

# TEMKIT FOR CHILDREN

## TEMKIT'S MISSION:

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

Year 1 - 1st Quarter - Issue #12



### CREATION CORNER THE SWEET CHEAT: Part 2

I promised to tell you how to make sweet treats that are good for you. The idea is to use dried fruits, tasty, ripe fruits, or a small amount of natural honey in place of refined sugar.

Nicely ripe bananas can be served with slightly sour fruits and together they will be tasty.

Try freezing ripe bananas and then blending them along a few frozen berries. Only add enough water, soy, or nut milk so they will blend to make a refreshing cold treat for a hot day.

You can freeze ripe bananas on a stick to make a natural popsicle.

Here are some good spreads to use:

#### Apple Butter

2 apples  
1/2 cup cut dates  
1/2 cup water

Wash and core the apples, don't even peel them; dice them and add dates and water. Simmer until apples are tender. Cool slightly and Blend smooth.

#### Apricot Jam

Simmer 1 cup dried apricots and 1 cup pitted prunes OR 1 cup pitted dates in water to cover until soft. Add 1/2 cup crushed, unsweetened pineapple and blend.

#### Fresh Fruit Salad

One of the nicest things to make is simply to cut up a variety of fresh fruits in a large bowl. You can use almost any kind you have.

**CONTENTS:**  
**CREATION CORNER**  
**HISTORY**  
**TRUE-STORY-TIME**  
**ADVENT HISTORY**  
**BUILDING FOR JESUS**  
**WEEKLY BIBLE LESSON**

The good news is it does not take long for our taste to become normal once we stop using artificial sweeteners or refined sugar. It is just like any addiction, if you stop completely it will take about 2-3 weeks to lose the craving. This 'craving' is not part of 'you', it is part of the harm sugar has done to you. It is not natural at all, even though these days most folk are sugar addicts.

People get tricked when trying to stop, by thinking they 'need' to have 'just a little bit' of the sweek junk 'for a treat' or 'for special occasions'. These things are not a 'treat', they are a sneaky trick! The trick of 'just once in a while' prevents conquering the craving.

Remember we learned that sugar is a robber? Here is another way it robs us. The natural fruits the Lord made for us actually taste much nicer than sugar once the addiction is gone. It is not easy to break the sugar habit, but it is worth it! You will soon enjoy natural foods more, your health will improve, and you will be smarter too!

Very soon your 'sweet cravings' will be gone and you can learn to enjoy fresh, healthy fruits or dried fruits in their natural form. Jesus will help you when you choose to do right and eat what God has given for our health; you will never be sorry!

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## HISTORY

### The Christian Church: part 3: 300 AD

Alexandria in Egypt was a center of learning, but it was heathen learning, calling itself Christian. These Pagan/Christian philosophers, (called Platonists after the Greek philosopher Plato) mixed more and more heathen teachings and invented many weird ideas and brought them into the 'church'.

They accepted the heathen idea that a person has a separate part inside called a 'soul'. They thought this 'soul' would never die. Remember Satan's lie to Eve "Ye shall not surely die"?

These mixed up people then decided that when people died they would go straight to heaven or a burning hell. Soon it was said that even if people went to heaven they would have to be punished in a temporary hell called 'purgatory' for a long time before they could go to heaven.

They taught people to worship relics. These are some bones of a 'saint' or ashes of a martyr or anything that was somehow supposed to be 'holy'. Because they thought the 'holy' people were in heaven, they prayed to Mary and other dead people.

These people thought the Bible was no good if you just believed what it said. They said there was a mystical hidden meaning in it that only special people could know, and so they would make up their own ideas and claim they were in the Bible.

They got the idea that the body was evil and the 'soul' was good. They thought that by hurting the body they could get closer to God.

Then, at this time they also got the idea that there were two kinds of Christians, the ordinary people who did the usual human things and the real spiritual type people who gave their lives to seeking God. Things that were right for common people were not allowed to the ones who thought themselves higher than the rest. These people were not to get married or live in families. They did not do useful work and they did not believe in learning or studying. They claimed if you sat and thought about holy things then you would get close to God and in some magic way know everything.

The idea of 'monks' was born in Egypt around 300 AD. They would live in caves or harsh uncomfortable places. They would starve their bodies and beat themselves. They would do cruel things to hurt themselves. Some would eat grass in the fields with animals. Others would wear heavy

chains and metal things to weigh down their poor thin bodies. They would kneel on sharp things to pray and stay awake all night. They also believed that because they did these things they were much better than ordinary people.

The idea was brought to Rome in 341 by Athanasious bishop of Alexandria. He went there with many of these fanatical, wild people and soon the idea spread through the Catholic world. After a while these monks got the rule passed that only the Pope himself could tell them what to do. So they had a lot of power!

They got the idea that everything that people didn't like, everything that was hurtful or uncomfortable; that was just what God wanted. So they would be dirty and never wash, they would let insects like fleas and lice get on their bodies. They would wear rough clothes and some didn't even wear clothes at all. They had long shaggy hair dirty and matted.

All this came from the false idea that the body was evil and the 'soul' got stronger when the body got weaker. How sad Jesus was to see people living like this! How Satan laughed at them. Even though ordinary people thought they were 'holy', they were afraid of them as they often went crazy. Also if someone doesn't mind hurting his own body, he sure doesn't mind hurting someone else!

People are doing things like this again today more and more. In some countries at Easter, people walk through the streets beating themselves with sharp things so the blood runs down their backs. Some people allow themselves to be nailed to crosses. They think that this makes God happy. It makes God very sad and it is an insult to Jesus.

Dear Jesus never taught any of those things. He never told people not to work, or not to get married and have families. He fed people, He didn't starve them. He never said there were two classes of people- he said all are brethren- all equal. He went around healing people and blessing them. He didn't want anyone to hurt themselves. God does not want people to be sick and in pain. He wants us to care for our bodies and keep them clean, well and healthy.

There are some today who will tell you that the reason people chose to be monks or nuns was so they could have schools and hospitals to help the people. This is not at all where the idea came from.

In the true church, the church that was not connected with Rome, they had schools and lived in communities and helped people. But these were

not 'monks' or 'nuns' like the ones of Rome. These true Christians were clean, got married, raised happy families, and lived sensible lives. They followed the true Bible teachings.

Many false ideas are still taught today! That is why, dear young people, we need to know our Bibles and learn what God is really like and follow Jesus and what He taught us. If we let heathen and false ideas get mixed in, we will be fooled by Satan just like those people were way back then, and many still are today! To be continued. = ^ .. ^ =



### **TRUE-STORY-TIME**

One kind of strange monks back then were called 'Pillar Saints'. These people would set up a column or tower and stand on top of it day and night for years. Some stayed there until they died. Of course they had to have someone to bring them food and necessities. People, who did not know any better, thought these people were very, very holy.

In 395-451 AD lived Simeon of Syzan, a Syrian; at first a shepherd, then a monk; who, in order to be nearer heaven, spent thirty-seven years in the most uncomfortable manner, on the tops of five different pillars, first six, then twelve, twenty-two, thirty-six, and forty cubits high. A cubit is about 20 inches so the last pillar was more than 60 feet high!

He became famous and enjoyed the people who came to admire the "holy man". If these people had read the true Bible they would have know that he was a silly man, not a holy man.

The top of his last pillar was 3 feet wide and he had a little fence around it. He stood there day and night in all kinds of weather. It was good that in his country it did not snow or freeze.

All night he would pray by spreading out his hands and bowing down so that his forehead would touch his toes. Up and down, up and down, he did this all night, thousands of times.

At 9 o'clock in the morning he would talk to the people who came to admire him and he would

answer their questions, send messages, write letters and so on. Then at night he would go back to bowing down again.

People made pilgrimages to come and talk to this so-called 'holy man'.

He usually ate only about once a week, never slept, unless he somehow learned to do it while still bending up and down to 'pray'. He had a long sheepskin robe and cap and a long beard. As you can imagine, he was terribly thin.

One interesting thing about Simeon was, he would not let any woman come near his pillar, not even his own mother.

It is claimed that he lived for 37 years like this, and finally died there on the top of his pillar.

They didn't know if he was still just praying but after three days, his disciple knew he was dead and brought him down. He was 69 years old when he died.

The people in Antioch worshipped his bones and they made monasteries and chapels around his pillar. For years people would come there to admire it and worship it.

Think of how different this man was from Jesus whom he was claiming to worship! This monk never really did any good to himself or anybody by living up there all those years.

These types of gloomy fanatics are common in India and the religions of the East but nowhere in the Bible do we see any such example. How disappointed people like this will be when Jesus tells them, "I never knew you!" How very, very sad.

Young people, let us always seek to learn more about what the Bible really teaches so we can live the way Jesus wants us to live and not be fooled by ideas that may seem 'humble' and 'holy' but are actually proud, wicked and foolish. = ^ .. ^ =

### **You can Smile**

There are many troubles,  
That will burst like bubbles,  
There are many shadows that will disapeer,  
When you learn to meet them,  
With a smile to geet them,  
For a smill is better than a frown or tear.

You can smile, when you can't say a word,  
You can smile, when you cannot be heard,  
You can smile, when it's cloudy or fair,  
You can smile anytime, anywhere.



### ADVENT HISTORY

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

#### Part 12. TRAVELING AND WRITING

For many years Elder and Mrs. White traveled from place to place. Often they were tired, but they preached to the people anyway. They helped the people in many ways and taught them to love Jesus.

Jesus gave Mrs. White many messages for the people. Many of these messages she wrote in books. She wrote many books.

Mrs. White loved the children. They were glad when she came to camp meeting. They were glad when she came to their church. Often she visited in their homes.

The children were always glad when Mrs. White told them of her visits with Jesus. They liked to hear of her visits with Jesus. They liked to hear her tell about the new earth. She said: "Heaven is a lovely place. There we shall see the smiling face of Jesus. I want you all to be ready to go to heaven with Him when He comes."

Now I think this was a much better way to work for Jesus than standing somewhere on top of a pillar like a stone statue, don't you? = ^ .. ^ =



### BUILDING FOR JESUS

#### I Love You, Mother

"I love you, Mother," said little John,  
Then forgetting his work, his cap went on.  
And he was off to park to play,  
Leaving his mother to work all day.

"I love you, Mother," said Rosy Nell;  
I love you better than tongue can tell.  
Then she teased and pouted half the day,  
Till all were glad when she went to play.

"I love you, Mother," said little Fran;  
"Today I will help you all I can."  
Then stepping softly, she brought the broom,  
And swept the floor and tidied the room.  
Busy and happy all the day was she,  
Helpful and cheerful as a child could be.

"I love you, Mother," again they said,  
Three little children as they went to bed.  
How do you think that mother guessed  
Which of them really loved her best?

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#### LOVE AT HOME

There is beauty all a-round, When there's love at home;  
There is joy in every sound, When there's love at home.  
Peace and plenty here abide, Smiling fair on every side;  
Time doth softly, sweetly glide, When there's love at home.



## WEEKLY BIBLE LESSON 12:

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.

### "FIRE FALL AT SODOM"

**MEMORY VERSE: "Be not forgetful to entertain strangers: for thereby some have entertained angels unawares." Hebrews 13:2**

### Read Genesis 18, 19

#### Sunday

**Text: Genesis 18:2 "And he lift up his eyes and looked, and, lo, three men stood by him: and when he saw them, he ran to meet them from the tent door, and bowed himself toward the ground".**

Abraham was sitting in his tent door in the heat of the day when he saw three men traveling. He ran to greet them and asked them to come and wash their feet and rest in the shade and he would prepare food for them.

He was kind to all strangers and did not know that these were heavenly visitors. He asked Sarah to help prepare the meal and he himself went and picked a calf to cook for the men. This was no snack, but a hearty meal, he set before these strangers.

The Bible says that he stood by them as they ate, in other words he was their waiter.

**Thought** - It is wise to be generous and kind.

#### Monday

**Text: Genesis 18:10 "And he said, I will certainly return unto thee according to the time of life; and, lo, Sarah thy wife shall have a son. And Sarah heard it in the tent door, which was behind him."**

Now something happened that caused Abraham to see these were not ordinary travelers. They asked where Sarah was. He said she was in the tent. Then they told him that this time next year, she would have a son.

Sarah listening in the tent laughed to herself because she knew she was much too old to have a baby. Then Abraham knew that this was the Lord.

The Lord said, "Why did Sarah laugh? Is anything too hard for the Lord?"

Then Sarah was afraid and said that she didn't laugh, but the Lord said, "Nay, but you did laugh." Then the three got up and continued on their way and Abraham walked a ways with them.

**Thought** - Jesus knows all our thoughts.

#### Tuesday

**Text: Genesis 18:23 "And Abraham drew near, and said, Wilt thou also destroy the righteous with the wicked?"**

Then the Lord told Abraham that the wicked city of Sodom was about to be destroyed! The two angels kept on their way but Abraham stood before Jesus. He asked Him not to destroy the good people with the bad in Sodom. He knew Lot was there and he thought surely there would be many good people there. He said, "Will you destroy it if there are fifty good people there?"

The Lord said, "No I won't destroy it if fifty are there.

Then Abraham said, "what if five are lacking". And the Lord said "If there are forty five, I won't destroy it. Then Abraham thought about Sodom and what he had heard about it, and asked for forty, then thirty, then twenty. Finally he asked if the Lord would save Sodom if there were only ten people that were good there. Jesus said He would! That is how kind our Dear Jesus is! Then He went on His way towards Sodom.

It is because of God's people in the world that the Lord keeps things running here. Even the wicked owe their lives to God's people.

**Thought** - Sometimes when the wicked drive away God's people, or kill them, some terrible disaster hits them.

### Wednesday

**Text: Genesis 19:1** “And there came two angels to Sodom at even; and Lot sat in the gate of Sodom: and Lot seeing them rose up to meet them; and he bowed himself with his face toward the ground.”

Sodom was a terribly wicked city. The people were very rich and very cruel. They spent their time in entertainment and vile practices. Whenever a stranger would come to Sodom, they would abuse them and even kill them. History tells us they would sometimes chain people in the town square and leave them to starve to death while they tortured them every day.

The wicked things they did and invented made it so that God had to remove them as a warning, or these terrible deeds would spread everywhere, and the earth would be as bad as before the flood again!

The two angels came alone to the gates of Sodom in the evening, and there was Lot who did just as Abraham had done, and ran to meet them and asked them to come and stay at his house. Now Lot knew about the cruel treatment the people of Sodom would do to strangers, so he urged them to come with him. He wanted to protect them. Finally they agreed.

**Thought** - God's true people care about others and try to help them.

### Thursday

**Text: Genesis 19:5** “And they called unto Lot, and said unto him, Where are the men which came in to thee this night? Bring them out unto us, that we may know them.”

When Lot and his family were about to go to bed the people of Sodom surrounded the house and tried to get the men who had come there. Lot tried to protect them, but it was the angels who had to protect him. They pulled Lot back inside and made the wicked men blind.

Then they told Lot to go and gather up his family and hurry out of Sodom as it was going to be destroyed. This was a shock to Lot. He hurried

to tell his married daughters and their husbands, but they laughed at him and thought he was crazy.

The angels told Lot and his wife and two unmarried daughters to leave and run for their lives to the mountains. Finally the angels took them by the hands and hurried them out. “Escape to the mountains and don't look back”, the angels warned.

Even then, Lot tried to argue with the angels. He wanted to stay in one of the small cities nearby. His faith was weakened from living in a wicked place and seeing wickedness every day. Because of Lot arguing and not hurrying away as the angels had said, just as they reached the small city, his wife turned to look back as the terrible firestorm hit Sodom. She was turned into a pillar of salt.

**Thought** - We need to be careful that we don't get so used to wickedness that we think it is OK.

### Friday

**Text: Genesis 19:24** “Then the LORD rained upon Sodom and upon Gomorrah brimstone and fire from the LORD out of heaven”

When the people of Sodom were starting to get up in the morning, they thought it was just the same as any other day. They were planning what they were going to do to Lot and those strangers. Lot's sons in law were laughing at the crazy old man who had tried to save them.

They were no more wicked that day than the day before, but God draws a line and when people pass over it, that is the end of His mercy.

Then fire and brimstone rained down out of heaven on those wicked cities. They were totally destroyed. When Abraham got up that morning, he looked towards Sodom. He saw the smoke like a great furnace pouring up into the sky. He knew then that there were not even ten good people there. He must have wondered what happened to Lot.

Many cities today are just as wicked as Sodom. Soon God will draw the line again. Jesus told the people in His day that because they would not listen to Him or believe Him, they were even more wicked than the people of Sodom.

**Thought** - It is important for us today, to believe God's Word and obey it. = ^ .. ^ =

