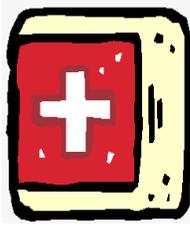


A Spiritual First-Aid Kit



First-aid kits help you when you're injured. But did you know that you can make a special kind of first-aid kit to help you when you're sad, hurt, or in trouble? A ***Spiritual First-Aid Kit*** is made with ordinary things around your home. It will remind you how much God loves you and helps you.

To make your own kit, find a little box and put these items into it...



- ◆ **Safety pin** – to remind us that all our hopes and dreams are pinned to God's love and kindness. – *Psalm 119:49*

- ◆ **Small stone** – to remember to lean on the Lord Jesus, who is our Rock. He is steady and strong to support us when we are sad or scared. – *Psalm 18:2*



- ◆ **Pencil (or crayon)** – to remind you that your name is written in God's book of life if you have received the Lord Jesus as your Saviour. Having your name in that book means that you will live in heaven one day. – *Revelation 20:15*



- ◆ **Eraser** – for the sins that Jesus rubbed out when He died on the cross. He made you clean! – *1 John 1:9*

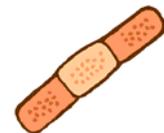
- ◆ **Piece of soap** – because the Holy Spirit, who lives in your heart after you receive Christ, can keep you clean from sins (the wrong things that we do which break God's holy laws). – *Romans 8:9*



- ◆ **Square of aluminum foil** – for the bright shining armour that God gives each of His children to protect them from Satan. – *Ephesians 6:13-17*

- ◆ **Lock of your hair** (taped to a piece of paper) – because God knows even the number of hairs on your head – that means He knows everything about you and He will always do what's best for you. – *Matthew 10:30*

- ◆ **Bandage** – to remember that God can heal you when you're sick or hurting inside. – *Isaiah 61:1*



- ◆ **Penny** – to know that God provides your food and all your other needs – you don't have to worry. – *Philippians 4:19*

- ◆ **Cottonball** – because one day Jesus will return to Earth riding on the clouds – and He will have wonderful rewards for His children. – *Revelation 1:7*



*Now, whenever you need a reminder of how much God cares about you,
just open up your kit.*

But do you know what is the absolute *best* spiritual first-aid kit? It is God's Word itself – the *Holy Bible*. So don't forget to read it regularly – you can start by looking up the verses listed with each of the items for your kit.

Isn't it wonderful how God uses everyday things to teach us about Himself ?

*Can you think of anything else you might want to add to your box?
Use your imagination and have some fun!*

And if you know someone else who is going through a hard time, maybe they would like to hear about your special first-aid kit... *Or better yet, make one up for them!*

