

The Giant therefore put them into his castle, in a very dark, nasty, stinking, dungeon. Here then they lay from Wednesday morning until Saturday night without food, water or light. And Christian had double sorrow, because it was through his unadvised counsel that they were brought into this distress.

Now, Giant Despair had a wife, and her name was Diffidence. So when he was gone to bed, he told his wife what he had caught. Then she counselled him, that when he arose in the morning he should beat them without any mercy. This he did. The next night she did advise him to counsel them to make away themselves. So when morning was come, he tells them that since they were never like to come out of that place, their only way would be to make an end of themselves, either with knife, strangling, or poison, "For why should you choose this life of bitterness?" When they asked for freedom, he looked ugly upon them and beat them again, and would doubtless have made an end of them, but he suddenly felt ill so left them.

Christian said to Hopeful, "What shall we do? This life is miserable. I know not whether is best, to live or to die."

Hopeful replied, "Indeed, our present condition is dreadful and death would be far more welcome to me than staying here forever. Yet, let us consider that the Lord of the country to which we are going has said, 'Thou shalt do no murder.' Others as I understand, have been taken by the Giant Despair and yet have escaped out of his hand. Who knows, but that God may cause that Giant Despair to die? Or that he may forget to lock us in? I am resolved to try my utmost to get from under his hand. I was a fool that I did not try to do it before. Let us be patient; the time may come that may give us a happy release but let us not be our own murderers."

With these words, Hopeful encouraged his brother; so they continued together that day, in their sad condition.

Towards evening, the Giant goes down into the dungeon again to see if his prisoners had taken his counsel; by now they were so weak they could do little but breathe. Again Christian almost gave in to the hopeless of the situation, but Hopeful encouraged him, reminding him of all the obstacles he had overcome.

Then the Giant's wife advised, "Take them into the castle-yard tomorrow, and show them the bones and skulls of those that you have already despatched, and make them believe, before a week comes to an end, that you will tear them in pieces, as you have done their fellows before them. So that is what he did.

They lay, therefore, all day on Saturday in a lamentable case, as before.

Well, on Saturday, about midnight, Christian and Hopeful began to pray, and continued in prayer till almost break of day. Then Christian suddenly cried, "What a fool am I, to lie in a stinking dungeon, when I may as well walk free! I have a key called Promise that I believe will open any lock in Doubting Castle!"

Hopeful said, "That is good news, good brother. Try it."

Christian pulled it out and began to try at the dungeon door; the door flew open with ease, and Christian and Hopeful both came out. Then he went to the outward door that leads into the castle-yard and with his key, opened that door also.

After, he went to the iron gate; that lock was hard, yet the key did open it.

Finally, they made it back to the King's highway, and so were safe; and they put up a sign to warn future travellers.

Who is my Neighbour?

Sabbath

Make a list of all the people you have seen today.

How many people have you seen today?

How many people did you see yesterday?

How many people do you think you see in a whole week?

Sunday

One day an expert came to test Jesus by asking Him this question: "Teacher, what should I do to gain eternal life?" Jesus asked, "What does the law of Moses say?"

The man answered, "It says 'You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind; and love your neighbour as yourself.'"

"That is right!" Jesus said.

But the man asked Jesus, "And who is my neighbour?"

So Jesus told this story:

A Jewish man was travelling from Jerusalem down to Jericho when he was attacked by robbers. They took his clothes, beat him up, and left him beside the road. Now a priest came along, but when he



saw the man lying there hurt, he crossed to the other side of the road and walked by.

Then a Temple assistant came along. He walked over and stopped to look at the man, but then he continued on his way.



Finally, a Samaritan came along. When he saw the man, he felt sorry for him. Going over to him, the Samaritan washed and bandaged his wounds. Then he put the man on his own donkey and took him to an inn. The next day he paid the innkeeper and asked him to continue caring for the man.



Jesus asked "Now which of these three men would you say was a neighbour to the man who was attacked?"

The expert replied, "The one who showed him mercy and looked helped him."

Jesus said, "Yes, now you go and do the same."

Friday

Read the story from Pilgrims Progress on the back page.

This week, Christian goes through one of the most difficult experiences of his life. Many people, including Christians, for one reason or another experience depression, despair, worry or feelings of hopelessness at times.

It could be caused by the loss of a family member, friend or pet. It could be caused by ongoing stress or bullying. It could have a physical reason, like illness, tiredness, allergies, reactions to medications. Or the reason may not be known.

Here are some things that can help keep you from feeling in despair and help you get through it if you do.

- Obey the laws for good health: Good **nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust** in God.
- Think of things to be thankful for: "Be **thankful** in all circumstances, for this is God's will for you who belong to Christ Jesus." 1 Thessalonians 5:18^{NLT}
- Instead of worrying, pray and give thanks: "Don't worry about anything; instead, **pray** about everything. Tell God what you need, and **thank** Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will **guard** your hearts and minds as you live in Christ Jesus." Philippians 4:6,7^{NLT}
- Think about good things: "Fix your thoughts on what is **true**, and **honourable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy** of praise." Philippians 4:8^{NLT}
- Talk to your parents.
Talk to your doctor.



Thursday

Read Isaiah 53:6

- How many have strayed away? (9 down)
- What animal are they compared to? (3 across)

Read 1 John 5:16

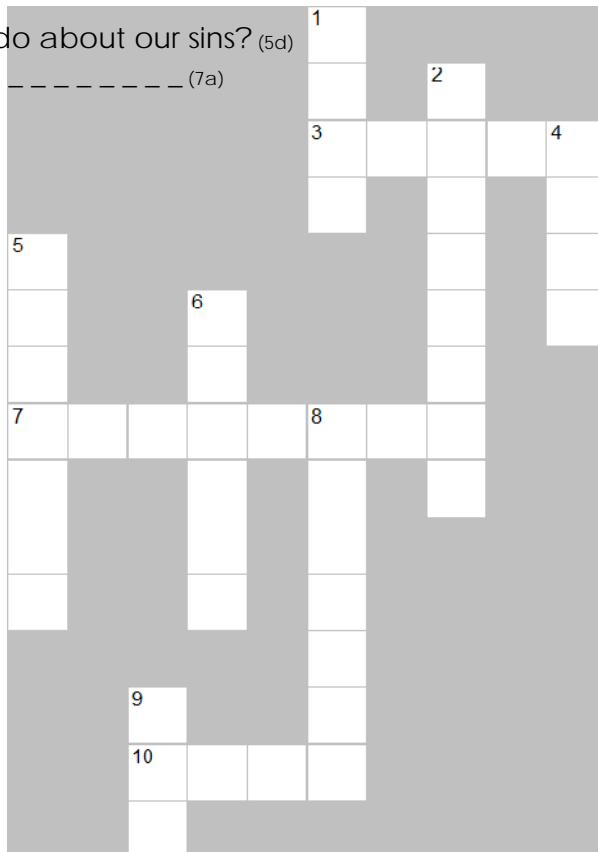
- What should you do when you see a believing brother or sister sin? (4d)
- What will God give them? (10a)

Read 1 John 1:9

- What do we do about our sins? (5d)
- What is God? _____ (7a)
and _____ (1d)

Read Matthew 6:14

- What should we do when people sin against us?
(8d)
- Who will forgive us?
Our _____
(2d)
_____ (6d)



Monday

Pilgrims Progress continues: Now, I beheld in my dream that they had not journeyed far before the river and the way parted. Now the road was rough and their feet sore because of their travels, so they were much discouraged. Then a little before them, there was on the left hand of the road a meadow, with a stile to go over into it, and that meadow is called By-path Meadow.

Then said Christian to his fellow, "If this meadow lies along by our way-side, let us go over into it." Then he went to the stile to see and there was a path on the other side of the fence, going in their direction.

Christian said, "Here is the easiest going. Come, good Hopeful and let us go over."

"But what if this path should lead us out of the way?" asked Hopeful.

"Look," said Christian, "Does it not go along by the way-side?"

So Hopeful, being persuaded by his fellow went after him over the stile. They found it very easy for their feet and looking before them, saw a man walking as they did. So they called after him, and asked him where that way led. He said, "To the Celestial Gate."

So they followed after him, but, behold the night came on and it grew very dark so that they lost the sight of him. And he, not seeing the way before him, fell into a deep pit which was put there by the Prince of those grounds, to catch vain-glorious fools.

Now Christian and Hopeful heard him fall, so they called to him but there was no answer.

Then said Hopeful, "Where are we now?"

Christian was silent and now it began to rain, thunder and lightning in a very dreadful manner, and the water rose. Then Hopeful groaned, "O that I had kept on my way!"

Christian said, "Who could have thought this path should have led us out of the way?"

Hopeful replied, "I was afraid at the very first and gave you that gentle caution. I would have said more, but you are older than I."

"Good brother," begged Christian, "Be not offended. I am sorry I led you out of the way and I put you into such danger. Please, forgive me; I did not do it of an evil intent."

Hopeful replied, "Be comforted, my brother, for I forgive you; and believe too that this shall be used for good."

Christian said, "I am glad I have with me a merciful brother; but we must not stand here, let us try to go back again."

They tried to go back, but it was so dark, and the flood was so high, that in their going back they nearly drowned many times. It was impossible, so at last, they stopped under a little shelter to wait for daybreak, but being weary, they fell asleep.

Now there was, not far from the place where they lay, a castle called Doubting Castle, the owner was Giant Despair and it was in his grounds they now were sleeping. Wherefore he, getting up in the morning early, and walking in his fields, caught Christian and Hopeful asleep in his grounds.

Then he awoke them and asked what they did. They told him they were pilgrims and had lost their way. Then said the Giant, "You have trespassed on me, by walking in and lying on my grounds and therefore you must go along with me."

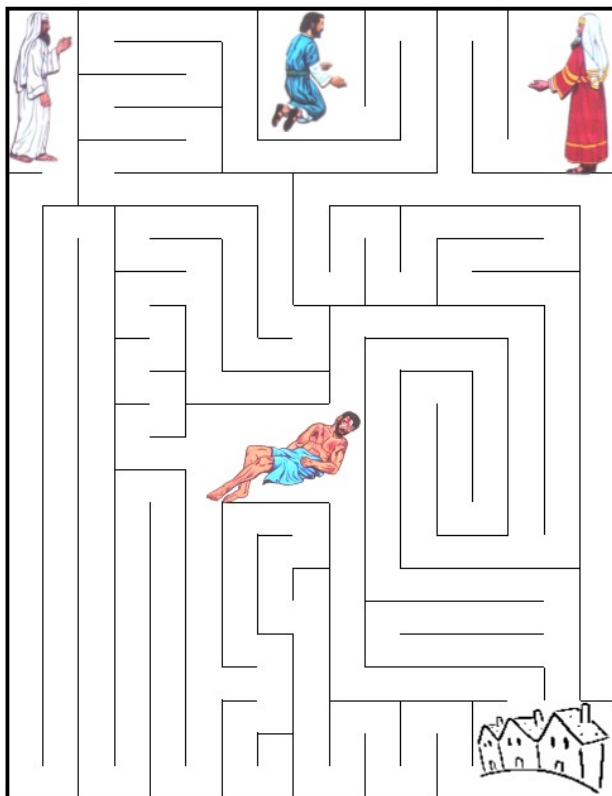
So they had no choice, because he was stronger than they.

Tuesday

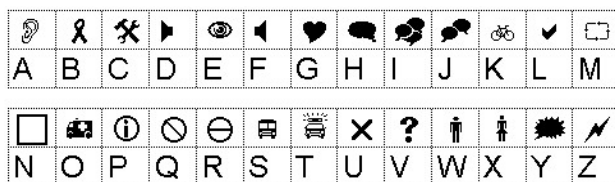
Find a path for the priest and the Levite to get to town without going past the injured man.

Help the Samaritan
to the injured man
and then to town.

The Samaritan
cared for the
injured man and
then put him on his
own donkey and
took him to the
next inn where he
could stay until he
was well.



Who are your neighbours?

Wednesday

What type of neighbour are you?

Find and cross out these words in red:

unkind,
mean,
angry,
rude,
frown,
hurt,
shout,
threaten,
hate.

Cross out these words in blue: kind, nice, cheerful, polite, smile, help, wave, encourage, love.

(Words
are
forward,
backward
up, down
and
diagonal!

