

God's Word Makes Us Strong

Desire the pure milk
of the word that you
may grow by it.
(1 Peter 2:2, *paraphrased*)



Just like we
eat healthy
food to make
our bodies
strong, when
we read God's
Word and
listen to His
voice, we are
making our
spirits strong.





Have you ever used a measuring chart to see how much you've grown? Isn't it exciting to see when you're a little bit taller than you were the last time you measured yourself? When we take good care of our bodies then we grow properly. It's the same with our spirits and hearts.



When we study God's Word we grow in spirit.

There is so much that we can learn from God's Word, and that is why we need to read and study it. We can see how much we've grown in God's Word by the things we learn from it. God's Word is magnificent!





Action



Draw one picture of something you eat that helps your body to grow strong. Then draw another picture of something you learn from God's Word that makes your spirit stronger.



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