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The Pathfinder

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Good Living!

You may have heard the saying "You are what you eat", but just as it is GOOD to keep healthy with what we put into our mouth it is also important to make GOOD choices of what we see, hear, read, watch and do.

Our body is a temple and what we choose to allow into our mind and heart can defile our temple.

The world we live in is filled with many opportunities that allow us to make bad choices.

The world can make us believe that things are okay to do because everyone is doing them.

GOOD living, however, is knowing and choosing to do what is right, even if no-one else is doing it.

GOOD living may not always make us the most popular but we will always be the strongest, because if we choose GOOD we are choosing God and if God is on our side, of whom shall we be afraid.

Come unto Me

Then Jesus said, “Come unto me, all ye that labour and are heavy laden and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” (Matt 11:28-30)



Are you in pretty good shape? Are you pretty strong? Do you exercise regularly? I have decided that I need to get in better shape, so one day last week I went to the gym to work out. There were a lot of others there working out too. Some were riding exercise bicycles and some were lifting weights. As I watched the weightlifters, I noticed that some of them were working in pairs. One of them would lie down on the bench to lift the weights while the other would stand near the lifter's head. I learned that the person standing near the lifter's head is called the spotter.

The spotter stands near the lifter's head just in case the lifter gets in trouble and needs some help. Sometimes, the spotter doesn't do anything at all. Just knowing that the spotter is there is enough to give the lifter the confidence needed to lift the weights.

At other times, the spotter calls out words of encouragement to the lifter. "Come on, you can do it! You can do it! Push! Push!" he calls out. Those words of encouragement are just what the lifter needs to give him the strength to lift the weights.

As more and more weights are added, the bar becomes very heavy and the lifter becomes very tired. When the weight gets to be more than the lifter can handle, the spotter reaches in and helps the lifter lift the weights.

As I watched these weightlifters, it occurred to me that it was a good picture of the way our Heavenly Father helps us to bear the burdens we face in our daily life. There are some days that things seem to be pretty easy. Oh, we may struggle a little bit as we face a few obstacles along the way, but just knowing that God is with us gives us the confidence we need to overcome those obstacles.

There are some days that are more difficult and we may need more encouragement. We find that encouragement in God's Word. These words of encouragement are just what we need to face the hard times that may come our way.

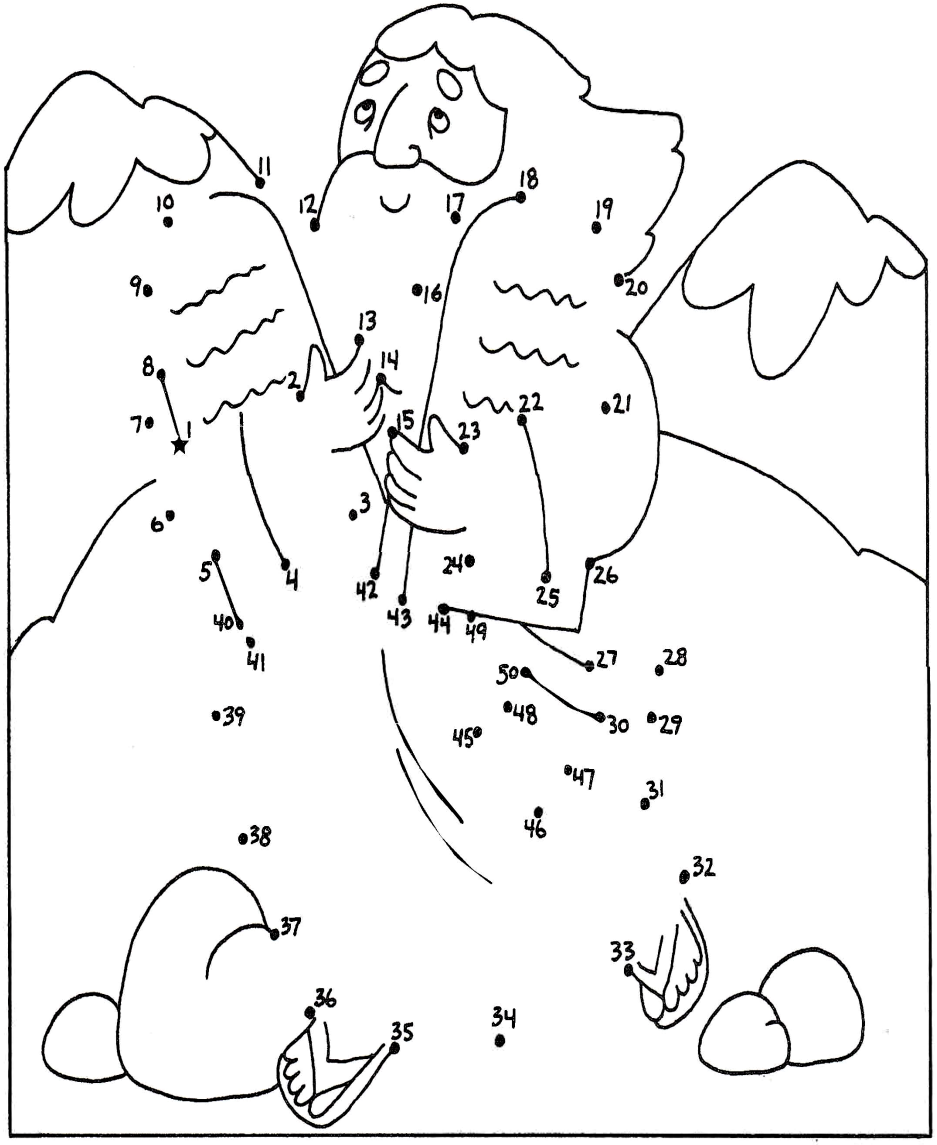
Be ye kind one to another



The Two Tablets

Exodus 20:1-17

God gave Moses the Ten Commandments written on two stone tablets.
The Ten Commandments teach us what is right and wrong.



Rest for the Weary

Multiple Choice

"Come unto me, all ye that labour and are heavy laden and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." (Matt 11:28-30)

Choose the word that best matches the definition.

1. The opposite of go;

A Come B Learn C Wait D Rest

2. Very tired, especially after a long day

A Gentle B Weary C Light D Humble

3. A heavy load that you carry

A Light B Rest C Humble D Burden

4. Stop and relax to regain your strength

A Weary B Rest C Burden D Come

5. To get knowledge

A Humble B Rest C Gentle D Learn

6. Calm, kind or soft; not violent

A Tired B Gentle C Weary D Rest

7. Not proud or not believing that you are important

A Angry B Light C Humble D Gentle

8. The place within a person where their feelings or emotions are

A Brain B Heart C Feet D Stomach

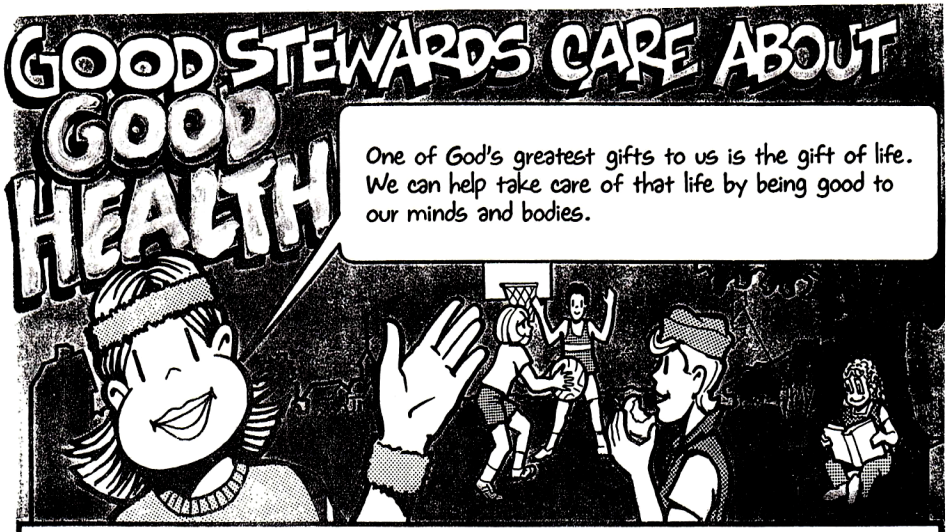
9. Not difficult

A Gentle B Humble C Weary D Easy

10. Not heavy

A Light B Humble C Gentle D Heart

GOOD STEWARDS CARE ABOUT GOOD HEALTH



To find out more about taking care of your health, read each sentence below. Then circle the word in the grid that will correctly fit into the blanks in the sentence. Good luck!

1. Avoid eating foods that contain a lot of S _ _ _ _. It's not good for your teeth and may make you gain too much weight.

2. Exercise is especially good for your H _ _ _ _ and L _ _ _ _, two of your body's most important organs.

3. Don't S _ _ _ _. It's a bad habit – no matter what your age.

4. Don't use alcohol or other illegal D _ _ _ _. They can be harmful to your health, too.

5. Hobbies can help you to R _ _ _ _, and that's good for your M _ _ _ _ health.

6. If you have a P _ _ _ _ _ _, talking with someone about it can make you feel better.

7. Wearing a safety B _ _ _ every time you ride in a car can help save your life if there's an accident.

M	R	O	B	L	E	D	X
E	P	L	E	E	D	R	H
N	R	E	L	A	R	E	E
T	O	F	T	S	U	L	A
A	B	T	S	U	G	A	R
L	L	U	N	G	S	X	E
H	E	A	R	T	H	E	S
S	M	O	K	E	N	G	T

God Helps Me

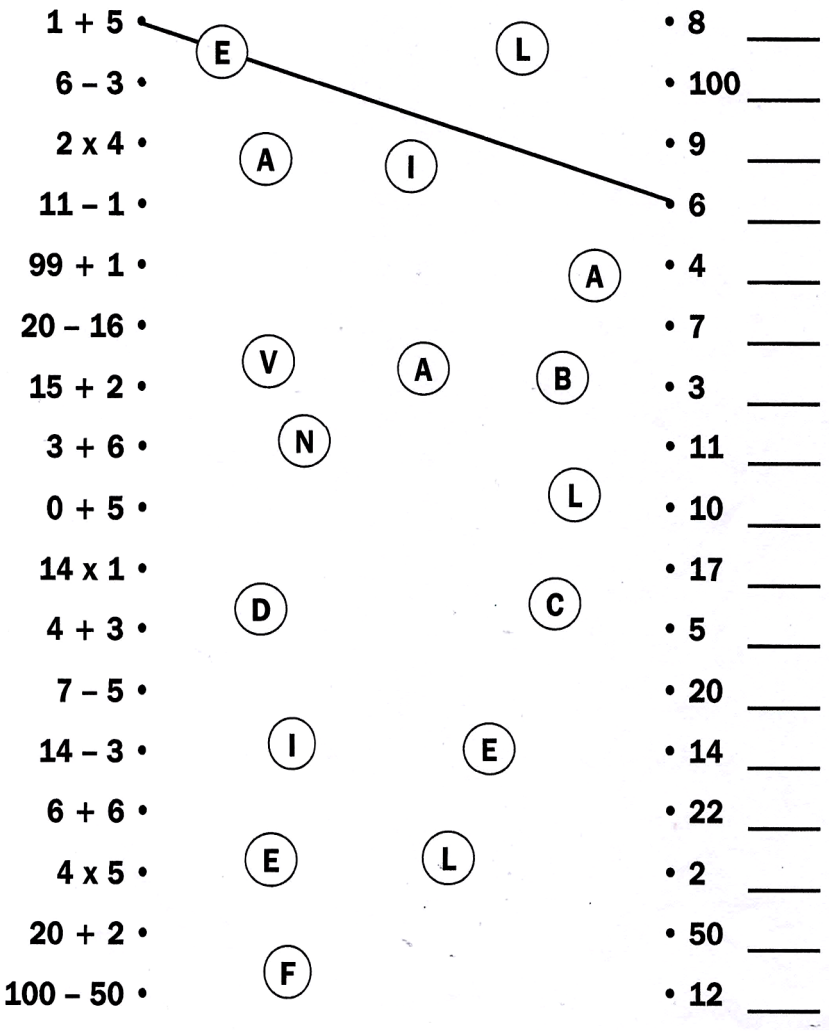
Coloring Page



Thank you, God, for helping me.

What is a good way to be healthy?

Use a ruler to draw a line from the problem dot to the answer dot.
The line will go through a circled letter. Write the letter in the blank next to the answer. You will spell a message that tells you how to live a good life.



Try these delicious and nutritious Date and Oat Bliss Balls.

Recipe



Healthy Date & Oat Bliss Balls

Ingredients

* 1 cup dates
* 2 cups rolled oats
* ¾ cup desiccated coconut
* 1 tbsp cacao powder
* 1 tbsp natural peanut butter

Instructions

1. Place dates in a pot of water and bring to the boil.
2. Drain the dates and put the liquid into a container and set aside.
3. Place drained dates, coconut, peanut butter, oats and cacao in a food processor.
4. Add roughly ¼ of the date liquid to the mix and process (you may need a little more liquid than this, add it slowly until the mix holds its shape. If you accidentally add too much liquid add a little more of the other dry ingredients to balance.)
5. Roll mixture into 12 balls and store in the fridge or freezer.
6. Roll in extra coconut if desired.
7. Make extra and freeze them!
8. Enjoy!!

Sleep & Rest

Resting-sleeping is an important part of living – about one-third of our lives.

So it is not surprising that sleep & rest is mentioned in many places in the bible.

Using the words at the bottom of the page, fill in the blanks.

Then in the puzzle, find these same words.

1. God _____ on the seventh day. (Gen 2:2)
2. And He saw that rest was good, and the land that it was _____ ; and bowed His shoulder to bear, and became a servant unto tribute. (Gen 49:15)
3. So the _____ rested on the seventh day. (Ex 16:30)
4. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the _____ day, and hallowed it. (Ex 20:11)
5. And He said, My _____ shall go with thee, and I will give thee rest. (Ex 33:14)
6. At the commandment of the Lord they rested in the _____, and at the commandment of the Lord they journeyed: they kept the charge of the Lord, at the commandment of the Lord by the hand of Moses. (Num 9:23)
7. Come unto me, all ye that _____ and are heavy laden, and I will give you rest. (Matt 11:28)
8. And He said unto them, Come ye yourselves apart into a _____ place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. (Mark 6:31)
9. And they returned, and prepared spices and _____; and rested the Sabbath day according to the commandment. (Luke 23:56)
10. Behold, he that keepeth _____ shall neither slumber nor sleep. (Psalms 121:4)

A	Rested	B	Pleasant	C	People
D	Sabbath	E	Tents	F	Labour
G	Desert	H	Ointments	I	Israel
J	Presence				

Find the Words

T	T	A	B	W	P	M	R	C	J	L	Q	S	L	H	G
P	R	E	S	E	N	C	E	T	B	E	V	T	W	F	R
C	Y	E	O	R	T	V	T	B	R	A	W	N	J	Y	S
W	I	P	S	P	L	N	D	K	T	R	Z	E	N	K	V
W	L	W	Q	E	A	T	U	L	J	S	I	M	U	E	V
E	U	Y	L	S	D	G	R	L	V	I	S	T	Z	S	O
Y	K	O	A	A	U	L	E	V	G	J	Y	N	Z	H	B
R	H	E	X	U	F	Z	S	Z	D	P	V	I	X	H	K
T	L	I	U	E	B	Y	T	P	W	O	X	O	S	W	C
P	E	N	U	S	J	F	E	Y	D	X	A	J	P	K	E
G	A	C	T	M	P	M	D	P	O	W	O	Z	T	E	Y
A	N	N	S	G	O	Q	H	D	N	C	E	Q	R	A	M
Q	E	C	U	J	S	U	P	O	P	Q	L	Y	S	V	O
T	Y	Y	S	O	G	A	P	H	I	O	W	D	Z	J	P
V	O	W	L	M	O	G	B	F	O	J	B	Q	A	W	X
E	Q	U	K	D	K	Q	N	B	D	R	K	V	Q	Y	G
R	U	O	B	A	L	J	A	K	A	Q	L	M	H	K	Y
P	Z	L	W	Y	U	K	U	Z	P	T	S	A	B	D	V
T	B	A	U	K	V	S	X	N	D	Z	H	X	P	W	G
C	H	H	R	W	X	V	D	O	C	X	L	J	T	A	C