



# WE ARE GOD'S SPECIAL DESIGN

God made each one of us individually. We are his very special design! If we ever feel ill or sad, we can tell God all about it and pray he will help us get better.

There are lots of stories in the Bible about Jesus making sick people better. Is there anyone who is feeling ill that you want to pray for? Write their names into the prayer on the right.

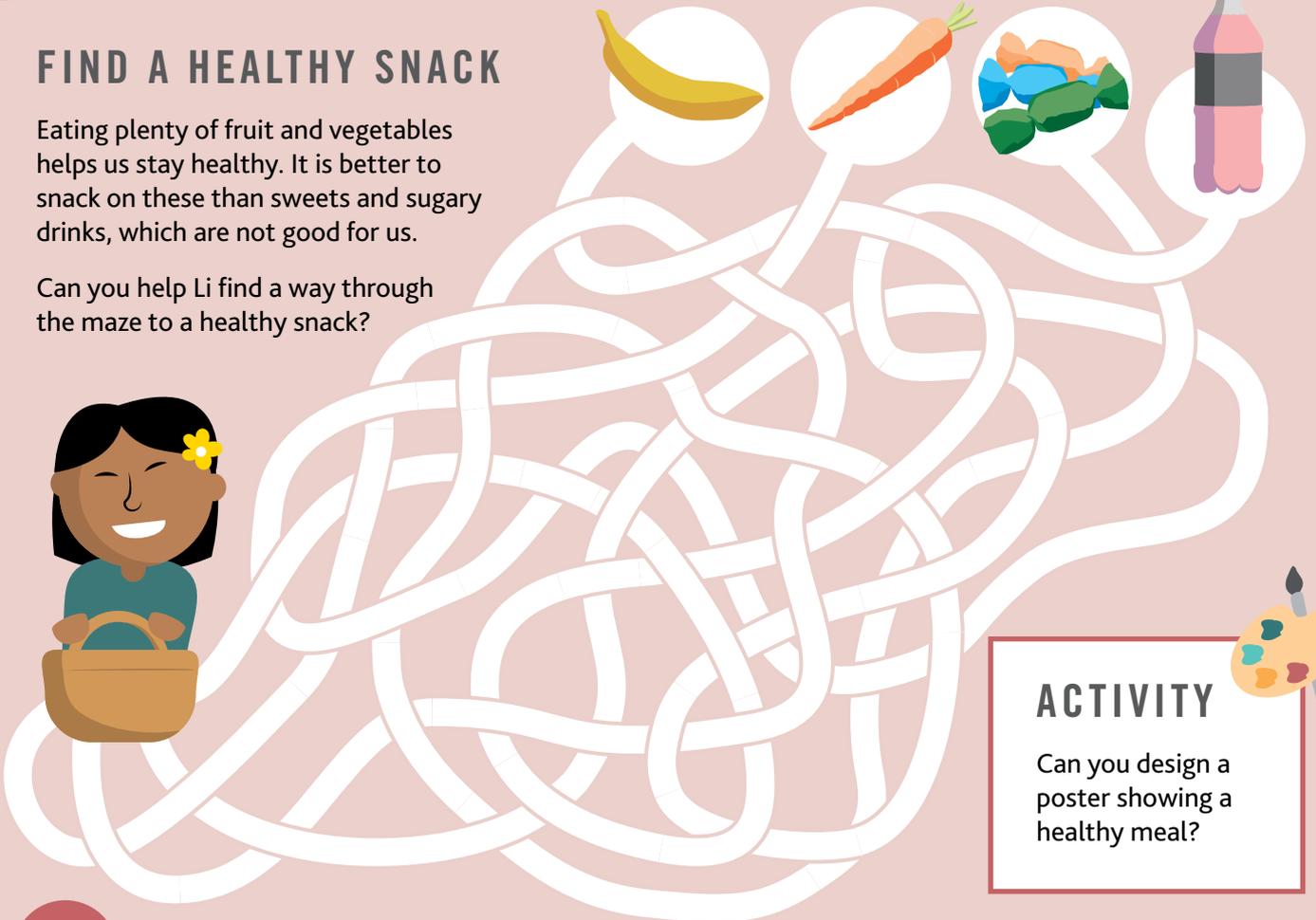
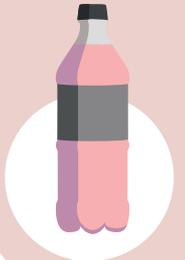
Dear Lord, I pray that these people will get better:

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## FIND A HEALTHY SNACK

Eating plenty of fruit and vegetables helps us stay healthy. It is better to snack on these than sweets and sugary drinks, which are not good for us.

Can you help Li find a way through the maze to a healthy snack?



## ACTIVITY

Can you design a poster showing a healthy meal?



## BIBLE VERSE MEMORY CHALLENGE!

Jesus told his followers about how much God loved them. He said God even knew about tiny birds called sparrows – and he loves people so much more! Can you learn this Bible verse?

'Even the hairs of your head have all been counted. So do not be afraid; you are worth much more than many sparrows!' (Luke 12:7)