

GOD IS WELL PLEASED WITH YOU

Jesus and John the Baptist were relatives. John the Baptist was chosen to baptise Jesus.

When Jesus was baptised by John in Jordan River, there appeared a beautiful sight. God's Spirit came down on Him like a dove and there was a voice that said, "This is my Son, the one I love. I am very pleased with Him".

To be well pleased with someone means to be happy and satisfied with that person because he meets our expectation. In this case, Father God was well-pleased with Jesus because Jesus lived in full obedience to His Father.

Wouldn't we also want to have such a moment with God? Facing God and hearing Him say, "My son/ daughter, I am well pleased with your life, words, thoughts and actions."

Let's live a life like Jesus. Live our life by fully obeying God.

Key verse:

Matthew 3:17 And a voice from heaven said, "This is my Son, whom I love; with Him I am well pleased."

Prayer

Dear God, I want You to be glorified by how I live. May You be pleased with my life. Amen.



SPIRITUAL FOOD

Our body needs nutritious food every day. Our parents will ensure we eat proper and nutritious foods. They will ensure that we take more healthy food and cut down on the unhealthy food. By eating right, our body will grow taller, stronger and healthy day by day.

When Jesus was fasting, the devil tried to tempt Him. Knowing Jesus was hungry, the devil asked Jesus to turn the rocks in front of Him into bread so that He could eat the bread and satisfy His hunger. Jesus told him off and said that people do not live only by eating bread, but by everything the Lord says. Which means, it is more important to listen to the word of God and obey Him.

Jesus was talking about spiritual food. Our spirit also needs food. However, our spirit does not eat the physical food that goes to our mouth and tummy. Our spirit needs the Word of God. Let's read the Bible everyday just like you eat your food everyday, so that our spirit will grow stronger and more mature in God.

Key verse:

Matthew 4:4 'It is not just bread that keeps people alive. Their lives depend on what God says.'"

Prayer

Dear God, may my spirit always hunger in You and may Your words fill my spirit always. Amen.



ALWAYS RESPOND WITH LOVE

t is easy to be nice to the people who are nice to us. We are nice and friendly to our best friends, our parents or siblings. However, we might not be able to do the same to the people who always tease us, who are mean and very rude to us.

Jesus says we must love our enemies. It means we have to also love the people who treat us badly. We should pray for them. We must not treat them badly. We must not be rude to them. We help them when they are in trouble.

Jesus really did what He taught. Even though He knew some people were very mean to Him, He still chose to love them by dying on the cross to take away their sins so that they could be saved.

Jesus has shown us that it is not impossible to put this teaching into practice. When you feel it is tough to do, remember Jesus! He did it! Besides, it's more rewarding to love those who cannot love us back.

Key verse:

Matthew 5:44 But I tell you, love your enemies. Pray for those who treat you badly.

Prayer

Dear God, Your love will enable me to pray for and be nice to those who are mean and rude to me. Give me strength to always respond with love Amen



GIVE SECRETLY

When we help someone, we will feel great if we are acknowledged for this. We feel happy when someone commends us for the good thing we have done. In fact, the more people acknowledge it, the happier we might feel. It is normal as we are humans who like to get acknowledgement.

However, Jesus actually teaches us the opposite. When we help someone or give something to someone, do it in private as not to draw any special attention. We help others not because we want to be seen and acknowledged by others. We are to give generously and sincerely, as well as humbly and quietly.

Maybe no one knows what you do. However, our God in heaven sees it all and will reward you generously. The reward from God is so much more valuable and meaningful than any reward that men can give.

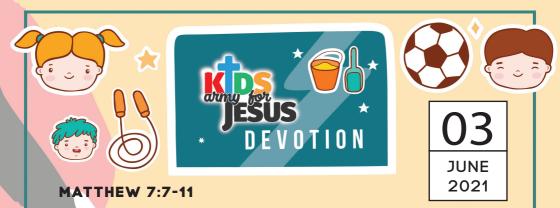
So, when we do something great or kind today, do not expose it on social media. We can tell our parents about it and share with them the reason we do it. God will surely reward us with abundant blessings!

Key verse:

Matthew 6:4 Your giving should be done in private. Your Father can see what is done in private, and He will reward you.

Prayer

Dear Holy Spirit, give me a humble heart and prevent me from having a boastful heart. Amen.



ASK, SEEK, KNOCK

To ask in this context means to request for something from someone. Jesus asks us to ask God for anything. Jesus teaches us to ask for the things we desire, rather than just to depend on our own strength. If we ask for the right thing and for the right purpose, God will grant it in His perfect time.

To seek means to try to find something by looking carefully and thoroughly. When we seek God, it means we continue searching and don't give up. The process of seeking for something can be frustrating, but we are not to give up because we will find Him if we seek Him with all our heart.

To knock is to make some sound by striking a surface to attract attention, especially when waiting to be let in through a door. Jesus wants us to keep knocking. Continue to knock by praying endlessly until God opens that closed door for us, whether it is the door of opportunity, the door of solution to your problem, or any other closed door in your life. Pray until something happens.

Key verse:

Matthew 7:7 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you

Prayer

Dear God, teach me to ask, to seek and to knock. Guide me to learn to be persistent in prayer. Amen.



A CUP OF COLD WATER

or most of us, a cup of cold water might not be a big deal as we are able to drink as much as we can anywhere and anytime. We can just go to the fridge and pour some cold water from the jug into our glass. Sometimes even, you will not be bothered to finish the whole water from your cup. But do you know that in many parts of the world, clean water is a rare treat?

God says that even giving a cup of cold water to the little ones will bring rewards from God. The little ones refer to God's children. "A cup of cold water" means some help in times of need.

When a delivery man delivers food to you, you may want to offer him a cup of water.

When you meet an elderly carrying heavy bags, you may want to offer your help to carry those bags for him.

When you see a beggar, you may want to give him some meal or money.

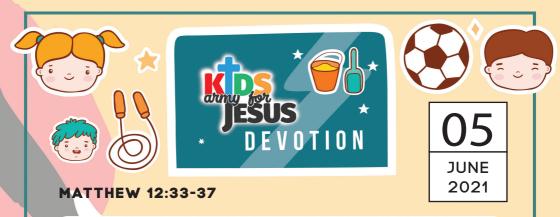
Be someone who offers a cup of cold water today. Be the help in times of need.

Key verse:

Matthew 10:42 And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward

Prayer

Dear God, give me a heart full of compassion for others so I can offer a cup of cold water to the people around me who need it. Amen.



YOUR WORDS REFLECT YOUR HEART

You expected yourself to be the winner in a contest, but eventually you found out your friend was the one who got the first trophy, how would you feel? If you let your jealousy rule over your heart, you would not be able to congratulate her or be happy for her winning. You might even say hurtful or insecure words, reflecting what is really in your heart.

No matter how hard we try to hide it at first, eventually we will speak out what is in our heart. We will express what our heart is full of.

When we let God's love and word fill our heart, positive words will come out of our mouth. When we let hatred and jealousy rule over our heart, negative words will come out. So, make sure that our heart is full of God's word and God's love for "the mouth speaks what the heart is full of." (Matthew 12:34)

Key verse:

Matthew 12:35a Those who are good have good things saved in their hearts. That's why they say good things.

Prayer

Dear Jesus, help me to guard my heart from evil so that the words coming out from my mouth will bless and encourage others. Amen.