

The following is from Pr Glenn Coon's study, "The Science of Prayer, it's ABC's" which is available from [archive.org/details/GlennCoonBooks](http://archive.org/details/GlennCoonBooks)

He writes of when he was young and learning to ride a bike. Since he was afraid of running into the tree, he kept looking at it – and ran straight into it. The same thing happened with the power pole. Then his older brother told him to look in the direction he wanted to go, and when he did that, he never ran into the problem tree or pole again.



The same is true for all problems. The more we focus on the problem, the more of a problem it becomes. A better way is to focus on solutions and the great thing about God is that He has every solution! 1 Peter 1:18-20 tells us that even before the first sin, God had the solution to sin – the plan that Jesus would die for our sins. God is a God of solutions, and He has the solution to every problem.

Remember that in Matthew 7:7 Jesus said, 'Ask and it will be given to you' and in Mark 11:24 and Matthew 21:22 Jesus said 'If you believe, you will receive...' This is the A.B.C. method of prayer.

Do you have something that you need, something that is worrying you, something that you would like to change about yourself, or something that you struggle with? Try an A.B.C prayer.

1. Find a Bible verse or a Bible verse that fits your problem. For example: Philippians 4:19 for something you need, or James 1:5 for wisdom, or Isaiah 26:3 for peace.
2. Now, pray and **Ask** God to do what He promised in this verse.
3. **Believe** that He will do it. (You can always believe God)
4. **Claim** your answer – show by your actions that you believe and receive God's answer. Thank Him for answering your prayer (even if you don't immediately know how He has done it – you can trust Him)

When we had nowhere to worship one year, except in the local park, there were a few Sabbath mornings when we woke up to rain. But we prayed that God would supply our need (Philippians 4:19 & Hebrews 10:25) and then we hopped on our bikes and started riding to the park. And sure enough, every single time we did this, God stopped the rain – even in the middle of the rainy season!

# Ways to Follow Jesus

## Sabbath

Draw arrows to what happens to your body when you feel certain ways. Note: arrows may go to more than one thing and more than one arrow may go to each thing.

### Emotional Feeling

### Physical Feeling

Happy

Heart beating fast

Scared

Stomach "tied in knots"

Sad

Heart "skips" a beat

Excited

Heart beating strong

Tired

Stomach feels sick

Panic

Heart feels weak

Sick

Body feels tired

Bored

Head feels full of cotton wool

Did you notice that how you feel physically is related to how you feel emotionally?

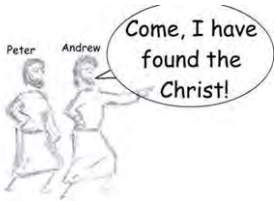


Year 2, Quarter 3, Week 8, Level: "Pre/Teen"  
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Refer: John 1:35-2:11 NLT; The Desire of Ages p138-153, 290-297; The Bible Story vol7 p119-133

## Sunday

One day John the Baptist was standing with two of his followers, when he saw Jesus walk past. John pointed to Jesus and said, "Look! There is the Lamb of God!" So John's two followers left to follow Jesus.



Then one of them, Andrew, found his brother Simon-Peter and told him, "We have found the Christ". Andrew took Peter to meet Jesus.

The next day Jesus went to Galilee. He found Philip there and said to him, "Follow me."

Then Philip found Nathanael and said, "We have found the very person that the prophets wrote

about! His name is Jesus, and He is the son of Joseph from Nazareth." Nathanael didn't think anyone important could come from Nazareth but he went to meet Jesus anyway.

Jesus said to Nathanael, "I know you were under the fig tree, praying, before Philip found you." Then Nathanael knew that Jesus must really be the promised Christ.

The next day there was a wedding celebration in the village of Cana in Galilee and Jesus and his new followers went to it. Weddings lasted several days, and before the wedding was over Jesus mother came to tell Him that the supply of wine or grape juice had ran out.



There were some big water jars standing against the wall, so Jesus told the servants to fill them with water. When the jars were full, Jesus said, "Dip some out." So the servants followed his instructions.

When they dipped out the water they found it was now grape juice! They took to the man in charge. When he tasted it,

he said it was the best juice he had ever had!

He called the bridegroom over and said "People always serve the best wine first, then, when everyone has had plenty, they bring out the rest. But you have kept the best until last!"



## Friday

The following is from "Sunny Side Up. Jr. Devotional by Celeste Perrino Walker & Eric D Stoffle. Used by Permission

### Desiring God's Strength

I desire to do your will, O my God; your law is within my heart. Psalm 40:8, NIV.

The compass has been around for many hundreds of years. It has been spoken of in both Asian and European writings that date back to around 1200. But not until 1345 was a compass reportedly used on a specific ship. That was the British ship *George*, and even 200 years afterward sailors were still not happy with its poor accuracy, a condition that stemmed from its primitive construction. The needles were often carelessly magnetized, which meant that it could never really be trusted. It was easy to see why. Sometimes while in the middle of a voyage the poorly magnetized needles lost their magnetism and would spin like a top. Not much help to a sailor.

Though many scientists pondered the compass's power and how to make it better, few really understood it well enough to improve it. Then came a man by the name of Dr. Gowin Knight. He had figured out how to improve the magnetic strength of the compass. He impressed people by taking a weak needle into a room by himself, and then returning with a much stronger magnetized needle. Although we know now that Dr. Knight simply placed the weak needle between a pair of huge compound magnets to transfer their power to the needle, no one then knew how he did it. And Dr. Knight never told, either. He died with his secret.

Today the compass is not such a mystery. We know how it works and why. We know that Dr. Knight improved the magnetic strength of a needle by exposing it to the power of two much larger magnets.

For you and me, being a Christian is like being the magnetized needle in a compass. The closer we come to God's power through study, prayer, and godly actions, the stronger our faith becomes, and the easier it is to lead others to Christ.

☺ **How do you keep your faith strong? What do you do when you feel you need to recharge your Christian life?**

☺ **Take a few minutes every day to read a passage from the Bible to help give yourself a recharge.**

## Thursday

The "Breastplate of Righteousness" is another piece of the armour of God. Just like a soldier, we must protect our hearts from the attacks of Satan, and we do this with the righteousness of God.



Ezekiel 36:26<sup>NLT</sup>  
says "And I will  
give you a  
new heart,  
and I will put a  
new spirit in  
you."

First, we need to ask God to take our bad, sin filled, hearts, and give us new, clean hearts.

Then we need to start following Jesus' example. This is not easy – and we must ask God to help us do this every day.

Find the words from the scroll in the grid.

F	O	L	L	O	W	M	J	E	F	O	T	O
L	L	O	W	C	M	E	E	A	R	T	H	F
O	L	L	O	A	W	U	S	N	M	O	E	E
F	O	L	L	M	O	W	U	D	M	E	F	O
L	B	L	J	E	S	U	S	O	W	M	E	F
L	I	V	E	O	L	S	L	O	W	M	E	F
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E	F	O	L	O	L	O	W	M	E	E	T	O
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W	M	E	P	R	A	Y	I	N	G	F	O	M
L	L	O	W	M	T	E	P	E	O	P	L	E
F	O	L	L	O	C	A	R	E	D	W	M	E

Jesus  
came to  
earth to  
show us  
how to  
live. The  
Bible tells  
us that  
Jesus  
spent time  
praying to  
God and  
that Jesus  
cared  
about  
people.

## Monday

We often say that our feelings come from our heart. Of course, they don't really come from our physical heart, but our physical heart is affected by how we feel. When you are scared or excited, your heart beats faster.

People also say that a person has a "good heart" or a "bad heart" depending on what sort of person they are. If they enjoy doing bad things and hurting other people, we say they have a bad heart.



For a soldier, the heart is one of the most important parts of the body. An injury to the heart means almost certain death, whereas an injury to an arm or leg is not likely to be fatal. That is why police officers wear bullet proof vests and soldiers of old used to wear breastplates. The breastplate protected the soldier's heart and lungs from the arrows or sword of their enemies.

As a Christian your spiritual heart is most vulnerable to Satan's attacks. If Satan can fill your heart with hatred, anger, jealousy or continual fear, then there will not be room in your heart for God. But how can we get Satan out, and keep him out? 1 John 4:18 <sup>NIV</sup> says "Perfect love drives out fear." And the only perfect love is God's love. How do we get God's love in our hearts? - By following God; by having a close relationship with Him.

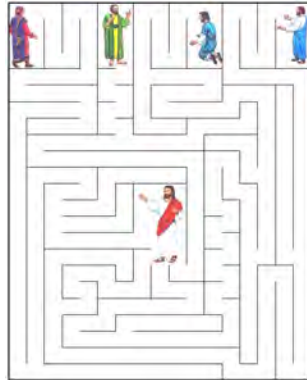
In John 14:15, Jesus said "If you love me, obey my commandments." <sup>NLT</sup>

Just as your physical body is affected by your feelings, your feelings can be affected by your body. Doing what you can to keep your physical body healthy will help your feelings. Spending time with God each day and following Jesus' example given to us in the Bible, will also help our feelings grow more like Jesus too, and our heart will be protected from Satan.





What was the important thing that people had to do in both of the stories on Sunday? Use a ruler to join each arrow to the dot it is pointing to and then write the answer on the lines below.



Philippians  
4:8NLT says "Fix  
your thoughts  
on what is..."

Use the clues to fill in the crossword.

- 
- A crossword puzzle grid with 8 numbered starting points for words. The grid is 10 columns wide and 15 rows high. The numbers are: 1 (down, top right), 2 (across, top left), 3 (across, top left), 4 (across, middle left), 5 (across, middle left), 6 (across, middle right), 7 (across, bottom middle), and 8 (across, bottom left).