

When one of these situations occurs, the player concerned moves to the lowest ranking square and the other players move up to fill the vacancies. If there are more players than squares, the player must move to the back of the line of people waiting, and the player at the front of the line moves to the lowest square and starts to play.

# Journaling Ideas

Date

3 things I am grateful for

Scripture Reference

"Write down a verse that jumps out at you"

↓ What's God saying?  
(jumps out/picture/emotion/story/verse)

↑ Question or wondering for God

↓ God's answer

→ What will make today go well?

TO DO - priorities

**MORNING MINDSET**

- One thing I can get excited about today is ...
- One word to describe the kind of person I want to be today is ... because ...
- Someone who needs me to be my best today is ...
- A situation that might trip me up today is ...
- The way Jesus would deal with that is ...
- Someone I could surprise today with a note, gift, or sign of appreciation is ...
- I believe God is telling me to remember that ...
- One thing I could do today that is a little out of my comfort zone is ...
- One action I could take today to demonstrate excellence is ...
- The big projects I want to take on, even if I can't act toward them today, are ...
- Today would be a great success if at the end of the day I did, or said, or felt this ...

**Evening Journal:**

A moment I really appreciated today was ...

Something I realised or learned today was ...

A situation or task I handled well today was ...

I believe God would tell me this about today ...

# GROW

KID'S CHRISTIAN MAGAZINE  
September 2022 24th edition

Classic  
Outdoor  
Games

CHARACTER  
CHALLENGE:

Resisting  
Temptation

Journaling  
ideas

MANNER OF  
THE MONTH:

Posture and  
Body Language



**SERIAL STORY:**  
Charlie  
chipmunk  
and his  
Adventures  
on Noah's  
Ark  
Chapter 4

# Classic Outdoor Games



500

This is a good game for larger groups and requires a bit of space. One person stands at the front with a racquet and a ball while the others spread out. The hitter sends the ball up into the air. As the ball begins to descend he or she shouts out how many points the ball is worth for this round - somewhere between 50 and 500. Whoever catches the ball wins that number of points. If you miss, that number of points is deducted from your score (you can go into negative points). The first person to reach 500 points is the winner and hitter for the next round.



## ELASTICS or FRENCH SKIPPING

Two players (or two chairs of your desperate) stand facing each other with a length of elastic stretched quite tight around their ankles to form a long rectangle. The third player has to perform a series of jumps and hops, singing a rhyme at the same time. For example:  
England, Ireland, Scotland, Wales, inside, outside, donkey's tail!  
On the first word, the player jumps up and lands with 1 foot inside & 1 outside the elastic. On the second they do the same but with the other foot outside and the other inside. On the third & fourth they repeat. On the fifth, they land with both feet inside. On the sixth, with both feet outside. On the seventh, they try to jump out.

From 60 CLASSIC OUTDOOR GAMES by Katie Hewitt

ELASTICS continued  
If they get it all right, the elastic is raised to knee level for another round, then thigh height and finally waist height! When they get it wrong, it's the next person's turn.

## FOUR SQUARE

Draw a square 2.5m x 2.5m and divide it into 4 equal squares. The top left square is number 1, top right is 2, bottom right is number 3, and bottom left is 4. The object of the game is to gain the number 1 square and defend it against the 3 attackers. Each player guards their own square. The number 1 player serves the ball by bouncing it in their square once and then hitting it with an open hand to one of the other players. The receiving player lets the ball bounce once in their player before hitting it to another player. Play continues until one of these things occur:  
• A player touches the ball before it bounces once in their square  
• A player does not hit the ball before it bounces twice.  
• A player hits the ball and it bounces outside the playing area

(continued on page 12)

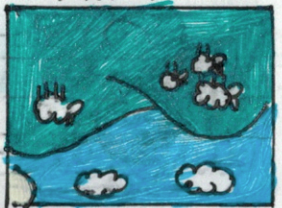
# BULLETIN BOARD

All the previous editions of GROW magazine are available at my dad's website:  
www.firmfashion.org.nz  
grow-kids-magazine!

If you live near DUNEDIN, come to TU KAHANA, the youth group I go to. We meet on Fridays at 6:30 pm. Email me at kiwisophia9@aol.com for more info.

Coming Up:  
Informed - a biblical worldview camp at CYC Waikato for ages 15-20. It runs from October 21-24 and costs \$100 per person. Sign up at the CYC Waikato website.

The goal of Grow magazine is to inspire kids to build the ir character and grow in their faith through challenges, stories and activities



## News From the Farm

We have been having lots of sunny weather at our house and enjoying God's creation. My dad and brother Noah just got back from tramping the Routeburn track with lots of friends. Two of our bantam pullets that we got in March have started laying very cute little eggs. I am preparing pieces for piano exam in October and am praying that I will do well.

This month I have been learning about patience - having 4 brothers, I have plenty of temptations to get annoyed, but the key is to focus on the good things about them. Sometimes it can be hard, but there is always something you can appreciate about your siblings. It could be how much they miss you when you go away, the little gifts they give you or the times they help you out or just that they really enjoy being with you! Remember not to get easily provoked and your home will be much more peaceful.

Find out! Read Psalm 133

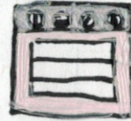
# FRENCH SHORTBREAD

Makes 18-20  
⌚ 45-60 mins!

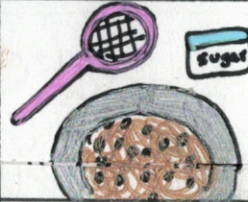


1  $\frac{3}{4}$  cups all-purpose flour •  $\frac{1}{2}$  cup white sugar  
11 tbs p unsalted butter (about 135g), softened and diced  
1 large egg yolk • 1 tsp vanilla extract • vanilla ice cream  
blueberries

1 Preheat oven to 180°C (350°F)  
Line two baking sheets with baking paper.



2 Sift the flour into a large bowl and mix in the sugar. Rub in the butter until it looks like breadcrumbs. Add the egg yolk and vanilla extract. Form into a soft dough.



3 On a lightly floured surface, briefly knead the dough until smooth. Roll it out to a thickness of 5 mm ( $\frac{1}{4}$  in). If dough is too sticky, chill for 15 mins and try again.



4 Use a 7cm ( $2\frac{3}{4}$  in) round pastry cutter (or jar lid in a pinch) to cut out circles, and transfer them to the baking sheets.



5 Bake for 10-15 minutes, until the shortbread is golden brown at the edges. Cool briefly on the baking sheets. Move to a wire rack to cool completely. Sandwich the cookies with ice cream (vanilla is best but it could be any flavour) and serve with blueberries. Mmm!



From BAKE IT! published by DK

## CHALLENGES

Read:  
The Princess and the Goblin  
by George MacDonald

Write:  
A story about a time you resisted temptation

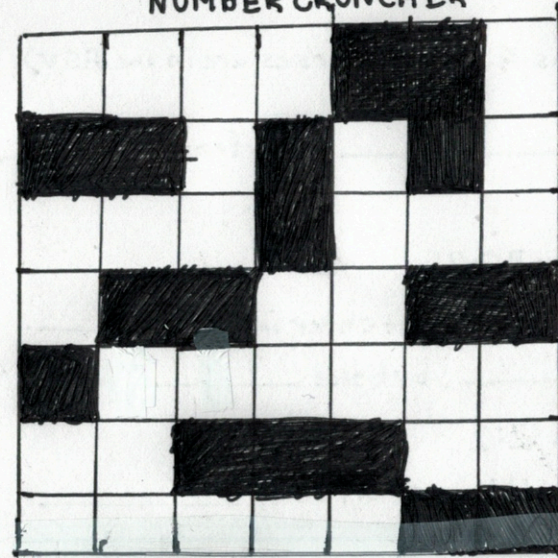
Outdoors:  
Learn to identify clouds

Lego:  
Make a stand for Lego instructions.

Other:  
Make a surprise birthday party (or just get / make a present) for someone you know whose birthday is coming up.

# ACTIVITIES

## NUMBER CRUNCHER



Fit all the numbers into the grid, like with a crossword.

2 number: 3 number:

02 197  
13 285  
14 395  
15 967  
26  
28  
59  
64  
92

4 number:

0293  
7245

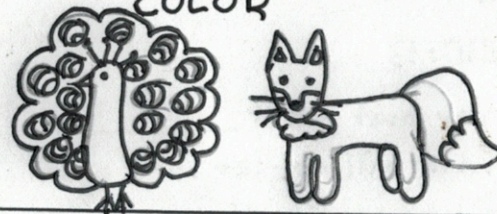
5 number:

84220

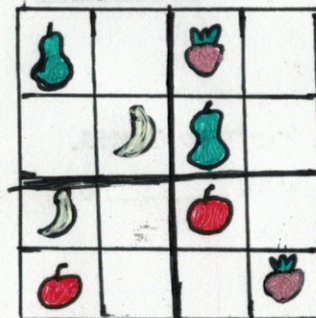
6 number:

713550

## COLOR



## SUDOKU



Fill in the grid so that there is no more than 1 of each fruit in each row, column, and box of 4 squares.



## WORD WHEEL

See how many words you can make from the letters. No names allowed. Words must be at least 3 letters long. There is at least 1 7-letter word.



# Character Challenge

## RESISTING TEMPTATION

• Look up and read Proverbs 4:23 (All verses are in the ESV)  
 Fill in the blanks.

"Keep your heart with all \_\_\_\_\_, for from it  
 the \_\_\_\_\_ of life."

• Look up and read Matthew 26:41

"Watch and \_\_\_\_\_, that you may not enter into  
 the spirit indeed is \_\_\_\_\_, but the \_\_\_\_\_ is weak."

• Look up and read Romans 12:2

"Do not be \_\_\_\_\_ to this world, be  
 by the \_\_\_\_\_ of your mind, that by testing you  
 may discern what is the \_\_\_\_\_ of \_\_\_\_\_, what is good  
 and \_\_\_\_\_ and perfect."

• Look up and read 1 Corinthians 10:13

"No \_\_\_\_\_ has overtaken you that is not  
 to man. God is \_\_\_\_\_, and he will not let you  
 be tempted beyond your \_\_\_\_\_, but with the  
 temptation he will also \_\_\_\_\_ the way of \_\_\_\_\_  
 that you may be able to \_\_\_\_\_ it."

• Look up 2 Timothy 2:22

"So \_\_\_\_\_ youthful passions and \_\_\_\_\_ righteousness,  
 faith, \_\_\_\_\_, and peace, along with those who \_\_\_\_\_ on  
 the Lord from a \_\_\_\_\_ heart."

## TO BE CONTINUED

Suddenly the dove stopped and landed on a beam. I lowered  
 my eyes from following her and looked around, confused.  
 "I don't see them," I said. "You're not there yet," laughed  
 the dove. "Go up the ladder." I turned to the left and saw  
 a steep ladder going up to a hole in the roof. I slowly  
 crept up it and found myself in another hallway. The  
 dove led me to an open door where I saw the humans  
 at last! There was the old man, the three young men, and  
 the lady in the scarlet headscarf I had seen before.  
 With them was an old lady and two other young women.  
 They were on their knees, and their eyes were closed. At  
 first I thought they were sleeping, but then the old man,  
 Noah, began. "Our almighty creator, the God of Abraham, Isaac,  
 and Jacob, I thank you for preserving us and the animals  
 in our care from being drowned by the flood. Please  
 take care of us and the animals you have entrusted us with  
 and help us to trust in you and love you always. Amen."  
 I stood mesmerized as all of them prayed. As they began  
 to get up, the dove whispered to me, "Here's your chance!  
 Get out there and let them see you. When they take you  
 back to your cage they'll be sure to notice Charlotte.  
 It seemed so simple and yet - I was not really afraid of  
 the humans when they visited me and Charlotte, but  
 somehow my animal instincts had come back and I froze,  
 afraid to show myself. Suddenly the dove made an awful  
 sound and I bolted away, into the middle of the room.  
 Before I could realize it, two gentle, wrinkled hands  
 scooped me up and I found myself held by  
 the old lady. "Look, Noah," she said. "One of the  
 chipmunks has escaped." "However did he get out?"  
 asked Noah. "I must have forgotten to lock the door of  
 his cage," said the lady with the scarlet headscarf.  
 "I'm so sorry!" "That's alright, Eden," said Noah.  
 "But be very careful next time. If we lose even one animal,  
 we'll be one species short in a few years." "Soon I was back  
 in my cage. She began to lock the door. "Oh, no!" I  
 thought. "They haven't noticed Charlotte!" But suddenly  
 Japheth said, "Wait, Shem! I look like something's wrong  
 with the other chipmunk!" Shem quickly opened the door  
 again and picked up Charlotte. "Oh, no!" he said. "She's  
 sick - very sick."

# The Story of Charlie Chipmunk and his Adventure on Noah's Ark by Sophia Coleman

Note: Two chapters ago, Charlie and Charlotte were caught by Shem (it says Japheth but I just made a mistake). It doesn't really say in Genesis how they got the animals into the ark, but now I think it's more likely that God was involved, as catching all the animals would be too big a task for Noah's family.

## CHAPTER FIVE

Two days passed. I began to get over my grief and get used to my new home. True to her word, the lady with the scarlet headscarf visited us every day. On the second morning, I noticed Charlotte acting a little strange. She wobbled when she walked, didn't have much appetite, and her head was burning hot. When I asked her if she was feeling okay, she admitted that she had a headache and felt a little dizzy. It didn't take much persuasion to get her into bed, and she fell asleep almost immediately. I was very worried. If I lost Charlotte—my mind raced with thoughts of how awful that would be. I made up my mind to tell the humans somehow. I just couldn't wait until one of them visited again. I braced myself and ran as fast as I could toward the door. As my shoulder hit the door, it swung open and I fell out of the cage and landed with a thud on the floor of the corridor. "The lady must have forgotten to latch the door," I thought with relief. But the rest of the way wouldn't be so easy. I had no idea where to go to find them, and the violent rocking of the ark combined with my swimming head made it impossible to walk. I rested for a long time until I felt steadier and my arm, which had hit the floor first, stopped throbbing. Then I got up and crept along the corridor, heading right. At the place where it met another hallway, an ear-shattering roar came from a nearby cage. A lion! I raced across the floor in the other direction. After I had run for a while, a kind voice stopped me. "Hello," said the voice. I looked up and saw a dove perched on a beam above me. "Where are you going?" "I'm trying to find one of the humans," I said, and then explained about Charlotte. "I can show you where to find them," offered the dove. "They're not far from here." I was certainly winded by now, and a stitch was beginning in my side, but I gratefully plodded along as fast as I could manage after the dove.

• Look up Hebrews 4:15-16

"For we do not have a high priest [Jesus] who is \_\_\_\_\_ to \_\_\_\_\_ with our weaknesses, but one who in every respect has been \_\_\_\_\_ as we are, yet \_\_\_\_\_ sin. Let us then with \_\_\_\_\_ draw near to the \_\_\_\_\_ of grace, that we may receive \_\_\_\_\_ and find grace in time of \_\_\_\_\_."

• Look up James 4:7

"\_\_\_\_\_ yourselves therefore to \_\_\_\_\_. Resist the \_\_\_\_\_, and he will \_\_\_\_\_ from you."

## Character-building Activities

Pick a few of these activities and do them!

- Pray with your parents each day for strength to obey God and resist temptation.
- Read Ephesians 6:11-17 Draw a picture of a soldier with each piece of armour that is listed in this passage. Label each with its name. When you are tempted, look at your picture. How can you resist temptation with the armor God has given you?
- Make a list of standards for choosing godly friends. Base your list on the Bible's teaching about friends. What qualities will you seek in a friend? What negative traits should you avoid?
- Write down a list of the specific sins you commit. Then write down specific ways of escape for each area. What actions can you take to flee temptation in each of these areas? Also list a verse to memorize to help you resist each sin.

Temptation can come in many ways. Stealing, teasing, laziness, disrespect, gossip, not reading the bible, and impatience are just a few of the sins we can be tempted to do. Personally, one of the things I struggle with the most is laughing at things which I shouldn't laugh at. Some time ago my family visited a family camp. There was a man there that kept making funny noises (I don't think he meant to, though) during the teaching. I thought it was very funny and kept quickly giggling. The next day the camp leader announced that that same man had offered to do a manhunt where he would hide and the teens and kids had an hour to find him somewhere around the camp and then he would give them candy.

## LESSONS FOR LIFE

- E. Read through the book of Proverbs and list verses on the area of sin you struggle with the most. (eg. lying, anger, arguing, laziness, not listening to correction). Memorize a few of your favourites to repeat when you are tempted.
- F. Luke 6:45 says that good and bad actions are the result of the treasure of our hearts. Spend a day paying special attention to what you are putting into your heart. Write down everything you did that brought thoughts into your heart - watching TV, reading, talking with friends ect. Be specific. How long did you spend at each activity? What was heard or said?
- At the end of the day, look over the list. Do you need to make some changes? Are you putting evil or good treasures into your heart? Write down specific plans for change. Share them with your parents, and take action!
- G. Study the first chapter of James. What does it teach us about temptation? What is the source of sin? Why do we sin? What are the results of sin. Write a summary statement about sin based on James 1.

# Manner of the Mouth

## POSTURE AND BODY LANGUAGE

### Sitting

- Keep your knees together
- Cross your legs at the ankles, but not at the knees
- Don't slump in your chair; sit straight up
- Don't tip your chair back
- Girls shouldn't sit cross-legged on the floor unless they are wearing pants or shorts.

### Walking

- Buy shoes in the correct size
- Girls should practice using high heels at home before going out in public so they don't wobble or trip.
- Don't shuffle; pick up your feet when you walk
- Keep your shoulders level, your spine straight, and your head up
- Your heel should hit the ground first, then the weight roll to the ball of your foot, where you push off for your next step.
- Keep your steps natural - not too long or too short.
- Balancing a book on your head as you walk across a room was used in the previous century to help girls practice walking properly. Why not try it yourself and see how you do?

KNOW BY Kay West, John Bridges, + Bryan Curtis.  
From 50 6000 MANNERS EVERY YOUNG LADY SHOULD

I felt ashamed for laughing at the man, who had made such a kind offer, and I felt even more sorry when, after we found him, he gave some candy to each of us and then did a lolly scramble with the rest of the candy. I still laugh sometimes at things I shouldn't - either something wrong I shouldn't encourage or something that upsets the other person - but if I ask God's help and try hard I can usually overcome it.