

Week 2 - June 20th - 26th

This weeks POWER VERSE:

Good spiritual food is for those who are strong in the Lord. Hebrews 5:14

garbage in garbage out! What goes in must come out!

**The Amazing
Alien Diet!**

DAY 1 READ: 2 Timothy 3:16 (NIrV)

Have you ever seen a cooking show on TV? The cook always follows a recipe. I tried cooking without a recipe once! I added a little of this, little of that .. I cooked it in the oven and put it on the table to eat. It tasted .. well not so good. I should have followed a recipe from a cookbook or from my mom! I tried living my life by adding a little of this and a little of that. I made a real mess of my life! I wasn't following any rules—what a DISASTER! Now I try to never live my life without checking with God about what I should and shouldn't be doing! God gave us the best cookbook to follow ... the BIBLE! Try it ... you'll love it!

DAY 2 READ: Psalm 63:5 (NIrV)

Does your mom or dad have to call you twice to the dinner table? Usually not. We usually come running ... starving and ready for some food! Well God wants the same of us when it comes to the "spiritual food". See we need spiritual food to keep us strong as ALIENS in this world. Spiritual food like, going to church, praying and reading God's Bible! God is the only one who can really satisfy us! So pull up a plate, I mean your Bible and see what God has for you to take in today!!!

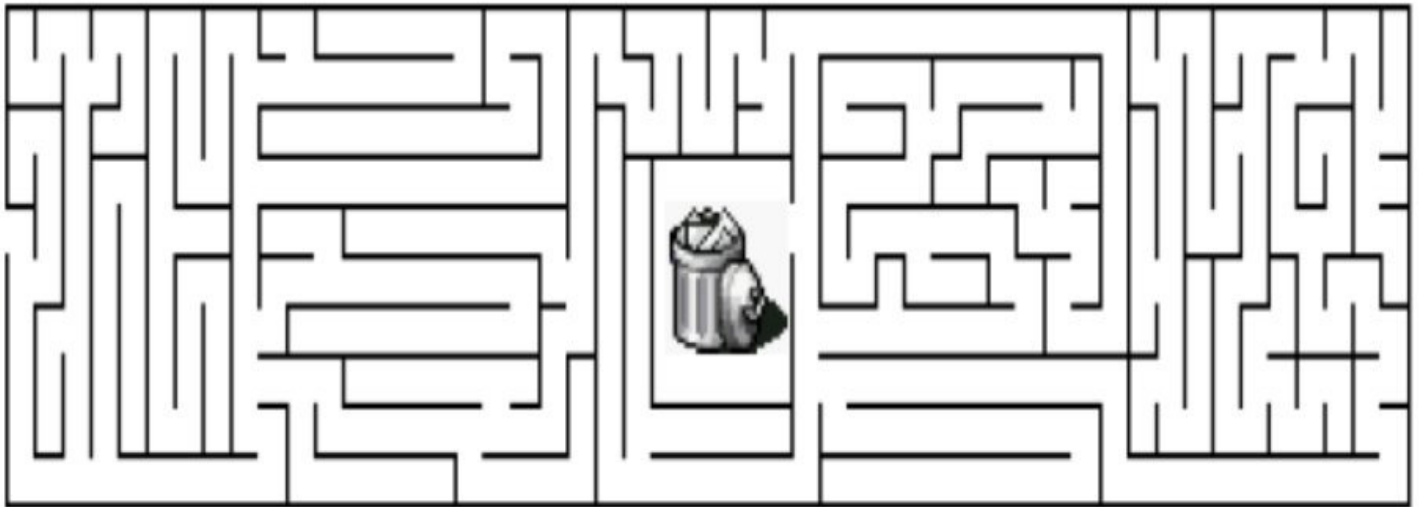
DAY 3 READ: Ezekiel 3:1-3 (NIrV)

Ezekiel was a prophet. A prophet is someone God uses as his voice in certain situations. God spoke to Ezekiel in a vision. God asked him to do some pretty interesting things, including eating something. Can you guess what it is based on what you read in the Bible? Yup ... Ezekiel ate a scroll—the Word of the Lord! And guess what .. "It tasted as sweet as honey in his mouth." Can you figure out what this might mean for you? No, you don't have to add ketchup to your Bible and eat it ... but rather God is asking you to get as much of the Bible into you as you can! Read it, study it, memorize it! Don't go too long without reading His Word!!!

DAY 4 READ: Proverbs 4:23 (NIrV)

I have a gate at my heart—how about you? Now I don't have a gate you can SEE, but the gate is definitely there! With God's help, I can open my heart's gate to things that are going to be "heart healthy." We shouldn't allow junk food through our heart's gate. Junk food for our spiritual heart is sin. If I lie, cheat, say bad words then I am feeding my heart junk! If you put yucky sin in your soul, yuk comes out of your heart, mind and your mouth! So you need to guard your heart! Build your spiritual heart gate by spending time with God! He is the Master Heart Gate Builder!

Can you put the soda can in the trash can?



UNSCRAMBLE THE NAMES OF THE FOOD BELOW:

(ANSWERS CAN BE FOUND IN LG WITH CAPTAIN CYNDI)

Pcihs _____

Plpea _____

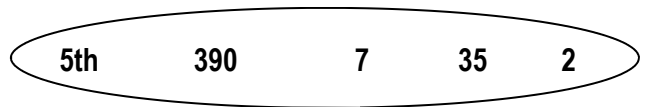
Seap _____

Tameafol _____

Rracots _____

Match the correct number with the correct clue. All of the answers are in the book of Ezekiel.

- A. Number of days Ezekiel lay on his left side? (Ezekiel 4:5)
- B. Number of days in Passover (Ezekiel 45:21)
- C. What month is it in Chapter 20 verse 1?
- D. How many rooms are in the inner court? (Ezekiel 40:44)
- E. The last verse in Ezekiel says that the name of the city will be "The Lord is There". What verse is that?



Put Your answers here:

- A _____
- B _____
- C _____
- D _____

Have someone time you and see how fast you can do: 3 jumping jacks, pat your head 4 times and touch your toes 5 times. Can you do it in less than 15 seconds? Get ready ... you might be called on in Large Group this coming week to show off your stuff! Peace out fellow Aliens! 😊