

THE TWIS

DRAGON MASTER

Family Worship Worksheet - HEALTH -



“DRAGON MASTER”

Parent Worship Questions

Worship ideas for Fundamental 22 – HEALTH

For Parents (From God loves me 28 Ways for kids)

- Being followers of Jesus, Christians should adopt a lifestyle different from non-Christians. We want to think, feel, and act in ways that honour God and to live as Jesus would live. 1 Corinthians 6:19-20 [ICB]: *“You should know that your body is a temple for the Holy Spirit. The Holy Spirit is in you. You have received the Holy Spirit from God. You do not own yourselves. You were bought by God for a price. So honour God with your bodies.”*
- We have to look after our body by getting enough rest, exercise, fresh air, sunshine and a healthy diet in food and drink. Mark 6:31 [ICB]: *“Crowds of people were coming and going. Jesus and his followers did not even have time to eat. He said to them, “Come with me. We will go to a quiet place to be alone. There we will get some rest.””*;
1 Cor 10:31 [ICB]: *“So if you eat, or if you drink, or if you do anything, do everything for the glory of God.”*; 1 Tim 4:8 [MSG]: *“Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever”*; Eccl 11:7 [NCV]: *“Sunshine is sweet; it is good to see the light of day.”*
- We are to apply high standards in choosing good music, books, television programs, movies and other kinds of recreation in order to help us grow as true followers of Jesus. Phil 4:8 [ICB]: *“Brothers, continue to think about the things that are good and worthy of praise. Think about the things that are true and honourable and right and pure and beautiful and respected.”*

“So if you eat, or if you drink, or if you do anything, do everything for the glory of God.”

-1 Cor 10:31 [ICB]

Start with the end in mind

- The children are to know what they need to do for their body, mind and spiritual growth to be working at its best.
- Parents need to set and model Bible based boundaries for their children so the whole family adopts a healthy lifestyle – spiritually, mentally, physically and socially.

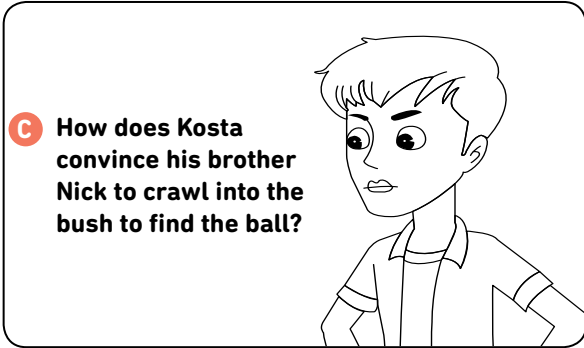
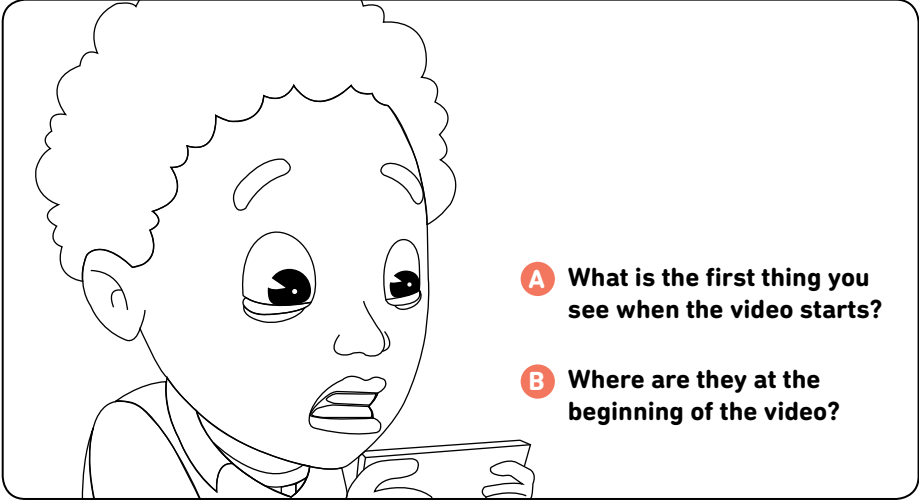
Using the Tuis Video Worship Objectives

- As parents, we are aware that certain choices our children make may cause some discomfort down the track. At times however, we must allow them to experience that discomfort. (Note how in the video, Sefa knows that Jonathan is playing his game but Sefa's tone of voice is patient and he, doesn't speak harshly. Instead he allows Jonathan to experience the consequences of his choices). The grace Sefa shows is a reminder of how our Heavenly Father knows everything about us but gives us the freedom of choice. How are we as parents giving our children space, while also being there to support them even though they don't always listen to our advice?
- Children need to learn about the effects of certain habits on their overall well-being. (Jonathan's habits of staying up all night playing 'Dragon Master,' lying to parents and drinking sweet sugary drinks resulted in him sleeping in, missing the rubbish truck the next morning, being zombie like and feeling miserable.)

Children need to learn about the effects of certain habits on their overall well-being.

For parents with their kids, choose one or two from each of the following 4 types of questions to generate discussion:

1. CAN YOU REMEMBER?

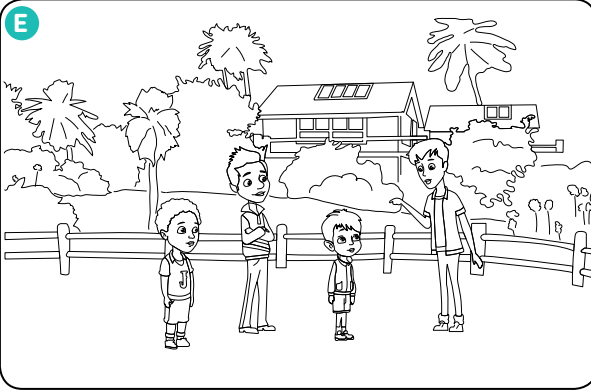


Colouring in can be a nice calming activity to do while having a discussion.



(A) Four boys playing footy, passing the ball, calling for the pass. **(B)** Playing on the Tui's front yard which is near a Garden / Bush area. **(C)** Kosta threatens to tell dad that Nick borrowed the car the night before, without asking permission. **(D)** A pink girl dragon.

2. CAN YOU TELL ME?



Why did the boys stop playing footy?



Why did Kosta and Jonathan not want to look for the ball in the bush?



How many times did Marica have to tell Jonathan to put his phone away during their evening meal? Did he obey?

(E) The ball became flat so Kosta suggested to Jonathan that he should learn about the Dragon Master Game. (F) They were both scared of lizards and other animals they'd come across in the bush. (G) 2 times / No, he still pulled his phone out under the table when it vibrated.

3. DO YOU THINK?

I

That Jonathan treated his family and friends differently once he began playing the dragon game?

Give reasons for answer from the video.

H

That Jonathan had played dragon game before?

What in the video suggests this?

J

We as a family can learn something from this video clip?

Explain your answer.

(H) No. He asks Kosta "What's this game?". Jonathan has to download the game onto his phone. (I) Yes. 1) Jonathan became very deceptive and sneaky, e.g. Jonathan lied about the sound from his game and pretended that the noise came from the birds outside when Sefa asked him what the noise was; When Jonathan was told by Marica to put his phone away during the family meal time, he pretended to obey, but continued playing it under the table; When Sefa came to check if Jonathan was okay after Salome's teasing, Jonathan couldn't focus on his dad's story because he just wanted to play the game. He pretended to be tired and told Sefa to leave him alone so he could sleep,

which was a straight out lie; 2) He spent long hours indoors instead of playing outside with his friends; 3) He forgot to do important chores around the home, e.g. taking out the garbage bins in the evening; 4) He didn't make time to spend with his family. (J) Yes. *Children:* When we don't get enough sleep from playing video games all day and night, we become anti-social in our behaviour to our families and friends. We also need to spend more time playing games outside with our friends in the fresh air, when we can like Jonathan, Nick and Jeimba did towards the end of the video.

Parents or Guardians: We need to gently but firmly deal with our children's addictions to video games or devices. Set firm boundaries but speak kindly when they cross those boundaries, even when you know they are lying to you. Enter their spaces with respect and gentleness - unless there's an emergency situation where the child is in danger. Both Marica and Sefa modelled this in the video clips when they went to see Jonathan.



4. WHO SAID THIS & WHY?

Yeah, I'll do it in a sec,
I'm just a bit busy.

(K)

You go be a
Dragon Master.
I'll be here when
you're ready.

(L)

Don't worry about being
a 'Dragon Master' my son.
Just be you. 'Cause you're
my dragon...

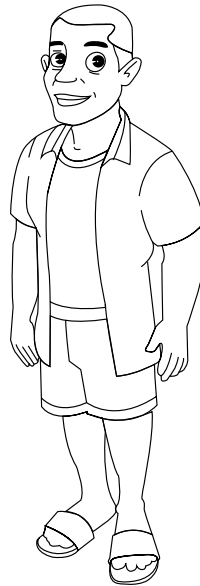
(M)



Jonathan



Marica



Sefa



(K) Jonathan. Because he was addicted to the Dragon Master Game and didn't want to spend much time away from it. So when his mum, Marica, asked him about whether he had taken out the rubbish bins, he lied and told her he was busy. When she questioned further he added to the lie and said he was busy with his homework. (L) Sefa. Because Sefa wanted to give Jonathan a chance to make his own decisions first and learn for himself the consequences of making those decisions. Sefa was gently letting Jono know that his attempts to hide his Dragon Master game were pointless. Rather than forcing the issue however, Sefa said this statement so Jono could feel comfortable to return for a chat about his challenges when he recognised for himself his error. This is how our Heavenly Father treats us. (M) Sefa. Because he wanted his son Jono, to enjoy being a kid. He wanted Jono to grow up at his normal pace with guidance from him as his father, instead of spending all his growing up time, trying to look after a demanding and addictive 'dragon'.

Discovery Bible Reading

Just in case you wanted more

Read

John 15:12-15 (read this passage through twice)

Retell

Have someone in the family retell the story in their own words.

Discuss

1. What is something new you find in this story?
2. What surprises you?
3. What don't you understand?
4. What will you obey or apply?
5. What will you share with another this week?

E.G. White quotes

"God designs that the body shall be a temple for His Spirit. How solemn then is the responsibility resting on every soul. If we defile our bodies, we are doing harm not only to ourselves, but to many others."
(Review and Herald, Nov. 6, 1900)

"God designs that the body shall be a temple for His Spirit" -E.G. White

"As children emerge from babyhood, great care should still be taken in educating their tastes and appetite. Often they are permitted to eat what they choose and when they choose, without reference to health... The result of this training is gluttony, then comes sickness, which is usually followed by dosing with poisonous drugs." (Ministry of Healing, pg 384)

"Music was made to serve a holy purpose, to lift the thoughts to that which is pure, noble, and elevating." (Patriarchs and Prophets, p. 594)

"The early morning often found Him [Jesus] in some secluded place, meditating, searching the Scriptures, or in prayer. With the voice of singing He welcomed the morning light. With songs of thanksgiving He cheered His hours of labour and brought heaven's gladness to the toilworn and disheartened."
(Ministry of Healing, p 52)

PUZZLES

1. WORD SEARCH

Carefully read the following texts, then look for the underlined words hiding in the word search puzzle below. Circle each one that you find.

- God said, "Let there be light!" (Genesis 1:3)
- God made the air to divide the water in two. (Genesis 1:7)
- God said, "Let the water under the sky be gathered together so the dry land will appear..." Then God said, "Let the earth produce plants." (Genesis 1:9,11)
- God made the two large lights (Genesis 1:16)
- God said, "Let the water be filled with living things. And let birds fly in the air above the earth." (Genesis 1:20)
- Then God said, "Let the earth be filled with animals,"... [And then He also] created human beings in His image (Genesis 1:24,27)
- "On the seventh day [God] rested from all His work." (Genesis 2:2)

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

light
air
dry land
earth
plants
large lights
living things
birds
above
animals
human beings
image
seventh day
rested
work

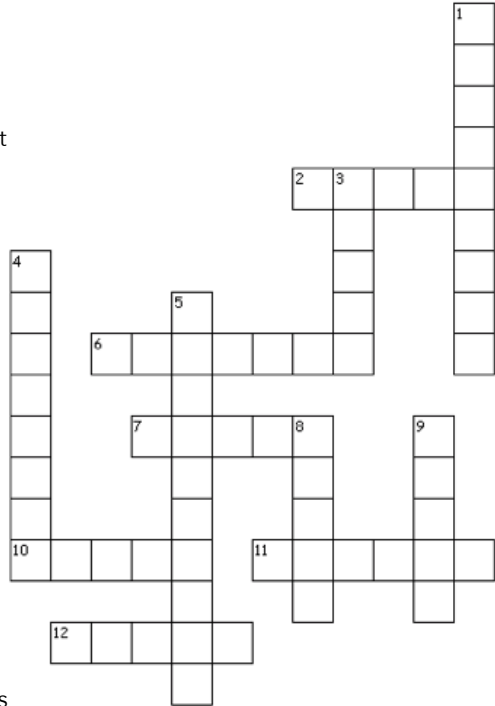


Read this prayer and then pray using your own words or language.
"Thank you, Jesus for creating me and for showing me what I need to be healthy. With Your help Holy Spirit, I'm going to keep my body temple a place where You will want to live. I love You, Jesus. Amen."

2. CROSSWORD

Across

2. Jonathan said, "I just need some _____ eye dad," to hide the fact that he was playing Dragon Master.
6. What does Jonathan forget to take out because he was so focussed on his game?
7. What does Jonathan blame the noise from his game on when it interrupts their meal time?
10. The name of Jonathan's friend who introduces him to the "Dragon Master" game.
11. Jonathan decided to _____ the game after Sefa told him, "I'll be here when you're ready."
12. The name of the drink Jonathan grabs from the fridge: _____ Rush.



Down

1. The type of lizard that was showering when Nick crawled into the bush to get the ball.
3. Salome's nickname for Jonathan because he's so short.
4. Jonathan lied to his mum saying that he was busy doing _____ when he was actually playing Dragon Master.
5. What does Sefa prepare for breakfast but Jonathan is too tired to eat because he's been playing his game all night?
8. What level in the Dragon Master game, was Jonathan able to shoot "double fireballs?"
9. What was the game that the 4 boys were playing at the beginning of the video clip?



Now say a short prayer thanking God for the ability to play games outside and all the other things you're able to do. Then ask Him to give you power to follow good health principles instead of lying to cover up bad health habits.

3. CODE BREAKER

Remember, you are God's temple. What do you think God wants you to put in His temple (our bodies and minds)?

Substitute the right letters above each number in the puzzle below to discover the answer to this question.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	26					21															10				

B **B** _____ , _____ , _____ **G** _____ ,

26 12 26 22 3 ' 11 17 8 3 19 ' 25 17 14 21 15 3 6 '

_____ **G** _____ , _____ **G** _____ ,

11 23 15 22 3 21 19 17 12 14 6 ' 9 15 19 14 ' 21 19 17 16 3 6 '

B _____ , _____ , _____ **G** _____ ,

26 17 14 17 14 17 ' 9 17 19 19 15 8 6 ' 15 19 17 14 21 3 6 '

G _____ **V** **G** _____ **B** _____ ,

21 19 3 3 14 10 3 21 3 8 17 26 22 3 6 '

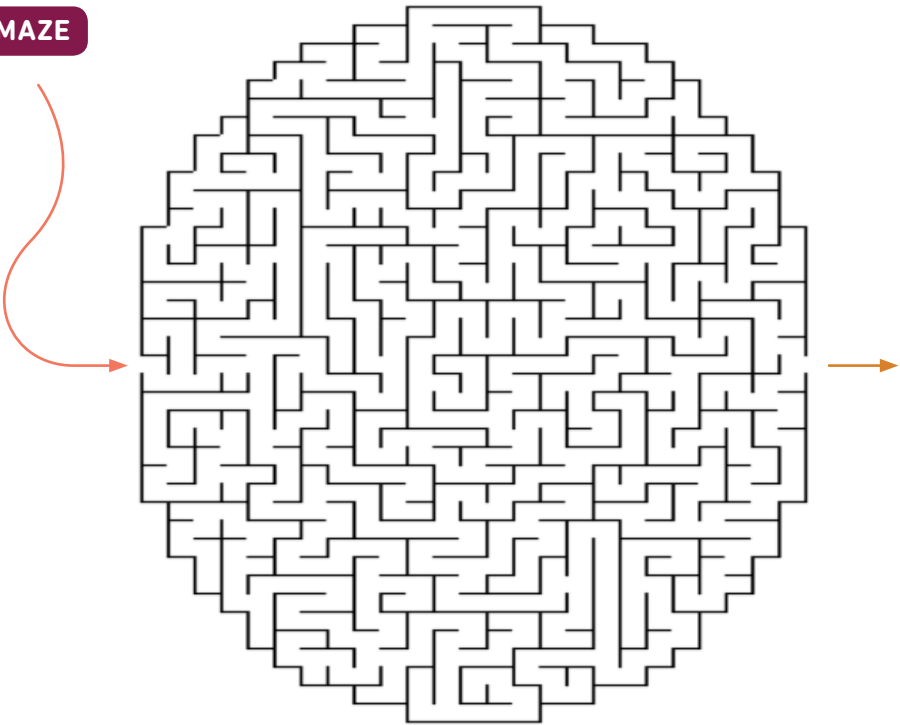
_____ _____ , _____ _____ , _____ _____

6 11 3 3 8 16 15 8 17 8 15 ' 9 15 9 15 14 2 8 20 2 12 9 3



When you've discovered the answers, say a simple prayer to God asking Him to help you to put only what He wants you to put into your body, His Temple.

4. MAZE



Draw a line to show your movement from the entrance on the left side of the maze, to the exit on the right side.

- This maze is like the many choices we make in life.
- The correct turns represent when we choose to put into our bodies, God's Temple, the right kinds of food, drink and information (Bible reading, healthy entertainment and positive words).
- The wrong turns are when we choose to do the opposite to what God's instructions for healthy living.
- We don't always choose the right turns, but we can make better choices if we tell God we're sorry and ask for Him to help us make the right choices. He will then put us back on track and help us to get to the end of our lives successfully.



Now ask God in prayer to help you put only healthy things into your body - His Temple or Holy place where His Holy Spirit lives. Thank Him for rescuing you every time you take a wrong turn in life and end up at a 'dead end.'

5. LETTER TILES

Unscramble the tiles to reveal a message about why God wants us to keep our bodies healthy. This is only part of the Bible verses. Once you find where the Bible text is from in the Bible, look it up so you can discover more about why God wants us to be healthy.

Clue: The last 4 boxes, when correctly unscrambled, will have the Bible reference for this Bible verse.

W I T H H E H S H O U D Y I O R T
O L Y L E F L D K R 6 : . 1 C O
O D I E S G O D Y O U T H A T
. H O N S A O U R R B O R B O
1 9 - 2 I T . . S P I R N O W Y O U
T E M P Y O U



Now ask Jesus Christ in prayer to help you to make better choices so He is really respected in His special worship space (our body) through what we choose to put in our bodies.

FAMILY CHALLENGE

Choose 1 or 2 you might like to do as a family this week:

PHYSICAL HEALTH

1. Healthy snacks week

Choose as a family each day to replace 1 or 2 sugary processed foods (like donuts, cakes, biscuits, chocolate bars, ice cream) with 1 or two servings of fruits that are in season.

2. Drink only water week

Find out how much water each person in the family drinks per day. If it is not enough, challenge each other to double that. Choose as a family not to buy any fizzy drinks, cordial or any other unhealthy drinks during that week. Instead provide jugs of water with lemon slices but no sugar, for people to drink.

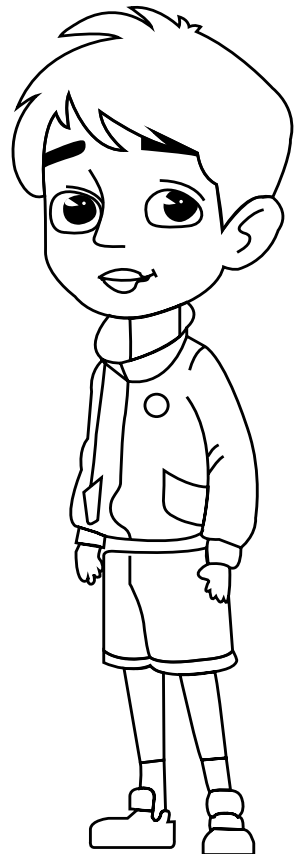
If family members have no idea how much water they're consuming, get them to record how many glasses they drink a day or 600ml bottles. Then try to have 1 extra glass or 600ml bottle a day, until they are drinking the right amount for their body size.

Teach children to self-monitor water intake using the colour of their urine in the toilet bowl. Have visual reminders of 3 colours of urine like that on the following link, so children can have a simple what to check whether they're having enough water each day. (You can use coloured posters or samples using food colouring added to water for visual reminders).

Refer to the following link:

www.medstorex.com/general-health/urine-colour-and-its-meaning.aspx

Depending on the age of the child, check with them in a fun way if they're having enough water.



SOCIAL & EMOTIONAL HEALTH

Use Random Acts of Kindness (RAK) to help improve your family's social health. Pray that the Holy Spirit will guide you as a family in your discussion of what you can all do to show kindness to each other in your family, your local community and/or church family.

Some examples could include:

1. Each other

Writing notes of appreciation to mum, dad, brother, sister, grandparents, aunts, uncles, cousins – slipping it under their pillow, or somewhere they would be most likely to find it.

2. Neighbours

If you have a garden – take produce from it to neighbours who are elderly or in need.

3. Community service providers

Make a real effort to compliment and sincerely thank cleaners, rubbish collectors, policemen, school teachers, nurses, bus drivers and other service people in your communities when you come across them.

4. Church family

Volunteer to help those rostered to clean the church, when it's not your turn. Take cold juice to the deacons when they're mowing the lawns or doing other work outside on hot days.

Some ideas for social RAK can be found at:

- children.adventistchurch.com/wp-content/uploads/sites/14/2018/02/PostCard_BeHandsofJesus.pdf
- www.scarymommy.com/random-acts-of-kindness-kids/
- playivities.com/random-acts-of-kindness-for-family-to-do/

MENTAL HEALTH

Have a break from devices / screens and choose a game to play together as a family outside for at least an hour a day. Invite other kids in the neighbourhood so you have more people to play with. Since you're doing this as a family it will also improve social, emotional and physical health.

Games you could play could be:

1. Hide and seek
2. Tag (Lelu - in Vanuatu, Tip, Chasing)
3. Handball
4. Skipping
5. Marbles
6. Simon says
7. Musical Chairs
8. Sports - e.g. volleyball, soccer, touch rugby, etc.
9. Chess and other strategy board games

Some ideas for outdoor games to help with mental health can be found at:

- www.mykidsadventures.com/outdoor-games-for-kids/

There are other destructive and addictive behaviours to a child's mental and social health, that parents need to be proactive about. One prime example is pornography. The following site is a useful resource for parents:

- protectyoungminds.org/

Useful tips for helping our children to make better informed choices about their entertainment and social media. Here are some helpful sites with tips:

- time.com/raising-the-screen-generation/
- www.focusonthefamily.com/parenting/kids-and-technology/parents-guide-to-video-games/how-to-choose-video-games-wisely
(This article is just one of a series called "Parents' Guide to Video Games")
- www.focusonthefamily.com/parenting/kids-and-technology/combating-cultural-influences/influence-of-media
- www.focusonthefamily.com/parenting/kids-and-technology/making-wise-entertainment-choices
- www.focusonthefamily.com/media/daily-broadcast/cultivating-wise-tech-habits-in-your-teen (has a podcast you can listen to by Jonathan McKee)

Also take time to discuss online safety measures as well as cyberbullying issues together as a family - in a way that makes children feel safe to share what's happening in their lives.

Here are possible sites that offer tools to create a safe environment or help your child to reach out for help. While some sites have contacts details which don't apply to your current location, there are tips, principles and advice which can be applied or adapted to suit your local context:

- www.connectsafely.org/tips-to-help-stop-cyberbullying/
- kidshealth.org/en/parents/cyberbullying.html
- www.childnet.com/blog/cyberbullying-advice-for-parents-and-carers

Since music is a very powerful tool used by the enemy to enter young minds, take time as parents to get informed about the impact of music by reading researched articles or books. Share your findings in age appropriate ways with your children during family worship time. Instead of sermonising, ask the Holy Spirit to help you find ways to share it with your children creatively.

Here are sites for parents:

Guidelines for music from our SDA Church:

- www.adventist.org/en/information/official-statements/guidelines/article/go/-/a-seventh-day-adventist-philosophy-of-music/
- www.whiteestate.org/issues/music.html
- <https://www.ministrymagazine.org/archive/1975/07/music-in-the-adventist-church-and-home>

Research:

- <https://pediatrics.aappublications.org/content/124/5/1488>
- legacy.laphil.com/sites/default/files/media/pdfs/shared/education/yola/susan-hallam-music-development_research.pdf

Simple tips:

- www.christianparenting.org/articles/help-christian-kid-wants-listen-pop-music/
- www.ucg.org/the-good-news/teaching-values-to-your-child-how-to-make-wise-media-choices
- www.kidsmatter.edu.au/families/enewsletter/five-tips-help-children-develop-decision-making-skills
- www.parents.com/kids/responsibility/teaching/teaching-your-kid-to-make-good-decisions/
- <https://www.whatchristianswanttoknow.com/7-step-biblical-decision-making-process/>
- unlockingthebible.org/2016/01/seven-steps-to-making-the-best-decision/
- www.youtube.com/watch?v=Du-5cNjJS90 (YouTube Clip)

Here are sites that are aimed more at teenagers:

- fevr.net/teen-life/four-steps-to-making-godly-decisions
- ministrytoyouth.com/youth-group-lesson-on-decision-making/
- www.livestrong.com/article/1002341-bible-games-teens-making-choices/

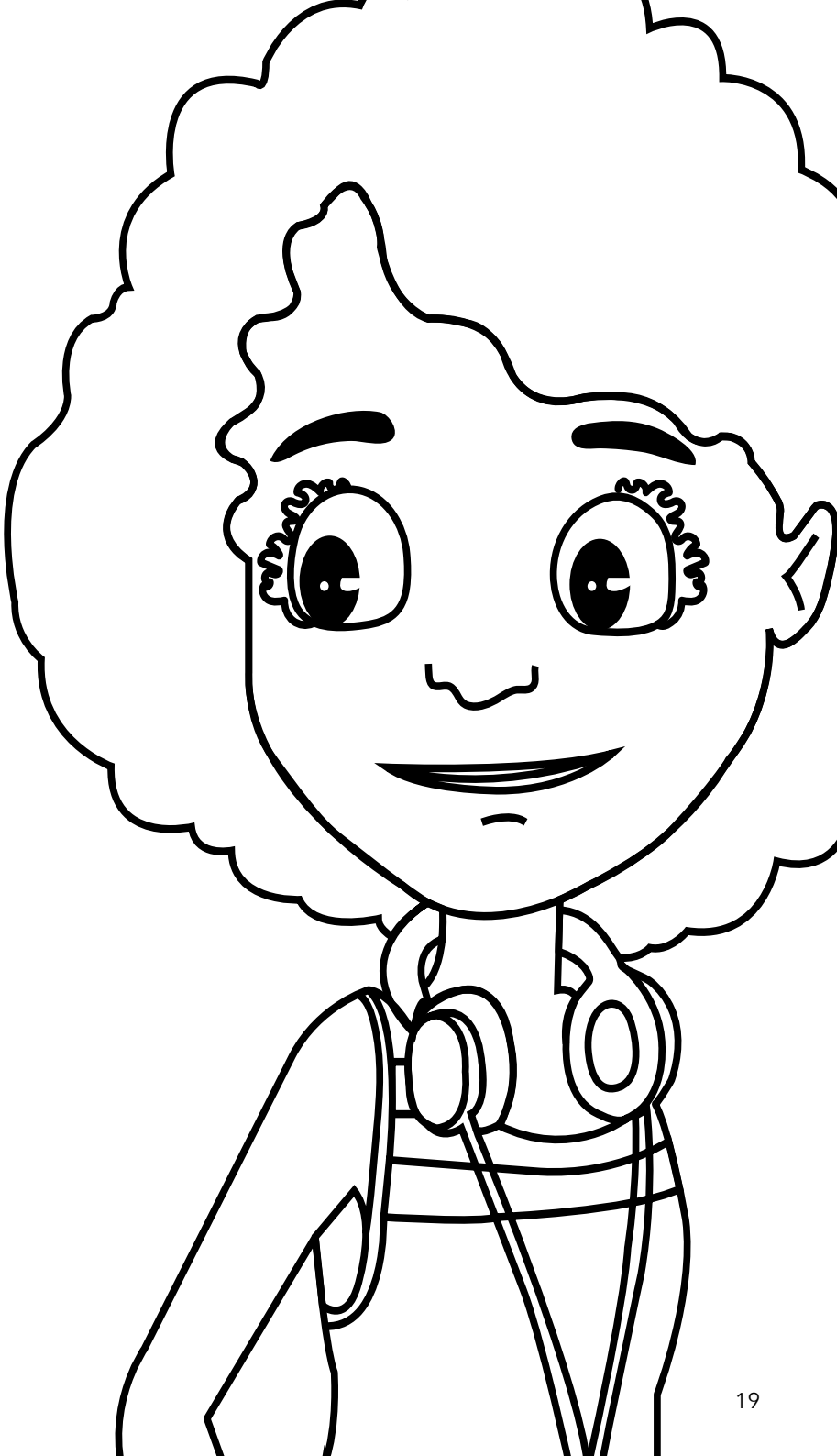
Here are sites that are aimed more at younger children:

- <http://storage.cloversites.com/communitybiblechurch4/documents/016SU12%20H0BC%20G12%20LG%20L12web.pdf>



COLOURING





SONGS

“Trash in, Trash out” by the Abide Ministry.

This is in the Disc that goes with the “Connecting with God 28 ways”.

Words for this song:

My body is a temple that’s what the Bible reads.
It means I should be careful to give it what it needs,
I have to exercise it and give it lots of rest,
Because the one who made me,
He always knows the best.

Chorus

Trash in, trash out, oh what can I expect?
When I make bad choices I suffer the effects.
Trash in, trash out, will make the body weak,
I’d rather treat my temple right, so I perform at peak.

Let’s eat fruits and greens and veggies and bread and pasta too.
They give me strength to play hard at what I like to do.
But I have lots of choices.
Sometimes I choose the junk like chips and pop and ice-cream
and chocolate by the chunk.

If I don’t treat my temple, the way that Jesus taught
When I just gobble junk food, my body gets distraught.
I cannot build strong muscles if I just sit all day,
So I can see that Jesus does know the better way.

“Building Our Lives” DVD Song #22,
which is on the Abide Ministry DVD
that goes with the “Connecting with
God 28 ways” resource.

Other songs found on YouTube:

“Be careful” sung by Taylor Bond, a little
boy on 3ABN. A song that warns us to
be careful what we look at, listen to,

say, do and go to.

www.youtube.com/watch?v=-m7AG6_HG04&t=34s

“Choices make a difference” (for teens)

www.youtube.com/watch?v=5CVRpmRIWZ0

“There is Hope” rap, about mental
health. (For teenager audience)

www.youtube.com/watch?v=b8C0aBdu4cg

“Give me Your eyes” (for youth)

Song that encourages us to be more aware of what’s happening around us instead of on ourselves which helps us stay healthy.

www.youtube.com/watch?v=P5AkNqLuVgY

“You say” by Lauren Daigle (for youth).

Song about a healthy self concept and identity because of who God says we are. www.youtube.com/watch?v=slaT8Jl2zpl

“You say” Anthem Lights Cover of the previous song by Lauren Daigle. Sung by a quartet of guys. (For youth)

www.youtube.com/watch?v=DXgMdMc7dgg8

“Kindness Boomerang - One day.”

(for any age) A video clip about how random acts of kindness gets transferred to others and can eventually come right back to us.

www.youtube.com/watch?v=nwAYpLVyeFU

“A random act of senseless kindness.”

(for any age) This video clip encourages everyone to show others kindness to change the world. It’s a 90s song but still a good song to help generate discussion about helping others as a family.

www.youtube.com/watch?v=cgoMSw9h7M

“Be Kind.” (for all ages) A song which is very International in its message of showing other kindness.

www.youtube.com/watch?v=mJhZ64BvvFU

For preschool aged children.

A song that promotes social health through good values and manners.

www.youtube.com/watch?v=XEjVu8Kj

For Primary aged children or younger.

A song that gives examples of random acts of kindness which promotes social health. www.youtube.com/watch?v=SaHfj_68cKs

“Let it start with me” A song for teens and upwards which encourages us to change the world through mission projects which needs to start with our own heart being filled with compassion and letting God change us.

www.youtube.com/watch?v=9H_hmNqls7A

“Healthy food vs Junk food song” for primary aged children. Shows results of eating healthy food and junk food, so children can remember the end results of both types of eating.

www.youtube.com/watch?v=fE8lezHs19s

“Others” A song by Israel Houghton that encourages us to love others in practical ways like God loves us i.e. being aware of the struggling people in our societies and doing something kind and good to change their lives. Social health is implied rather than stated in this song. This is a Youth oriented song.

www.youtube.com/watch?v=_pCtTtXGYbQ

“Do something” by Matthew West, which encourages people to do something practical about social issues they see around them instead of just asking God to do something. This song is most suitable for a youth audience.

www.youtube.com/watch?v=b_RjndGOIX8

ANSWERS

1. WORD SEARCH



- light
- air
- dry land
- earth
- plants
- large lights
- living things
- birds
- above
- animals
- human beings
- image
- seventh day
- rested
- work

2. CROSSWORD

Across

- 2. SPACE
- 6. GARBAGE
- 7. BIRDS
- 10. KOSTA
- 11. DELETE
- 12. SUGAR

Down

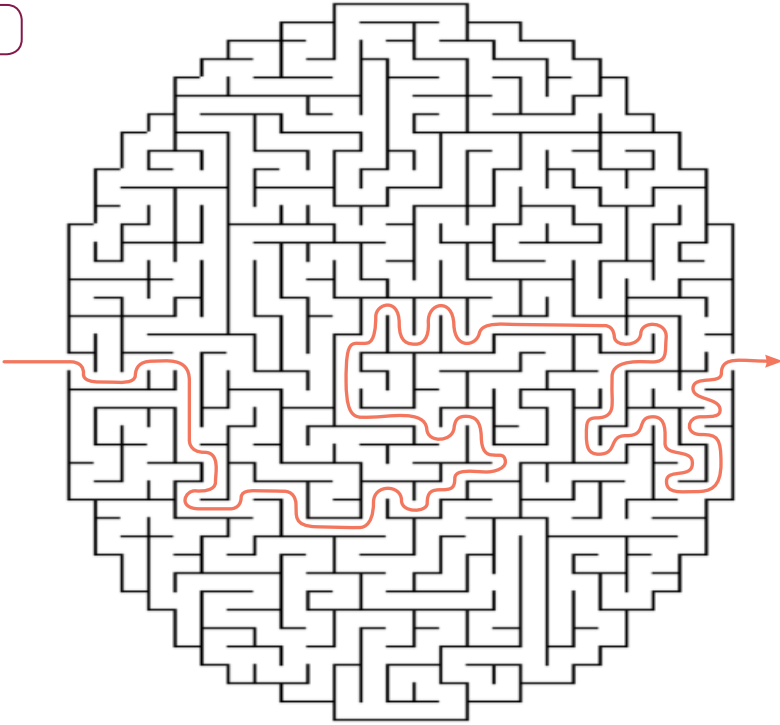
- 1. CHAMELEON
- 3. PIXIE
- 4. HOMEWORK
- 5. FRUIT SALAD
- 8. SEVEN
- 9. FOOTY

3. CODE BREAKER

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
17	26	9	■	3	■	21	23	12	20	■	22	25	14	15	16	■	19	6	8	2	10	11	■	■	■

BIBLE, WATER, MANGOES, WHOLE GRAINS, CORN, GRAPES, BANANA, CARROTS, ORANGES, GREEN VEGETABLES, SWEET POTATO, COCONUT JUICE

4. MAZE



5. LETTER TILES

Y O U S H O U L D K N O W T H A T Y O U

R B O D Y I S A T E M P L E F O R T

H E H O L Y S P I R I T . . . H O N O U R

G O D W I T H Y O U R B O D I E S . C O

R 6 : 1 9 - 2 0



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South Pacific

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Written by: Sarai Vaofanua-Stephens
Edited by: Litiana Rakarakatia Turner
Layout & Design by: Mark Aitken
Discipleship Ministry Consultant/s:
Chester Kuma & Leigh Rice

