



CHANGE YOUR MIND
CHANGE YOUR LIFE

WEEK TWO

SUN 6 JAN - SAT 12 JAN

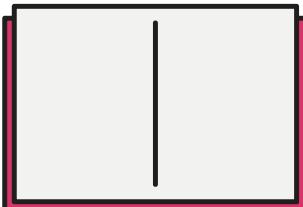


MY NAME

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



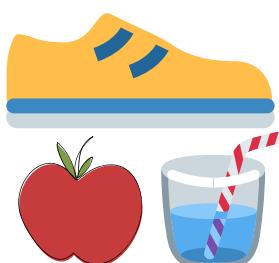
PRAY

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 2, Day 6

PROVERBS 6:20-23

MY SON, KEEP YOUR FATHER'S COMMANDS. DON'T FORGET YOUR MOTHER'S TEACHING.
REMEMBER THEIR WORDS FOREVER. LET IT BE AS IF THEY WERE TIED AROUND YOUR NECK.

THEY WILL GUIDE YOU WHEN YOU WALK. THEY WILL GUARD YOU WHILE YOU SLEEP.

THEY WILL SPEAK TO YOU WHEN YOU ARE AWAKE. THEIR COMMANDS ARE LIKE A LAMP.

THEIR TEACHING IS LIKE A LIGHT. AND THE CORRECTION THAT COMES FROM THEM HELPS YOU HAVE LIFE.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Sometimes at night a room can get very dark, without a light on, it can be hard to find your way through the room without running into anything or feeling a bit scared. Once you switch the light on you can see clearly and do what you need to do easily.

In today's bible verse it tells us that the wisdom and instructions that we get from the bible, and from people like our mum and dad is like a light that can help us each and every day.

Sometimes we don't know the answers, we don't know what we should do or where we should go and it feels a bit like being in the dark but as we learn to listen to those who are wise around us, read our bibles, pray to God and start to learn to listen to the Holy Spirit it is like a light is turned on and we can get through each day a bit easier!

PRAYER

Dear God, Thank you that you put people in our life and give us the bible and the Holy Spirit to help us learn and grow. I pray you help me to listen and learn and live each day following you.
In Jesus name I pray AMEN

DECLARATION

I declare God is illuminating my path

BODY

Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + two servings of veggies per day
Activity- Stretching sequence

Change your mind, Change your life!

Week 2, Day 6

TRY THESE
STRETCHES

Body Shapes



Ta-Da



Pike



Lunge



Tuck



Donkey Kick



Candlestick



Push-up



Table



Arabesque



Hollow



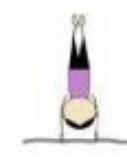
Straddle



Headstand



Arch



Handstand



Bridge



Freeze



Slide



Flamingo



V-Sit



Rest

Change your mind, Change your life!

Week 2, Day 7

PROVERBS 7:1-2

MY SON, REMEMBER WHAT I SAY. TREASURE MY COMMANDS.
OBEY MY COMMANDS, AND YOU WILL LIVE. PROTECT MY TEACHINGS AS YOU
WOULD YOUR OWN EYES.

(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Being Obedient can often be hard. Sometimes we only hear the things that we can't do or shouldn't do but not understand why we shouldn't do them!

Often we are told not to do something in order to keep us safe or to help us make the best choice.

Today's bible verse tells us to treasure God's commands and obey them.

When we think about this we need to remember that God always tells how to do something not to be bossy but to help us have the best that he has planned!

His instructions help us to know what to do and how to do it! He only wants to best for us and that's why He gives us instructions and guidelines for how to live each day.

PRAAYER

Dear God, Thank you that you have the best plans for me, plans to give me a great life and a great future. Please help me to remember and obey your instructions.
In Jesus name I pray AMEN

DECLARATION

I declare I will focus on Godly principles that give life

BODY

Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + two servings of veggies per day
Activity- Go for a walk with your family

Change your mind, Change your life!

Week 2, Day 7

PLANNING TODAY'S WALK

Who will I go with? _____

Where will we walk to? _____

We will go when it is _____ o'clock

I am feeling _____

I have got my:



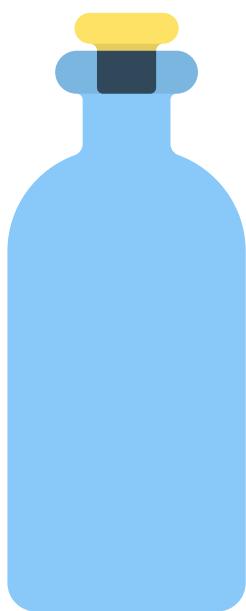
Joggers



Water Bottle



Hat



Change your mind, Change your life!

Week 2, Day 8

PROVERBS 8:11

WISDOM IS MORE PRECIOUS THAN RUBIES. NOTHING YOU WANT IS EQUAL TO IT.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Have you ever noticed how Pirates are ALWAYS looking for treasure? It doesn't matter how much treasure they have or how much treasure they find they aren't happy until they have more! The gold and the rubies, the gems and the pearls don't truly make the pirate happy or satisfied they never seem to have enough!

Today's bible verse tells us that wisdom is MORE precious than rubies and that nothing is the same in value to wisdom!

This bible verse is telling us that when you have wisdom you have what you need, you can be happy knowing that you have the most valuable thing in the world!

But why is it so valuable? Because wisdom helps us to know and do what is right. When we do what is right we do what is best for us and that makes us truly happy!

We need to see wisdom just like treasure, the most precious treasure there is and treasure that will last forever!

PRAAYER

Dear God, Thank you that you give us the gift of wisdom and thank you that it is more precious than anything on earth. Please help me to ask and look for wisdom everyday In Jesus name I pray, AMEN.

DECLARATION

I declare my treasure is eternal

BODY

**Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + two servings of veggies per day
Activity- Have a dance party in your lounge room with your family or try some GONOODLE activities on Youtube.**

Change your mind, Change your life!

Week 2, Day 8

HERE IS A RECIPE FOR YOU TO TRY

"BERRIED" TREASURE

YOU WILL NEED:

1x Cup
1x Spoon

A handful of your favourite berries (strawberries, blueberries, raspberries, etc)

Some natural yoghurt

OPTIONAL

- Honey
- Muesli

METHOD:

1. Put your handful of berries into your cup
2. Spoon the desired amount of yoghurt into your cup to cover your berries
3. Place a few spare berries on top of the yoghurt
4. OPTIONAL- sprinkle with some muesli and drizzle on some honey
5. Eat + Enjoy!



Change your mind, Change your life!

Week 2, Day 9

PROVERBS 9:10

WISDOM BEGINS WITH RESPECT FOR THE LORD. AND UNDERSTANDING BEGINS
WITH KNOWING GOD, THE HOLY ONE
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Respect is something you have for someone who you admire or value. Someone who you think is important and amazing!

Today's bible verse tells us that wisdom begins when we have respect for God, when we value Him and value what He says.

As we get to know God more and more by reading our bible and praying to Him we begin to understand what He is saying, what His instructions are and how He wants us to live our life. As we begin to understand this we realise that what He is saying isn't so tricky but is actually simple.

Jesus tells us in the bible that the greatest thing we can do everyday is Love God and Love People- this is a pretty simple instruction! It's not always easy to do but it is easy to understand!

If Love God and Love People we are following God's instructions and on our way to gain more and more wisdom from Him!

PRAYER

Dear God, Today I pray that you help me to respect and love you more everyday. Help me to read my bible and pray to you and begin to understand what you are saying more and more.

In Jesus name I pray. AMEN

DECLARATION

I declare I will take God at His word

BODY

Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + two servings of veggies per day
Activity- Play Hopscotch or practice your skipping.

Change your mind, Change your life!

Week 2, Day 9

HAVE YOU EVER PLAYED HOPSCOTCH BEFORE?
HERE IS HOW YOU PLAY!

HOPSCOTCH

WHAT YOU NEED:

Outside surface to draw the Hopscotch track on

Chalk

Small pebbles or rocks to use as markers.

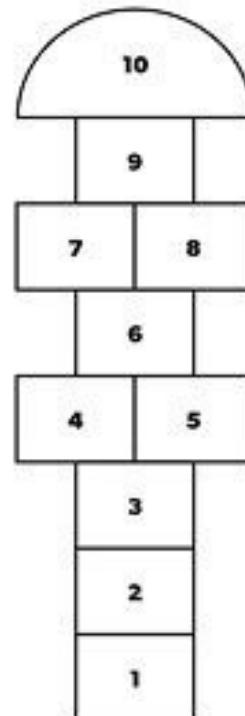
AIM OF THE GAME:

Move from the number 1 square to the number

10 square and back again.

BEFORE YOU PLAY:

- * Draw a hopscotch track on the concrete with chalk.
- * Number the squares from 1 to 10.
- * Choose a rock to be your marker



HOW TO PLAY:

- Throw your rock onto the first square.
- Then hop over that square to the second square on one foot.
- On double squares you must land with your feet side by side.
- Turn around and come back the same way only when you get to the square with your rock you must balance on one foot and pick up your rock.
- If completed with no mistakes then go again and throws your rock to the 2 square and so on.

You may not at any time: step on a line, miss a square that doesn't have a rock in it or lose your balance. If you do any of those three things you have to start from number 1 again.

The two basic rules to remember are that you can only have 1 foot in each square and remember to hop over the square with the rock in it.

HAVE FUN PLAYING!

Change your mind, Change your life!

Week 2, Day 10

PROVERBS 10:4-5

A LAZY PERSON WILL END UP POOR. BUT A HARD WORKER WILL BECOME RICH.
A SON WHO GATHERS CROPS WHEN THEY ARE READY IS WISE. BUT THE SON WHO
SLEEPS THROUGH THE HARVEST IS A DISGRACE.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

The other day I was given a new box of lego! It was a Lego City Helicopter and it was amazing! I opened the box and tipped the pieces out on the table and then I waited. I waited and I waited and I waited some more but no matter how long I waited it didn't get built. It wasn't until I started reading the instructions and building it piece by piece that the helicopter was built and when it was finished it was awesome!

Today's bible verse reminds us that we can't just expect everything to be done for us but we actually need to do something first!

When you work hard you get rich, this doesn't just mean rich with money but rich in other ways too. Rich in happiness, rich in success, rich in feeling like we have done something good and many more different ways! When I made my lego I felt very rich because I had made something wonderful and I had something new to play with.

We all have different things that we are good at, different talents and different skills, and this bible verse encourages us to use our talents and our skills everyday to gain more and more riches in our life!

PRAYER

Dear God, Thank you that you give me different talents and skills. Please help me to use my time, my talents and my skills everyday so that I can get all the riches you have for me.
In Jesus name AMEN.

DECLARATION

I declare I will be diligent with my time, talent and treasure

BODY

Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + two servings of veggies per day
Activity- Go for a bike, scooter, skateboard or roller skate

Change your mind, Change your life!

Week 2, Day II

PROVERBS 11:3

GOOD PEOPLE WILL BE GUIDED BY HONESTY.
BUT DISHONESTY WILL DESTROY THOSE WHO ARE NOT TRUSTWORTHY.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

There is a big word that adults use called Integrity.

Integrity means being honest, knowing what you believe and sticking to it and doing the right thing even when no one is watching. For example if you find \$5 on the ground at school, you show integrity if you give it to the teacher instead of keeping it for yourself.

Our bible verse today tells us that good people are guided by honesty. This is telling us that everyday we need to try our best to live with integrity and honesty. To do what we know is right even when no one is looking! This can be hard sometimes, it is hard to always do what is right but God promises to always help us if we need help, we just have to ask!

Being a person who has integrity is a wonderful thing that people around you always notice, when you have integrity it means people can trust you, can trust that you will do what is right and trust that you will be honest. Having integrity is living a life just like Jesus who shows us in the Bible that he always did what was right!

PRAYER

**Dear God, Thank you that you are a good God. I pray that you help me everyday to try and do what is right and to be honest! Help me to be a person who has integrity even when no one is watching!
In Jesus name I pray AMEN.**

DECLARATION

I declare I will choose to live with integrity

BODY

**Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit + two servings of veggies per day
Activity- Try the Body Weight Sequence**

Change your mind, Change your life!

Week 2, Day II

TRY THIS BODY WEIGHT SEQUENCE.
SEE IF YOU CAN DO IT FOR 30 MINUTES!

BODY WEIGHT SEQUENCE

- 1** 15 Sit ups followed by a 30 second rest



- 2** 15 Squats followed by a 30 second rest



- 3** 15 Push ups followed by a 30 second rest



- 4** 15 lunges per leg followed by a 30 second rest



- 5** Hold the Plank for 30 seconds



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

Change your mind, Change your life!

Week 2, Day 12

PROVERBS 12:18

CARELESS WORDS STAB LIKE A SWORD. BUT WISE WORDS BRING HEALING.
(INTERNATIONAL CHILDREN'S BIBLE TRANSLATION)

DEVOTIONAL

Have you ever heard the saying
"Sticks and stones may break my bones
but names will never hurt me"
I don't think this saying is very true. Yes
sticks and stones will break your bones (so
don't ever throw or hit with them!) but
names or words, especially nasty or mean
names and words can most definitely hurt
you! They don't hurt you in a way that
needs a bandaid or a visit to the doctors
but they do hurt you on the inside, they hurt
your feelings, they hurt your heart.

The bible verse today tells us that
careless, or mean words can stab like a
sword. They can really make you feel sad
but wise and kind words bring healing.
Which means wise and kind words can
make you feel better, feel happy, feel like
you are loved and important.

We need to make sure we are using our
words to make people feel happy, not feel
sad. To make people feel like they are
loved not hated. To say nice things not
things that are mean and nasty. This can
be hard but God will help us if we ask Him
to! Remember sticks and stones will break
your bones, and names and words can
also hurt you and hurt others! So try not to
throw sticks and stones and try to always
say nice and kind words!

PRAAYER

**Dear God, Thank you that you love me
and that I am valuable and important
to you! Please help me to use my words
to make other people feel happy,
loved, valued and important as well!
In Jesus name I pray AMEN.**

DECLARATION

**I declare I will speak words
of faith and life**

BODY

**Active Time aim- 30 mins a day
Water aim- One bottle of water a day
Food aim- At least one piece of fruit +
two servings of veggies per day
Activity- Play a ball game (soccer,
basketball, cricket etc)**



CHANGE YOUR MIND
CHANGE YOUR LIFE

WEEK TWO

