

A decorative border of various fruits including pineapples, watermelon slices, kiwi slices, and oranges surrounds the central text.

CHANGE YOUR MIND
CHANGE YOUR LIFE

WEEK ONE

TUES 1 JAN - SAT 5 JAN

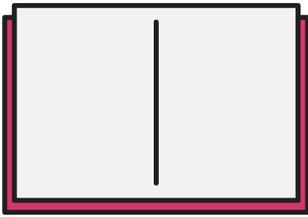


MY NAME

Change your mind, Change your life!

How to use this Daily Devotional

WHAT TO DO



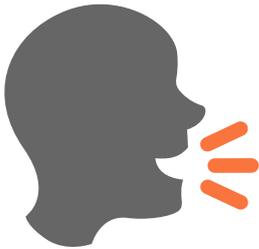
READ

1. Read the daily verse from the bible
2. Read the daily devotional section of the days page



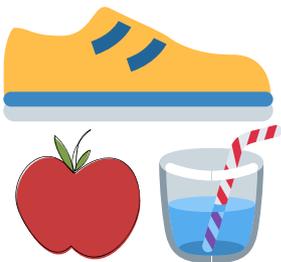
PRAY

1. Pray the daily prayer
2. Pray a prayer of your own



SAY

1. Say the daily declaration
- A Declaration is when you say something that you believe!



DO

Do the BODY Activities

1. Try your best to do something active everyday
2. Eat + Drink healthy foods and lots of water!

Change your mind, Change your life!

Week 1, Day 1

PROVERBS 1:7-8

KNOWLEDGE BEGINS WITH RESPECT FOR THE LORD. BUT FOOLISH PEOPLE HATE WISDOM AND DISCIPLINE.

(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Have you ever been told by mum or dad or maybe a teacher or a friend how to do something like playing a game or making something in the kitchen, but then didn't follow the instructions? How did it turn out? Did you get to play the game or eat what you were making or did it not end up like it was suppose to?

Often we are given instructions or guidelines to help us get the best outcome, to keep us safe or to make sure we go in the right direction and it is our choices that will decide if we follow the instruction and get the best or not.

Over the next month we are going to look at a book in the bible called Proverbs.

Proverbs is full of instructions and help from God on how we can live the best life and the life he has planned for us. Everyday we will read a verse and talk about it. We will say a prayer and make a declaration. A declaration is something you say to show that you agree and that you want to do what you have learnt about.

Today's verse encourages us to love God, and to not only hear his instructions but also to follow it. Following instructions is not always easy, but we trust that God's instructions are good because we know that God loves us so much and He only wants the best for us!

PRAYER

Dear God, Thank you that you love me, thank you that you want me to have a great life. Help me to read your bible and follow your instructions. In Jesus name I pray, AMEN.

DECLARATION

Today I decide that I will follow God's Instruction and wisdom for my life

BODY

**Active Time aim- 20 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + one serving of veggies per day
Activity- Go for a 20 min walk**

Change your mind, Change your life!

Week 1, Day 1

HERE IS A RECIPE FOR YOU TO TRY

FRUIT + VEGGIE BUGS

This recipe is taken from the following website

<https://www.womansday.com/food-recipes/food-drinks/recipes/a55811/celery-snails-caterpillars-recipe/>

SNAILS

celery stalks
Peanut butter or cream cheese, at room temperature
sliced apple
Sliced orange
Sliced kiwi
sliced cucumber
Sliced tomato
cashews

Make the Snails: Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

CATERPILLARS

celery stalks
Peanut butter or cream cheese, at room temperature
Grapes
blueberries
grape tomatoes
Candy eyes
Celery or radish matchsticks

Make the Caterpillars: Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.



Change your mind, Change your life!

Week 1, Day 2

PROVERBS 2:2-3

LISTEN TO WISDOM. TRY WITH ALL YOUR HEART TO GAIN UNDERSTANDING.
CRY OUT FOR WISDOM. BEG FOR UNDERSTANDING.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Sometimes we need a little help to understand why something is like it is. There was once a little boy who told his dad that he didn't have any friends. The boy couldn't understand why he had no friends and why noone was friendly to him. His dad sat and listened as the little boy talked then asked him, "Well son, have YOU been friendly to others?" The little boy suddenly realised that he hadn't, he hadn't been friendly to others so they hadn't been friendly back to him. The little boy finally understood what he needed to do, he heard his dad's instruction, heard his dad's wise words and began to understand why he had a problem and how he could begin to fix it.

In today's bible verse it says to listen to wisdom, wisdom is something you get through experience, when you know what is true and good and what you gain as you begin to understand more and more. Often it is older people in your life who are wise and who give you wisdom; just like how the little boys dad gave the little boy some wisdom and instruction to help him. The bible verse tells us to listen to wisdom, from the bible, from people in our life who are wise (like our parents or teachers) and to try hard to understand how it can help us everyday. But how do we do that, how can we get more understanding? We can ask questions, give things a try, ask for help and read our bible and pray to God for help!

PRAYER

**Dear God, Thank you that your bible is full of wisdom that can help us everyday. Please help me to understand it more and more.
In Jesus name I pray. AMEN**

DECLARATION

Today I will pursue and receive the understanding available to me in God

BODY

**Active Time aim- 20 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + one serving of veggies per day
Activity- Body weight sequence (eg push ups, sit ups, plank etc)**

Change your mind, Change your life!

Week 1, Day 2

TRY THIS BODY WEIGHT SEQUENCE.
SEE IF YOU CAN DO IT FOR 20 MINUTES!

BODY WEIGHT SEQUENCE

- 1** 10 Sit ups followed by a
30 second rest



- 2** 10 Squats followed by a
30 second rest



- 3** 10 Push ups followed by a
30 second rest



- 4** 10 lunges per leg followed by a
30 second rest



HAVE A DRINK OF WATER + START AGAIN!
DO 3 SETS OF THIS SEQUENCE!

Change your mind, Change your life!

Week 1, Day 3

PROVERBS 3:5-8

TRUST THE LORD WITH ALL YOUR HEART. DON'T DEPEND ON YOUR OWN UNDERSTANDING.
REMEMBER THE LORD IN EVERYTHING YOU DO. AND HE WILL GIVE YOU SUCCESS.
DON'T DEPEND ON YOUR OWN WISDOM. RESPECT THE LORD AND REFUSE TO DO WRONG. THEN YOUR
BODY WILL BE HEALTHY. AND YOUR BONES WILL BE STRONG.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Today's bible verse talks about trust.

Trust is when you fully believe someone and believe they will do what they say they will do. Like when your mum or dad says that you can have ice cream if you eat all your dinner, you trust that if they said it will happen and you do eat all your dinner then you will get some ice cream.

The bible tells us to trust God with all our heart which means believe that what He says, is true and that He will do what He says He would.

This also means that when you read the bible and hear God's instructions to trust that that you can follow them and that He will help you.

When you trust God, even when it's hard, it shows that you believe Him, that you believe His way is the best way and that He wants only the best for you!

When you trust that God's wants the best for you, you trust that He has a great plan for your life! And when you believe that, you can decide (or commit) to following His instructions and follow his plan!

PRAYER

**Dear God, Thank you that you want the best for me, please help me to trust you, to follow you and to know that your way is the best way.
In Jesus name AMEN.**

DECLARATION

Today I commit to God's plan for my life

BODY

**Active Time aim- 20 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + one serving of veggies per day
Activity- Go for a bike, scooter, skateboard or roller skate**

Change your mind, Change your life!

Week 1, Day 4

PROVERBS 4:25-27

KEEP YOUR EYES FOCUSED ON WHAT IS RIGHT. KEEP LOOKING STRAIGHT AHEAD TO WHAT IS GOOD. BE CAREFUL WHAT YOU DO. ALWAYS DO WHAT IS RIGHT. DO NOT DO ANYTHING UNLESS IT IS RIGHT. STAY AWAY FROM EVIL.

(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Have you ever tried catching a ball when you aren't looking at it? When you are learning to catch the teacher always says to you "Keep looking at the ball" because when you are looking at the ball and focusing on the ball it is easier to catch it.

If you aren't looking at the ball it is harder to know where the ball is and harder to catch it.

Today's bible verse talks about keeping your eyes focused on what is right and to keep looking straight ahead. What this verse is saying is that we need to keep looking at what God's instructions are and doing our best to follow them.

When we keep our focus on what He says is good and what He says is right and continue to read His bible and try to do what it says then we are following His ways and the plan He has for our life!

And the great thing is God's plan is the best plan so when we focus on Him and following His plan, He helps us get the best outcome!

PRAYER

Dear God, Thank you that you have given us the bible that tells us the best way to live and the best instructions to follow. Help me to keep my eyes focused on what is right and help me to always try to do what is good and right and what is the best for me. In Jesus name I pray AMEN.

DECLARATION

Today I choose to look straight ahead to God's purpose for my life.

BODY

**Active Time aim- 20 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + one serving of veggies per day
Activity- Skipping- what skipping tricks can you do**

Change your mind, Change your life!

Week 1, Day 4

HERE ARE SOME
SKIPPING TRICKS TO PRACTICE

SKIPPING TRICKS

Skipping Passport taken from
<https://greatactivitiesonline.com/passport-to-jump-rope-skills/>

Passport to



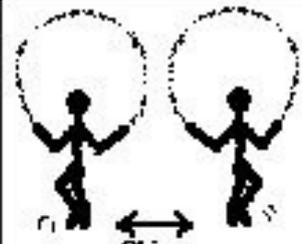
Jump Rope Skills



Basic Jump



Jogging Step



Skier



Bell



Head to
Head



Toe to
Toe



Straddle



Can-Can



Double
Under



Front-Back
Cross



Criss-Cross



Twister



Single
Side Swing



Two in One



Leg Over

Change your mind, Change your life!

Week 1, Day 5

PROVERBS 5:15

DO YOU KNOW THE SAYING, "DRINK FROM YOUR OWN RAIN BARREL, DRAW WATER FROM YOUR OWN SPRING-FED WELL"?
(THE MESSAGE VERSION)

DEVOTIONAL

Back in the olden days they didn't have the same type of taps and water system that we have today. If you wanted water you had to get it yourself from a river or a stream or a well with a bucket. Water was also stored in something called a rain barrel which was like a big bucket that you could put a lid on so that your water was protected.

Today's bible verse talks about these rain barrels and water wells. It tells us to

"Drink from your own rain barrel"

What this verse is reminding us is to look at what you have got and be thankful for it!

Don't look at what others have and want that but look at what you have and thank God that you have it!

Just like how God makes the rain to fill the rain barrels with water, God gives us all that we need!

Sometimes it can look like others have more things or even better things but when you learn to be thankful for what you have you find that you have what you need and what you have is good!

PRAYER

Dear God, Thank you that you give us all we need, and you give us all that is good! Please help me to always be thankful for what I have to not worry about what others have but remember you have given me what I need! In Jesus name I pray AMEN.

DECLARATION

Today I will be thankful for all that God has given me.

BODY

**Active Time aim- 20 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + one serving of veggies per day
Activity- Play a ball game (soccer, basketball, cricket etc)**



CHANGE YOUR MIND

CHANGE YOUR LIFE

WEEK ONE

TM IMPACT
KIDS