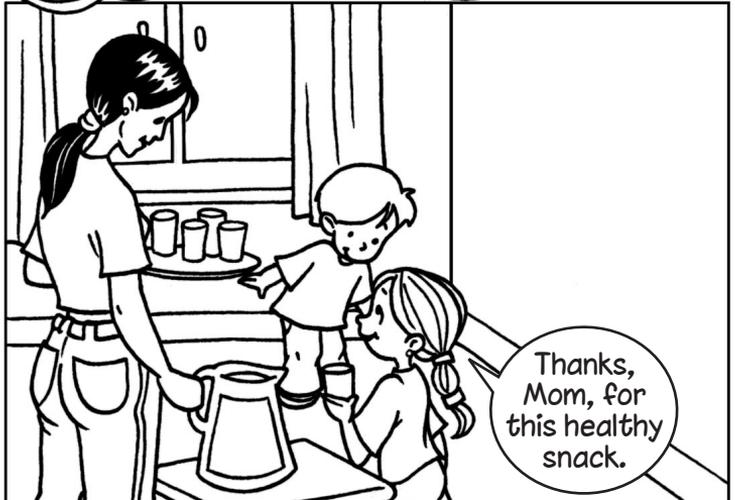


Eating a lot of food made with white sugar can make you sick.



Thank you for this ice cream and cake!

It's okay to have white sugar once in awhile, but not very often.



Thanks, Mom, for this healthy snack.



Last Christmas we ate lots of sweet food made with white sugar that people gave us after our performances.

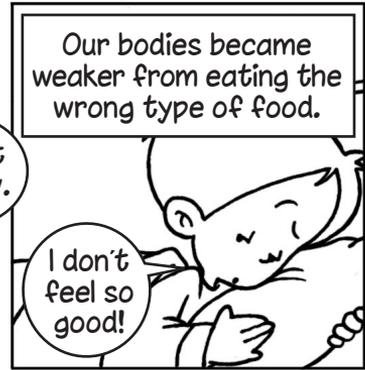


We were filling up on those things and...



...not eating all of our dinner when we got home.

I'm not hungry.



Our bodies became weaker from eating the wrong type of food.

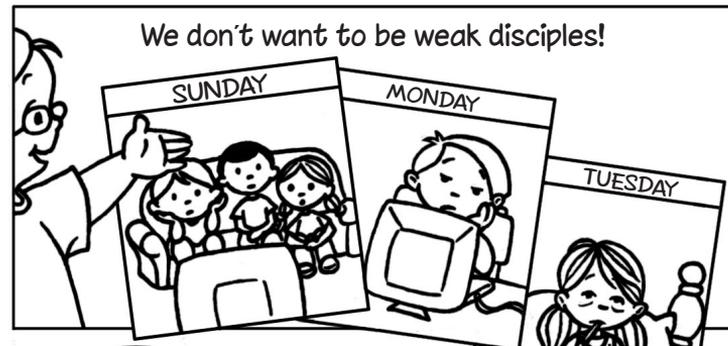
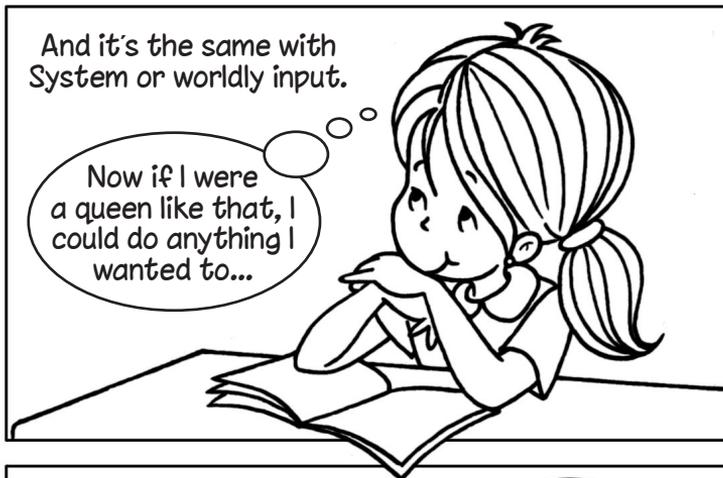
I don't feel so good!

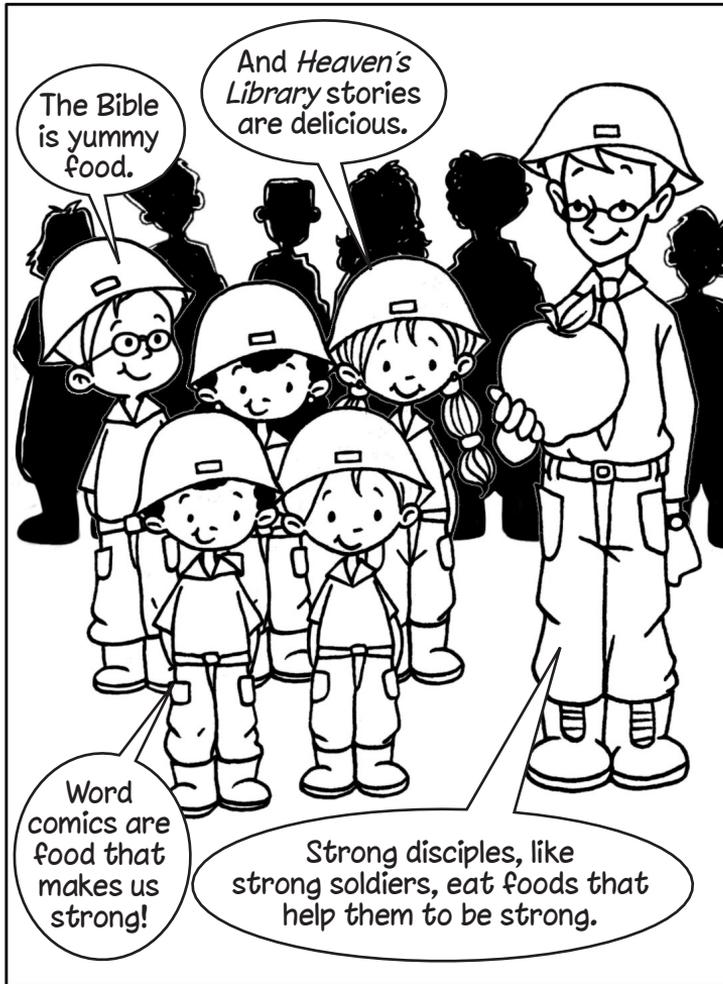


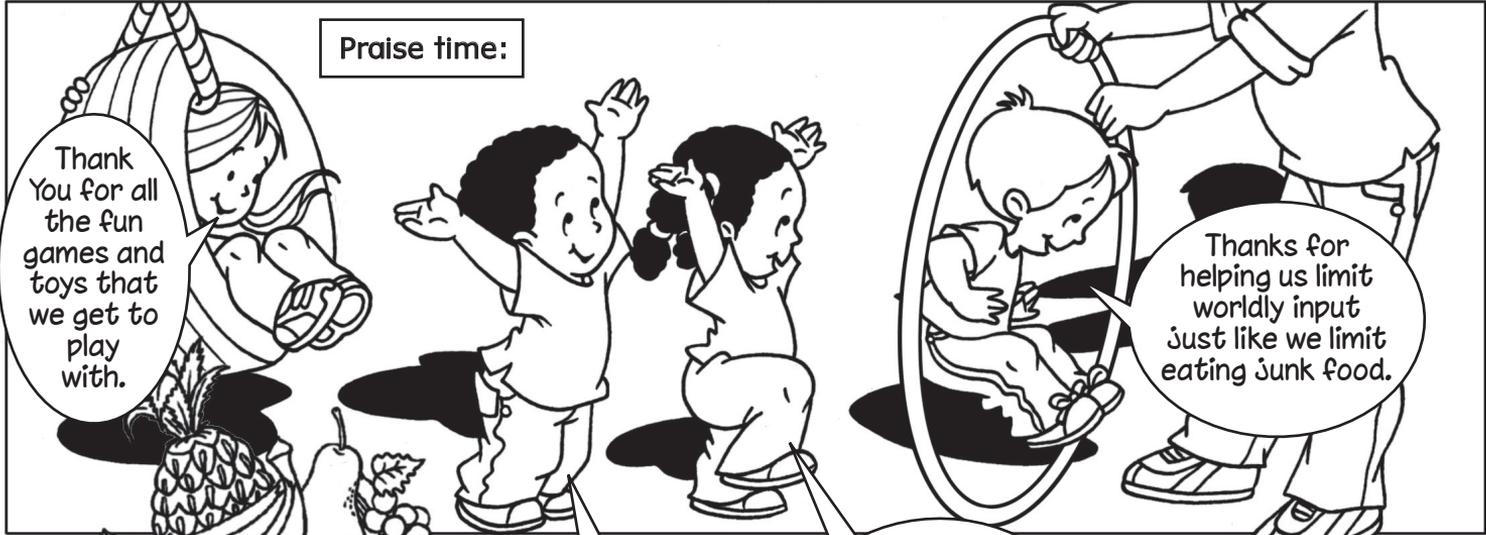
Mom, isn't it okay to have food made with white sugar sometimes?

Mmm, I'm hungry.

Sometimes it is okay, but too much can make us weak or sick.







Praise time:

Thank You for all the fun games and toys that we get to play with.

Thanks for helping us limit worldly input just like we limit eating junk food.



Thank You, Jesus, for helping us to be strong disciples for You!

Thank You for giving us fun things to do that help us grow strong in You, Jesus!

And for helping us to be healthy disciples!



Hey, I'm a healthy pet too.



What spiritual and physical foods should I eat to make me strong and healthy?

Help Suzy find and follow the healthier foods (spiritual and physical) through the maze that will help her arrive strong at the other end.