

TEMKIT FOR CHILDREN

TEMKIT'S MISSION:

To provide Bible based, true reading material for children and youth.

Year 1 - 1st Quarter - Issue #10

CREATION CORNER

8 Laws Of Health

Last week we learned that Water can make you Smarter! Water is just one of the 8 'Laws of Health' that God gave to us to teach us how to be happy, healthy and smart. God promised His people that if they would listen to Him and do what He told them they would be 'a people wondered at'.

Here are all the 'Laws of Health'-

1. Nutrition Eat what grows and eat it as simple and natural as you can.
2. Water Lots of pure soft water
3. Fresh Air Have windows open if you can and breath deeply of fresh air.
4. Sunshine Get some sunshine everyday-not too much but some. If you don't want to burn put on a light cotton shirt and a sun hat-not chemicals on your skin.
5. Exercise Walking and running and playing in the out doors is good exercise. Sports are not so good.
6. Rest and Sleep People need more sleep and rest than most people get. If you are growing, you need even more. Getting enough sleep helps you get smarter too.
7. Temperance This means don't use anything harmful or do anything bad for your body or mind. Also use the good things wisely, too much of even a good thing can be harmful.
8. Trust in God If we are afraid and worry, we make ourselves sick. Learn God's promises and believe He means them for you. Tell Him your troubles and know that if you belong to Him, He will never fail you. = ^ .. ^ =

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HISTORY

The Christian Church: part 1

Soon we are going to look at some of the wonderful stories of the middle ages and the reformation. First I want to explain what a reformation is. So I must start way back with the early apostles.

After Jesus went back to heaven and the Holy Spirit was sent to His people, they went everywhere preaching the good news about Jesus who had come to save man from his sin and give him power to be obedient and some day when Jesus returned again to go to heaven with Jesus to live forever.

They went to the countries of the north to Britain and Europe and east even to India, China and even Japan. Everywhere the true apostles went they carried the true scriptures with them and taught the seventh-day Sabbath. They were called Christians because they were always talking about Christ. They loved Jesus very much and many died for Him.

The Pagan Idol worshippers for hundreds of years tried to kill the Christians. They fed them to Lions and burned them and all kinds

TRUE-STORY-TIME

of cruel things. But that did not stop people who loved Jesus, they knew Jesus was with them and He gave them strength to stand true to Him no matter what.

In Rome they would try and make the Christians worship a statue of the Emperor. Sometimes they would march Christians past the statue and tell them, "If you just put some of this incense there before this statue, we will let you go." But they knew that to do this was to break the commandment of Jesus not to worship other gods so they would not do it.

When people would see how brave and kind and true these Christians were, they often gave their hearts to Jesus also. It was said the blood of Christians was seed, for when some were killed even more would bravely take their places. Oh, children, it is a wonderful thing to be a true Christian!

As long as there was persecution, Jesus' people stayed pretty much true to Him. But there came a time when the Romans and others stopped persecuting the Christians. Then people began to join that hadn't given all their hearts to Jesus.

They started doing Pagan things in the Christian church. Some Christians thought that if they let the Pagans have some of their Idols and holidays in the church, then more Pagans would become Christians. But it didn't work that way, no indeed. Bit by bit the Christians became more like the Pagans.

Some Pagan teachers and Priests joined the church and they thought they could still use all their Pagan ideas and they mixed them in with the Bible truths, and Christianity got corrupted. The emperor Constantine decided to have all the people become Christians and so he marched his army through a river and told them they were all Christians and should worship the cross.

Now the cross was a symbol of the Sun God and Pagans worshipped on Sunday. Constantine told all the people to keep Sunday. Gradually the Christians in Rome forgot God's Creation Sabbath. To be continued = ^ .. ^ =

This amazing story of answered prayer is one of my favorites:

How Much Does A Prayer Weigh?

How much does a prayer weigh? The only man I ever knew who tried to weigh one still doesn't know.

He owned a little grocery store on the west side. The First World War had just ended, and it was the week before Christmas. A tired-looking woman came into the store and asked him for enough food to make a Christmas dinner for her children. The grocer asked her how much she could afford to spend.

"My husband was killed in the war," she said, "and I have nothing to offer but a little prayer."

This grocer confesses that he was not very sentimental in those days. A grocery store could not be run like a bread line.

So he said, "Write it on a paper," and turned about his business.

To his surprise, the woman plucked a piece of paper out of her bosom and handed it to him over the counter and said, "I did that during the night watching over my sick baby."

The grocer took the paper before he could recover his surprise, and then regretted having done so! For what would he do with it; what could he say?

Then an idea suddenly came to him. He placed the paper, without even reading the prayer upon it, on the weight side of his old-fashioned scales. Picking up a loaf of bread nearby, he said, "We shall see how much this food is worth."

To his astonishment the scale would not go down when he laid the loaf on the other side. To his confusion and embarrassment, it would not go down though he kept on adding more food, anything he could lay his hands on quickly, for people were watching him.

He tried to be gruff and he was making a bad job of it. His face got red and he felt flustered. So finally he said, "Well, that's all the scales will hold anyway. Here's a bag. You'll have to put it in yourself. I'm busy."

With what sounded like a gasp or a little sob, she took the bag and started packing the food, wiping her eyes on her sleeves every time her arm was free to do so. He tried not to look, but he could not help seeing that he had given her a

pretty big bag and that it was not full when she had finished. So without saying anything, he tossed down the counter to her several expensive items. Trying not to notice, he saw a timid smile of grateful understanding glistening in her eyes.

When the woman was gone, he went to look at the scales, scratching his head and shaking the scales in puzzlement. Then he found the solution. When the paper had been placed on it, the scales had been broken.

That grocer is an old man now. His hair is white. But he has never forgotten the incident. He never saw the woman again. And, come to think of it, he had never seen her before either. Yet, for the rest of his life, he remembered her better than any other customer he ever had.

And he knew it had not been just his imagination, for he still had the slip of paper upon which the woman's prayer had been written, "Please, Lord, give us this day our daily bread." Taken from the book *Shelter in the Storm*. Available from Harvestime Books, Altamont, TN 37301. = ^ .. ^ =

ADVENT HISTORY

We are continuing our stories about the life of the messenger of the Lord for these last days, Ellen White.

Part 10: A TRAIN WRECK

One day Elder and Mrs. White were getting ready for a long trip. They were going to another city to preach. This time they were going on the train.

They packed their suitcases. They packed a large trunk. In this trunk they put many books. Soon they were ready to go. It was nearly time for the train.

Before going to the station they had worship. They prayed that God would send the angels with them on their trip. That night they got on the train. They went into one car that had seats with high backs.

They sat down, but they did not feel safe. Mrs. White said: "We must not stay in this car." They went into the last car on the train. The train started. Elder and Mrs. White felt much happier after they had moved into the last car of the train.

They had gone only three miles, when the

car jerked back and forth and there was a terrible wreck. The engine was thrown from the track. Two cars were broken in pieces.

The seat in which Elder and Mrs. White first sat was crushed. The only car unharmed was the last one. It was not broken. The only car unharmed was the one in which Elder and Mrs. White had been riding. It was still on the track.

Everyone in the last car hurried outside. They saw the terrible wreck. They heard the groans of the people who were dying. They heard the screams of those who were hurt. They saw the engine lying on its side.

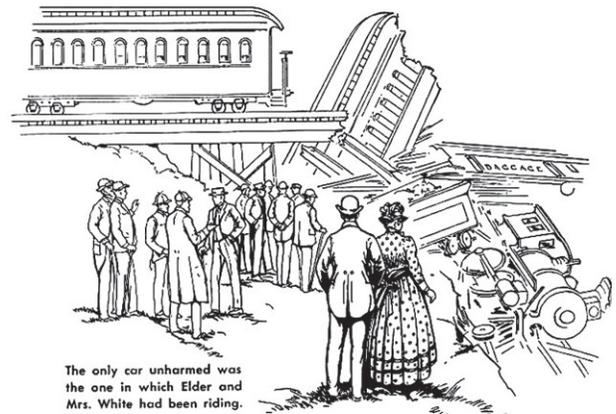
The baggage car was off the track, too; but it was not broken. The box of books was safe. Many people came to see the wreck.

They looked at the engine and the broken cars. They saw the last car still on the track. "How can this be?" the people asked. "This car was fastened to the others with bolt and chain."

They looked on the platform of the car. There lay the bolt and chain as though placed there by a careful hand.

"How can this be?" said the brakeman. "I did not unfasten the car. No one was on the platform at the time of the wreck."

Elder and Mrs. White said: "It must have been an angel who unfastened the car." They thanked the Lord for keeping them safe. = ^ .. ^ =



The only car unharmed was the one in which Elder and Mrs. White had been riding.



BUILDING FOR JESUS

Trials

“Mom, I know one thing for sure! I can never be good as long as I have to live with Sandy!”

“Are you blaming your brother for your sins Edna?” asked Mother.

“Well he makes me bad! I’m always worse when he is in the house. Doesn’t that show that it isn’t really me being bad? I want to be kind and not yell and get angry but he always does things that make me mad.”

Sitting down with Edna, mother kindly explained, “I’ll tell you my dear what it shows. It shows you are not resisting strong temptations. It is easy for us to think we are real good when we live with people who are always nice to us and give us our own way. You need sisterly love and patience for your brother”

“Well, he ought to have more brotherly love for me and not be so mean!” Edna pouted.

“I don’t say he is always right and you know I have punished him for bothering you so much. But I want you to see that if the bad feelings and mean words were not already in you, then Sandy could not bring them out. Trials are not sent to make us bad, but to show us the bad that is there, so we can run to Jesus and ask Him to forgive, take away the bad and give us power to do right.”

“I think I see what you mean, he can’t make

me do bad things if the bad things are not in there first,” Edna said quietly.

“That’s it, Edna, the Bible tells us none of us are good inside on our own. But there was no bad in Jesus and when Satan came he couldn’t get Jesus to do cruel or wicked things. It wasn’t in Him. Now Jesus promises to give power to us, so we can resist temptations too.”

“So when Sandy teases me, I should stop and pray?” Edna asked.

“Well, it will work better if you pray each morning about it and ask Jesus to take the bad out of you and put His love inside your heart. You can ask Him to do that for Sandy also. Then when something bothers you, say a quick prayer for strength and choose to speak kindly, or just be quiet.”

“You know, Mom, sometimes maybe I am not very nice to Sandy either”, Edna said, “I guess, that makes it hard for him to be good to me.”

“Yes, my dear”, her mother replied, giving her a little squeeze, “We all need to practice the Golden Rule that Jesus gave us. Treat others the way we would like them to treat us.” = ^ .. ^ =



WEEKLY BIBLE LESSON 10:

For our Bible lessons we are going to use the King James Version of the Bible. Just like the boys and girls used to use to learn to read from in the pioneer days.

There will be some texts to look up for each day and you should practice your memory verse until you can say it without looking. Don’t forget to learn the text too.

“REACHING FOR HEAVEN”

MEMORY VERSE: “God thundereth marvelously with his voice; great things doeth he, which we can not comprehend.”
Job 37:5

Read Genesis 11

Sunday

Text: Genesis 9:29 And all the days of Noah were nine hundred and fifty years: and he died.

Shem lived 600 years

His son lived 438 years

A few generations later Serug lived 230 years

His son lived 139 years

Haran, who was the father of Lot, was the first man to die before his father died.

See how the lives got shorter after the flood? There was more than one reason, but one thing that caused it was that God gave them permission to eat meat if they wanted to; this was because it would take a while for crops and trees to grow again— but because He allowed them to eat meat, did not make it good for them.

Another reason life was shorter, was that conditions were different after the flood. Studies show there was less oxygen, the plants and soil were less rich and the weather was harsher.

Thought - God's best diet for people was a plant diet.

Monday

Text: Jeremiah 18:12 “And they said, There is no hope: but we will walk after our own devices, and we will every one do the imagination of his evil heart.”

It is hard to believe that people could forget what was right so quickly, but sadly some of the children of Noah soon began to do wrong. Some followed his example, and obeyed God's commandments; others were unbelieving and rebellious.

Some of these refused to believe in God, and in their own minds they thought the flood was just an accident of nature. Others believed there was a God, and that He had caused the flood, and they were like Cain, angry and hating God, because He had destroyed the wicked race and cursed the earth by the flood.

These people who were enemies of God, were bothered by the good lives, deeds and words of those who loved, obeyed, and exalted Him. They moved away from where the family of Shem lived and went to the plains of Shinar to make a strong city.

Thought - Let us ask Jesus to remind us to always do right.

Tuesday

Text: Genesis 10:8, 9 “And Cush begat Nimrod: he began to be a mighty one in the earth. He was a mighty hunter before the LORD: wherefore it is said, Even as Nimrod the mighty hunter before the LORD.”

Some of the evil knowledge from before the flood began to be used again by the people, and the idol gods and Satan's false worship was set up again. Some say it was brought from before the flood by Ham's wife, who was of the line of Cain.

Two of the sons of Ham, Cush and Canaan became very wicked. Canaan became the head of a race of idol worshippers and Nimrod, the son of Cush, became a cruel and wicked King who later was worshipped as a god. He was a hunter of fierce animals but he did not love God.

This text actually means that he was a mighty man in rebellion against God. He built a city on the plains of Shinar.

Some ancient legends say that he was so wicked that the family of Shem executed him. We know he died quite young. His wife, Queen Semaramis told the people after his death that he was the sun god and she was the moon goddess, Queen of Heaven. She had a baby boy named Tammuz and she told the people that he was Nimrod, the sun god, born again.

Thought - It was way back there that the idea of worshipping a woman and her son started, not from Mary and Jesus.

Wednesday

Text: Genesis 11:1 “And the whole earth was of one language, and of one speech.”

The ones who did not love God left the others and moved a distance from them, and chose a large plain to live in. they built a city, and then got the idea to make a large tower to reach unto the clouds, and all stay in the city and not be scattered in the earth.

They thought that they would be safe in case of another flood, for they would build their tower higher than the waters at the time of the flood, and all the world would honor them, and they would be as gods, and rule over the people. They wanted to become as wicked as the ones killed in the flood and to use force to get rid of

God's people.

This tower was made to exalt its builders, and was to get all the people on earth to worship idols. Before the work of building was finished, people lived in the tower. Richly decorated rooms, with beautiful furniture were made for their idols.

Those who did not believe in God, imagined that if their tower could reach unto the clouds, they would be able to find the reasons for the flood.

Thought - None of these people believed God's rainbow promise. Like Adam and Eve, they thought God would tell a lie.

Thursday

Text: Genesis 11:7 Go to, let us go down, and there confound their language, that they may not understand one another's speech.

They were proud and thought they could beat God. But he would not permit them to finish this evil work. He knew that Satan would work through them to kill all the good people from the earth.

They had built their tower very high, when the Lord sent two angels to confound them. Men had been given the job of carrying word from the top of the tower to the bottom to ask for what was needed for the work. The first would tell the second, and he the third, until the message reached those upon the ground.

As the word was passing from one to another, the angels confounded their language. That is, all of a sudden instead of everybody speaking the same language there were a lot of different languages, and they couldn't understand each other. When the word reached the workmen on

the ground, they would send up what they thought was asked for, but after all the hard work of getting it up the tower—it was the wrong thing.

Those people who had thought they were smarter than God could not figure out what had happened. They began to fight and hurt one another and were in a sad confusion.

Thought - God has such wonderful ways to do what He needs to do.

Friday

Text: Genesis 11:9 "Therefore is the name of it called Babel; because the LORD did there confound the language of all the earth: and from thence did the LORD scatter them abroad upon the face of all the earth."

There was no way to build any more on that tower. Angry at one another, and not knowing what had happened, they went with those they could understand, and moved away into the world. This is where different nations, speaking different languages, came from.

Lightning from heaven, as a token of God's wrath, broke off the top of their tower, and cast it to the ground. Thus rebellious man is taught that God is supreme.

Satan's plan to have his super-race again was spoiled and he was angry. Do you know he has been trying to get his One World Government ever since, but he has never been able to do it?

The people who are making the New World Order today are trying to finish the work Satan started at Babel. They even use a picture of the broken tower or a pyramid with the top not yet on as their symbol.

Thought - We can trust God to know how to take care of us. = ^ .. ^ =



Kind Hearts Are the Gardens

Kind hearts are the gardens, Kind thoughts are the roots,
Kind words are the flowers, Kind deeds are the fruits,
Take care of your garden, And keep out the weeds,
Fill it up with sunshine, Kind words and kind deeds.