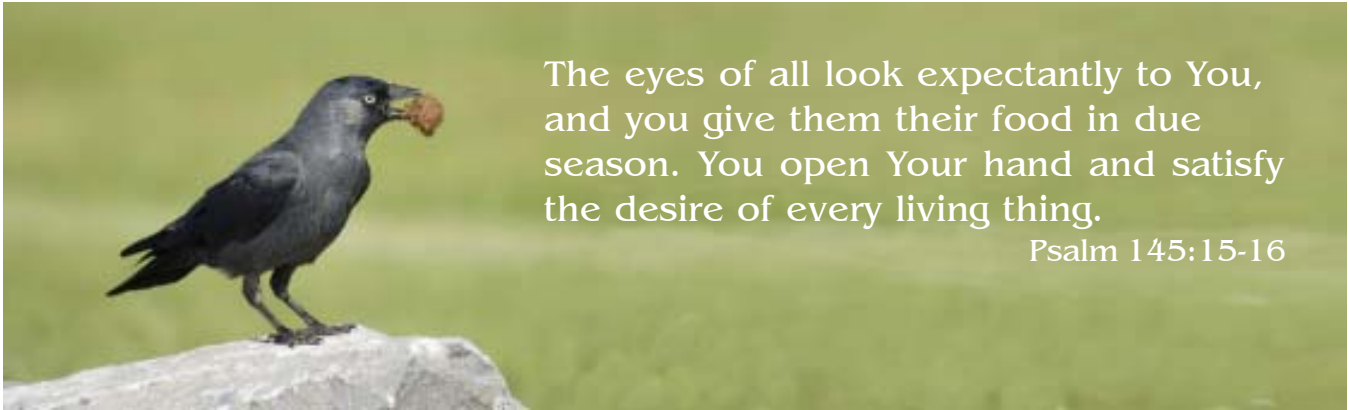


Meditate & Activate

Thinking or meditating about a passage from God's Word and finding opportunities to put it into action can be a powerful experience. Keep this card intact or cut out the illustrated quotation to use as a bookmark or put up somewhere in your home.

Meditate: What spiritual qualities are you in need of today—patience, cheerfulness, kindness? Do you ever feel as if you are in a famine, as if you lack what you need to grow spiritually?

Activate: Look for a way that the Lord is fulfilling one of your spiritual needs. You might see Him meeting your need for peace in a beautiful tree, or your need for happiness in sharing laughter with a friend. Expect the Lord to be present today and notice the spiritual food He is offering to you.



The eyes of all look expectantly to You,
and you give them their food in due
season. You open Your hand and satisfy
the desire of every living thing.

Psalm 145:15-16

To make a stronger bookmark, print this page on heavy paper or cardstock, cut in half and give half to each student.

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