

# The Twis

Keimi

Ko e Pepa Ngaue ki  
he Lotu Fakafamili  
- MO'UI LELEI-



# “Ko e DRAGON MASTER ”

## Ko e ngaahi fehu'i ki he lotu 'a e matu'a

Ko e ngaahi fakakaukau 'e 22 'oku makatu'unga ai ki he  
MO'UI LELEI

Ma'a e kau tauhi fanau / matu'a (Mei he tohi ko e 'God loves me 28 Ways for kids) 'Oku 'ofa'i au 'e he 'Otua 'i he ngaahi hala 'e 28 ma'ae fanau”.

- Ko e 'e tau hoko ko e kau muimui 'a Sisu pe ko e kau kalisitiane, kuopau ke tau ohi pe pusiaki'i mai 'a e to'onga mo'ui 'oku makehe ange ia meiate kinautolu 'oku 'ikai kenau kalisitiane. 'Oku fiema'u ke tau fakakaukau, ongo'i pea ngaue 'i ha ngaahi founa 'oku tau faka'apa'apa ki he 'Otua pea mo'ui 'o hange tofu pe ko e mo'ui 'a Sisu. Ko e tohi 'a 1 Kolinito 6:19-20 [ICB]. “ Ke mou 'ilo ko homou sino ko e tempale tapu 'o e Laumalie Ma'oni'oni. Pea ko e Laumalie Ma'oni'oni 'oku 'iate koe, 'oku ke ma'u 'a e Laumalie Ma'oni'oni mei he 'Otua. 'Oku 'ikai 'a'au koe ka na'e fakatau koe 'e he 'Otua 'aki 'a e totongi, koia faka'apa'apa ki he 'Otua 'aki ho sino”. 'Oku feima'u ke tau tokanga'i hotau sino 'aki 'a e ma'e 'a e malolo fe'unga, fakamalahisiono, 'ea lelei mo e ma'u e me'atokoni mo'ui lelei . 'I he tohi 'a Ma'ake 6:31 “Pea fakataha 'a e kau 'apositolo kia Sisu, 'o nau fakamatala kiate ia 'a e ngaahi me'a kotoa pe, 'a ia kuo nau fai, mo ia kuo nau ako 'aki”.
- 1 Timote 4:8 “He 'oku si'i hono 'aonga 'o e ngaue ki he sino: ka ko e anga faka-'Otua 'oku 'aonga ia ki he me'a kotoa pe, 'oku 'i ai 'a e tala'ofa 'o e mo'ui ko 'eni, pea mo ia 'e hoko mai”.
- Tangata Malanga 11:7 “Ko e mo'oni ko e me'a lelei fau 'a e maama, pea ko e me'a fakafiefia ke sio 'a e mata ki he lea”.
- 'Oku fiema'u pe ke fakahoa ki he tu'unga ma'olunga 'i he'etau fili ki he ngaahi fasi, 'u tohi, ngaahi polokalama TV, ngaahi faiva mo e ngaahi feohi kotoa pe ko e 'uhi ke tokoni'l kitautolu ke tau tupu ko e kau muimui faitotonu 'a Sisu. Ko e tohi 'a Filipai 4:8 “ E kainga , ko hono faka'osi eni, ke 'ilonga 'a e ngaahi me'a 'oku mo'oni,ke 'ilonga 'a e ngaahi me'a 'oku matamata lelei, ke 'ilonga 'a e ngaahi me'a 'oku totonu, ke 'ilonga 'a e ngaahi me'a 'oku ma'oni'oni, ke 'ilonga 'a e ngaahi me'a 'oku faka'ofa'ofa, ke 'ilonga 'a e me'a 'oku ongoongo lelei; kapau 'oku ai ha lelei, pe ha me'a ke fakamalo'ia, tokanga ki he ngaahi me'a koia”.

**“Koia kapau 'ou mou kai,  
pe nu pe ko e ha 'a e me'a  
'oku mou fai, fai kotoa pe  
ke fakaongoongolelei ai  
'a e 'Otua”.**

-1 Kolinito 10:31

## Kamata 'aki 'a e fakamuimui taha 'i ho'o fakakaukau

- 'Oku fiema'u ke 'ilo he fanau 'a e fiema'u ki honau sino, 'atamai mo e tupulekina fakalaumalie ko e 'uhi ke lelei taha kiate kinautolu.
- 'Oku fiema'u foki ki he kau tauhi fanau ke nau fakahoko ha ngaahi fakangatangata fakatohitapu ma'a 'enau fanau ko e 'uhi ke lava 'o 'ohi hake ha ngaahi to'onga mo'ui 'oku mo'ui lelei ma'a e ngaahi famili - fakalaumalie, faka'atamai, fakasino pea fakasosiale.

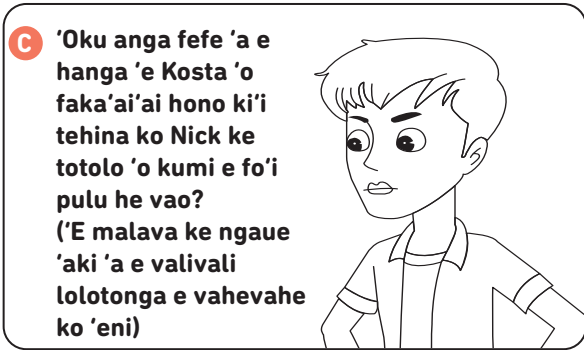
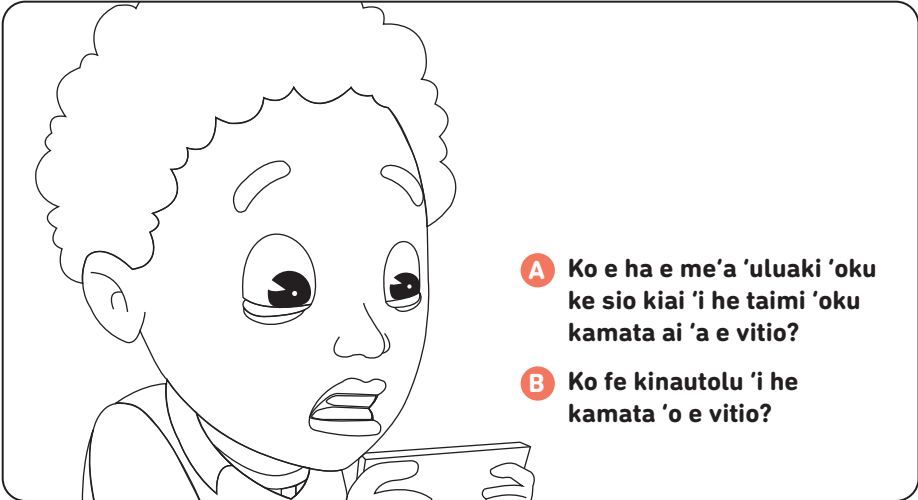
## Ngaue'aki 'a e vitio Tui ki he ngaahi taumu'a 'o e lotu faka-famili

- Ko kitautolu matu'a, 'oku mahino pe 'a e ngaahi fili 'a 'etau fanau pea lava ai 'o fakatupunga e ngaahi ta'e fakafiemalie 'i he fononga'anga. Kai kehe 'i he lolotonga ni, 'oku fiema'u pe ke tau faka'ata kinautolu kenau a'usia 'a e ta'efakafiemalie ko 'eni. (Fakatokanga'i ange 'a e anga 'o e vitio ko 'eni, 'oku 'ilo pe 'e Sefa, ko Sonatane 'oku lolotonga va'inga ka ko e ongo 'o e le'o 'o Sefa 'oku fa'atatali, pea 'ikai ke hoha'a, pea 'oku ne faka'ata 'a Sonatane ke ne a'usia 'a e ola 'o 'ene fili). Ko e 'ofa 'a Sefa 'oku ne fakamahino mai, ko 'etau Tamai Faka-Hevani 'oku ne 'afio'i 'a e me'a kotoa kiate kitautolu pea 'oku ne 'omai 'a e tau'ataina ke tau fili. 'Oku anga fefe leva kitautolu matu'a 'a 'etau 'oange pe faka'ata 'e tau fanau ha faingamalie, lolotonga ia 'oku tau kei poupu pe kiate kinautolu neongo 'a e 'ikai kenau fakaongo mai he taimi 'e ni'ihiki ki he'etau ngaahi akonaki?
- (Ko e ki'i 'ulungaanga 'a Sonatane 'aki 'ene fakamoleki he po'uli 'ene va'inga "Dragon Master, lea 'ikai mo'oni ki he ongo matu'a, inu e ngaahi inu melie na'a ne fakatupunga 'a e mo'umohea, kae ngalo ke 'ave e veve he pongipongi 'e taha, ta vaivaia pea ne ongo'i 'oku 'ikai ke taau ki ha me'a.

**'Oku fiema'u pe ki he fanau kenau ako fekau'aki mo e ngaahi nunu'a 'o e ngaahi 'ulungaanga 'oku ne uesia 'enau mo'ui lelei**

Ki he matu'a mo 'enau fanau, fili 'a e taha pe ua mei he ngaahi fa'ahinga fehu'i 'e 4 ko 'eni ke tokoni ki he ngaahi fevahevahe'aki ko 'eni.

### 1. 'OKU KE MALAVA 'O MANATU'I'?

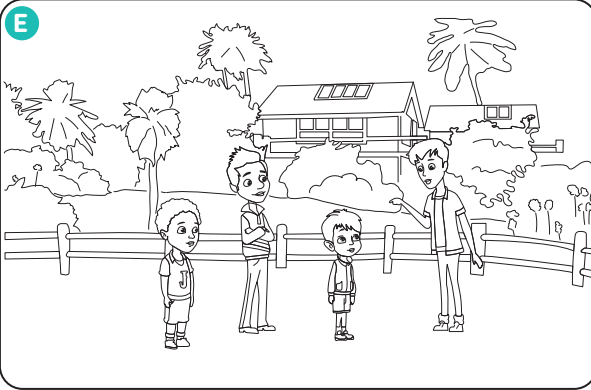


'E lava ke hoko 'a e valivali ko ha ngaue fakafiemalie lelei ke fai lolotonga 'a e fealelea'aki.



(A) Ko e fanau tangata 'e fa (4) na'a nau 'akapulu, paasi e pulu, ui atu ki he taha 'oku paasi. (B) Ko e va'inga 'i he tafa'aki kimu'a ofi ki he ngoue/mo e ngoue he vao. (C) Koe fakamanamana 'a Kosta ke tala ki he'ene tamai na'e 'ave 'e Nick 'a e ka 'i he po 'aneafi te'eki ke kole ha ngofua. (D) Ko e ki' ta'ahine talakoni lanu pingiki.

## 2. 'E LAVA KE TALA MAI?



**Ko e ha 'oku ta'ofi ai e va'inga 'akapulu 'a e fanau tangata.**



**Ko e ha ne na'e 'ikai ai ke fie sio 'a Kosta mo e Jonathan ki he fo'i pulu he vao?**



**Na'e tu'o fiha 'a hono tala 'e Marica kia Jonathan ke 'oua ala ki he'ene telefoni lolotonga 'ene ma'u me'atokoni?  
Na'a ne talangofua?**

(E) Na'e molu 'a e fo'i pulu pea fokotu'u atu leva 'e Kosta kia Jonathan 'oku totonu kene ako fekau'aki mo e va'inga ko e 'Dragon Master Game'. (F) Na'a na ilifia fakatou'osi 'i he fanga moko mo e fanga manu kehe ne nau fetaulaki he vao. (G) Ko e tu'o 2 eni 'oku ne kei ala pe ki he'ene telefoni he lalo tepile neongu kuo 'osi saileni

### 3. 'OKU KE FAKAKAUKAU?

I

Ne hanga 'e Jonathan 'o fakahaa'i kehekehe ki hono famili mo e ngaahi kaungame'a 'i he kamata pe 'ene va'inga game dragon? 'Omai ha ngaahi tali mei he vitio.

H

Na'e 'osi va'inga Keimi Dragon 'a Jonathan kimu'a? Ko e ha e me'a 'oku fokotu'u mai he vitio?

J

Ko kitautolu ngaahi famili 'oku lava ke tau ako ha me'a mei he ngaahi fo'i vitio? Fakamatala'i ho'o tali

(H) Fika 3. Na'a ne 'eke ange kia Kosta, "Ko e ha 'a e keimi ko 'eni?". Kuo 'osi hiki 'e Jonathan ia e keimi ki he'ene telefoni.

(I) Y'lo. 1) Na'e 'ulungaanga kaka foki 'a Jonathan hange ko 'ene lea loi fakau'aki mo e ongo 'ene keimi pea ne fakamahalo ko e ongo 'oku ha'u mei he manupuna 'i tu'a, 'i he taimi ne 'eke ange ai 'e Sepa ko e ha 'a e le'o pea koe ha'u mei fe: 'I he taimi ne tala ai 'e Marica ke tuku 'ene telefoni ke mama'o lolotonga e taimi ma'u me'atokoni. Na'a ne fakamahalo pe 'oku talangofua, pea hoko atu pe ia he va'inga he lalo tepile. 'I he taimi ne ha'u ai a Sefa ke vakai pe 'oku faingamalie 'a Jonathan hili e fakamatala'i 'a Salome. Na'e 'ikai mei malava 'e Jonathan nofo'i ki he talanoa 'a 'ene tamai ko e 'uhi na'e fie va'inga pe ia he'ene keimi. Na'a ne fakangalingali pe 'oku hela'ia pea ne tala kia Sefa ke tukuange ia ke ki'i mohe he 'oku hela'ia, ka 'oku 'ikai mo'oni eni; 2) Na'a ne fakamoleki e taimi lahi

he nofo fale kae 'ikai 'alu 'o va'inga 'i tu'a mo hono ngaahi kaungame'a. 3) Na'e ngalo ia 'iate ia ke fakahoko e ngaahi ngaue faka'api 'oku mahu'inga hange ko e 'ave 'o e veve 'i he taimi efiafi. 4) Na'e 'ikai ke ne ma'u taimi ki hono famili.

(J) 'IO. Fanau: 'I he taimi 'oku 'ikai ai ke tau ma'u ai ha mohe fe'unga mei he vainga keimi he 'aho kotoa, po'uli mo e 'aho, 'oku 'ikai leva ke tau ma'u ha feohi mo e kakai kehe pea 'ikai lelei hotau ngaahi 'ulungaanga ki hotau famili mo e ngaahi kaungame'a. 'Oku fiema'u foki ke fakamoleki lahi e taimi ke tau va'inga 'i tu'a mo hotau kaungame'a 'i ha 'ea lelei., 'o hange pe ko Jonathan, Nick pea mo Jeimba he faka'osinga 'o e vitio.

*Matu'a mo e Kau Tauhi Fanau:* 'Oku fiema'u ia ke tau 'o hake 'e tau fanau 'i he founga lelei pea tu'uma'u 'i he taimi 'oku ma'u ai 'aki kinautolu 'e he keimi vitio mo e ngaahi tekinolosia. Ke fakapapau'i 'oku fokotu'u ha fakangatangata 'i he lea lelei 'i he taimi 'oku nau a'u atu ai ki he ngaahi fakangatangata ko 'eni. 'o kau ai pe 'a e taimi 'oku nau loi kiate koe. Ke tau hu atu pe ki honau nofo'anga 'i he anga faka'apa'apa mo e angalelei - tukukehe kapau 'oku 'I ai ha tu'unga faingata'a 'a e ki'i tamasi'i. 'Oku fakatou fakaha heni 'e Marica mo Sefa 'i he vitio 'I he taimi ne na o ai kia Jonathan.



#### 4. KO HAI NA'A NE LEA 'AKI ENI PEA KO E HA HONO 'UHINGA?

'Io, teu fakahoko ia he vave taha, 'oku ou ki'l mo'ua he taimi ni.

(K)

'Oku fiema'u pe k eke hoko ko e Dragon Master, teu 'I heni 'I ho'o maau.

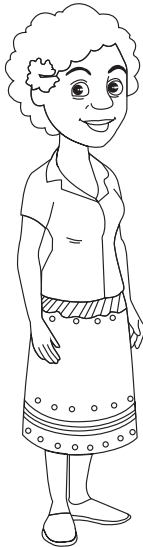
(L)

'Oua teke hoha'a 'iho'o hoko ko e 'Dragon Master' 'a hoku foha, fakaha pe 'a koe ko e 'uhi ko 'eku talakoni koe.

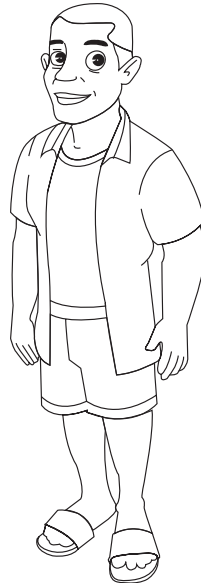
(M)



Jonathan



Marica



Sefa



(K) Jonathan: Ko e 'uhi ko e ma'ua ia 'e he keimi Dragon Master pea 'ikai ke lava fakamoleki ha taimi ke mavahe mei ai. 'I he taimi 'oku 'eke ange ai he'ene fa'e ko Marica, pe na'a ne 'osi 'ave 'a e pini veve, na'ne loi kiate ia pea ne talaange na'e mo'ua ia. Ko e taimi ko ee na'e hoko atu hono toe fakafehu'ia na'a ne toe 'omai 'a e lea 'ikai mo'oni 'oku feimou'ekina ia he fai 'ene ngaue fakaako (homework). (L) Sefa: Ko e 'uhinga pe na'ne fiema'u 'e Sefa ke 'oange kia Jonathan 'a e faingamalie ke ne fai 'ene 'uluaki fili pea ne ako ai e nunu'a 'o e ngaahi fili koia. Na'e hanga pe 'e Sefa ia 'o 'oange ke 'ilo 'e Jonathan ko hono malohinga ko hono fufu holo e keimi Dragon Master 'a ia 'oku ne fakamu'omu'a he taimi kotoa. Neongo na'e 'ikai kene fakamalohi'i 'a e palopalema ni, na'e lea 'aki pe 'e Sefa 'a e me'a ni ko e 'uhi ke ongo'i fakafiemalie kia Jonathan pea na fepotalanoa'aki fekau'aki mo e ngaahi pole ni 'I he'ene 'ilo 'a 'ene hala. 'Oku pehe ni pe 'a e tokanga'i 'e he'etau Tamai Hevani kitautolu. (M) Sefa: Ko e 'uhi ne fiema'u pe he tamai ko Sefa ki hono foha ke ne fiefia lolotonga 'oku kei si'i. Na'a ne fiema'u ke tupu 'a Jonathan 'i he tupu lelei hake mo e ngaahi fakahinohino mei he'ene tamai, kae 'oua 'e fakamoleki hono taimi 'i he feinga ke tokanga'i 'ene fiema'u faka e ia pe ko e ma'ua ia 'e he keimi 'Dragon Master'.

# Faka'ilo 'a e Ngaahi Veesi Folofola

Ko e 'uhinga pe na'a ke fiema'u 'o toe lahi ange

## Lau

Sione 15:12-15 (lau eni tu'o ua)

## To e talanoa

Fekau ha taha he family ke lau e talanoa 'i he'ene lea pe 'a'ana.

## Felingiaki

1. Ko e ha e me'a fo'ou 'oku ke ma'u he talanoa?
2. Ko e ha e me'a 'oku ke ofo ai?
3. Ko e ha e me'a 'oku 'ikai mahino kiate koe?
4. Ko e ha teke talangofua pe hoko kiai?
5. Ko e ha leva e me'a te ke vahevahe mo ha taha 'i he uike ni?

## Ko e ngaahi lea 'a E.G.White

*'Oku fakaho'ata mai ko e ngafa ni ma'a e laumalie kotoa. Kapa te tau faka'auha hotau sino, 'oku tau maumau'i kitautolu pea ki he kakai kehe." (Review and Herald, Nov. 6, 1900).*

**"Oku fa'u 'e he 'Otua hotau sino ke hoko ko e tempale ma'a e Laumalie."** -E.G. White

*"Ko e fanau, 'oku 'asi hake ia mei he'enua kei pepe, ko e tokanga lahi ki hono ako'i 'a honau u'a mo e taimi 'oku nau 'ahi'ahi'i ai. Taimi lahi 'oku ta'ota'ofi kinautolu mei he'enua fili, pea 'ikai taau mo e mo'ui lelei. pea ko e ola leva 'o e ki'i ako ko 'eni, 'oku faingata'a, pea faka-faingata'a'ia, pea iku ia 'o a'u ki he faito'o konatapu." (Ministry of Healing. Pg 384).*

*"Ko e fasi pe hiva, na'e fakataumu'a ia ki he ngaahi ouau ma'oni'oni, ke hiki hake 'a e fakakaukau 'oku ma'a, fakamatapule pea ke langa hake". (patriarchs and Prophets.p. 594)*

*"Ko e pongipongi ma'u pe 'oku 'afio 'a Sisu 'i he feitu'u maomaonganoa, lotu taauma'u, fekumi ki he folofola pea 'i he lotu lilo. Pea ki he le'o 'o e hiva. Na'a ne talitali 'i he maama 'o e 'aho pea mo e lotu fakamalo. Ko e fiefia he ngaahi houa 'o e ngaue pea ne 'omai 'a e fiefia 'o Hevani ki he kau loto faingata'a'ia:. (Ministry of Healing. p. 52)*



# NGAAHI PASOLO

## 1. KUMI LEA

Lau fakalelei 'a e ngaahi veesi, pea vakai ki he ngaahi lea 'oku laine'i 'a ia 'oku fufu 'i he ngaahi pasolo ke kumi hono lea 'i lalo. Siakale'i takitaha e lea 'oku ke ma'u.

- 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

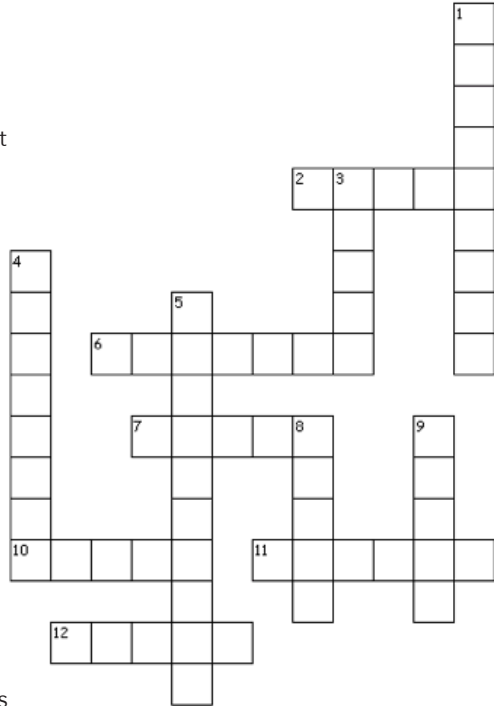


Lau 'a e ki'i lotu ko'eni pea ke lotu 'i ho'o lea pe 'a'au. "Malo Sisu ho'o ngaohi au pea mo hono fakaha mai kiate au 'a e me'a 'oku fiema'u keu mo'ui lelei ai, 'i he tokoni pe 'a ho Laumalie. Teu feinga pe keu lava 'o tauhi hoku sino ko e tempale pea koe feitu'u ia teke fie nofo ai. 'Oku ou 'ofa atu Sisu. 'Emeni.

## 2. LEA FETAKOLOSI'AKI

### 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?



**Fakahoko leva ha ki'i lotu nounou. Fakamalo atu 'Otua 'i he malava keu va'inga 'i tu'a mo e ngaahi me'a pe 'oku lava keke fai ma'aku. Pea kole kiate ia ke 'oatu ha malohi k eke muimui 'aki e ngaahi mo'oni me'a ki he mo'ui lelei. ka e 'oua teu lea loi ke fakapuliki 'aki e ngaahi to'onga mo'ui 'ikai taau.**

### 3. NGAHI KOUTI LEA KE MAVAHE

Manatu'i, ko e tempale koe 'o e 'otua. 'oku ke pehe ko e ha 'oku fie ma'u 'e he 'otua ke ke fakamu'omu'a 'i hono tempale (hotau sino mo e 'atamai)?

Fetongi 'a e ngaahi mata'itohi totonu 'i 'olunga 'i he fika takitaha 'i he pasolo 'i lalo ke ke 'ilo 'a e tali ki he fehu'i ko 'eni.

|   |    |   |   |   |   |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |
|---|----|---|---|---|---|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|---|---|---|---|
| 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**  
 26 12 26 22 3 '    11 17 8 3 19 '    **G**  
 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 '

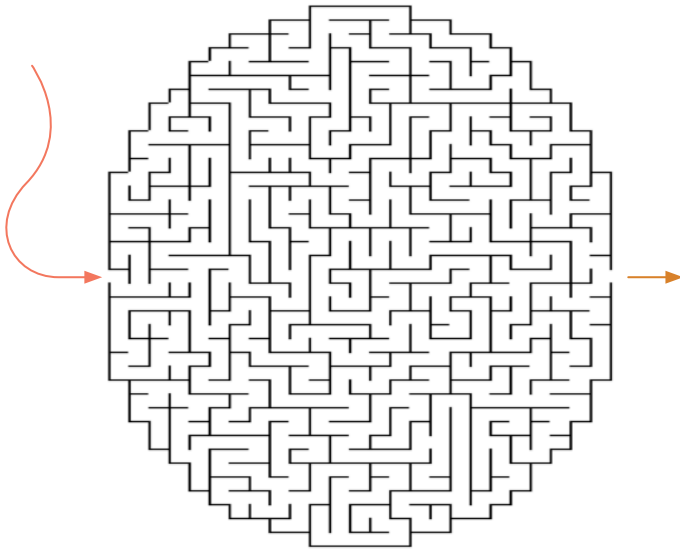
**G**    **V**    **G**    **B**  
 21 19 3 3 14    10 3 21 3 8 17 26 22 3 6 '

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



'i he taimi kuo ke 'ilo ai 'a e ngaahi tali, fai ha ki'i lotu nounou ki he 'otua 'o kole kiate ia ke ne tokoni'i koe ke ke fakamu'omu'a pe 'a e me'a 'oku ne finangalo ke ke fakahu ki ho sino, ki hono tempale.

#### 4. KUMI 'A E MATAPA HU'ANGA PEA MOE HU KITU'A



Ta ha laine ke hulu'i ho'o ngaue mei he hu'anga ki he tafa'aki to'ohema 'o e hala fihifihi, ki he hu'anga he tafa'aki to'omata'u.

- 'oku hange 'a e hala fihifihi ko 'eni ko e ngaahi fili lahi 'oku tau fai 'i he mo'ui.
- 'oku fakafongai 'e he liliu totonu 'i he taimi 'oku tau fili ai ke 'ai ki hotau sino, tempale 'a e 'otua, fa'ahinga me'akai totonu, inu mo e fakamatala ko e Tohi Tapu, lau e ngaahi fakafiefia mo e lea lelei na'e mo'ui lelei).
- 'oku liliu e hala he taimi 'oku tau fili ai ke fai 'a e fehangahangai mo e ngaahi fakahinohino 'a e 'otua ki he mo'ui lelei.
- 'oku 'ikai ke tau fa'a fili ma'u pe 'a e liliu totonu, ka 'e lava ke tau fai ha ngaahi fili lelei ange kapau te tau tala ki he 'otua 'oku tau kole fakamolemole mo kole kiate ia ke ne tokoni'i kitautolu ke tau fai 'a e ngaahi fili 'oku totonu. Te ne toe fakatonutonu leva kitautolu 'i he hala pea tokoni ke tau a'u ki he lelei e ngata'anga 'o 'etau mo'ui.



Kole ki he 'otua 'i he lotu ke tokoni atu ke ke fakamu'omu'a pe e ngaahi me'a 'oku mo'ui lelei ki ho sino - 'a hono tempale pe feitu'u Ma'oni'oni 'oku nofo ai 'ene Laumalie Ma'oni'oni. Fakafeta'i kiate ia 'i ho'o fakahaofi koe he taimi kotoa pe te ke tafoki ai 'i he mo'ui pea mo e ngata 'i ha ' ngata'anga kuo pekia. '

## 5. MATA'ITOHU KI HE TAILA

Fokotu'utu'u fakalelei e taila ke fakaha ha popoaki fekau'aki mo e 'uhinga 'oku fie ma'u ai 'e he 'otua ke tau tauhi hotau sino ke mo'ui lelei. Ko e konga pe 'eni 'o e ngaahi veesi he Tohi Tapu. Ko ho'o ma'u pe 'a e feitu'u 'oku tu'u ai 'a e Tohi Tapu mei he Tohi Tapu, kumi ia koe'uhi ke ke lava 'o 'ilo lahi ange fekau'aki mo e 'uhinga 'oku fie ma'u ai 'e he 'otua ke tau mo'ui lelei.

**Tokoni:** 'E ma'u 'i he puha totonu 'o e Tohi Tapu, 'a e taimi totonu 'o e unscrambled tonu, 'a e fakamo'oni fakafolofola.

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

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. H O N   S A   O U R   R B O   R B O

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T E M P   Y O U

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Kole 'a Sisu Kalaisi 'i he lotu ke tokoni'i koe ke ke fai ha ngaahi fili 'oku lelei ange koe'uhi ke ne faka'apa'apa'i mo'oni ia 'i he taimi 'oku ne lotu makehe ai (hotau sino) 'i he me'a 'oku tau fili ke fakamu'omu'a 'i hotau sino.

# POLE 'A E FAMILI

Fili pe ha 1 pe 2 te ke malava ke fakahoko fakafamili he uike ni:

## MO'UI LELEI FAKASINO

### 1. Ngaahi me'akai mo'ui lelei 'o e uike

Ko e famili kotoa ken au fili ke fetongi 'aki 'a e me'atokoni 'oku suka 'e 1 pe 2 hange ko e (tonati, keke, pisikete, pa sokoleti pe 'aisi kilimi) mo ha me'atokoni fua'i'akau 'oku lolotonga fua.

### 2. Inu pe 'a e vai 'ata'ata he uike kotoa

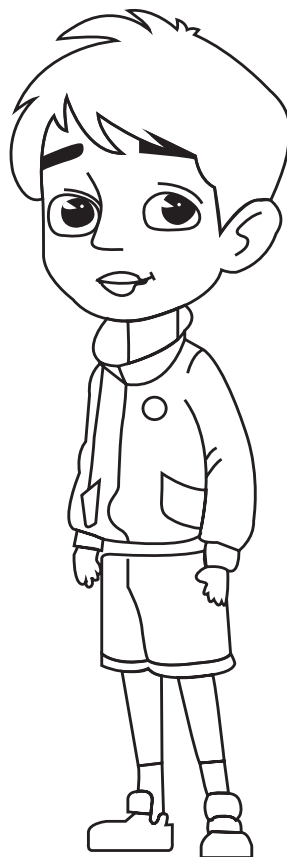
Fai ha fekumi ko e ha e lahi e vai 'oku inu he taha kotoa he famili he 'aho kotoa, pea kapau leva 'oku 'ikai fe'uga pea pole 'aki ke nau toe liunga 2 'e nau inu. Ke tau fili fakafamili ke 'oua 'e fakatau e inu kasa, inu fakalanu pe ko ha toe inu 'ikai mo'ui lelei ange he uike koia. Ka e 'omai ha sioki vai mo ha lemani kuo tofi pea 'ikai suka, ke inu he kakai. Kapau leva 'oku 'ikai ke 'ilo he ngaahi famili 'oku 'ikai kenau 'ilo 'a e lahi 'o e vai 'oku nau inu, lekooti leva ko e ha e lahi e ipu vai he 'aho pe ko e hina vai 600ml. Pea feinga leva ke inu 'a e toe ipu vai pe ko e 600ml hina vai he 'aho, kae 'oleva pe kuo nau inu 'a e lahi 'o e vai totonu ki honau sino pea ki honau fua totonu.

Ako'l e fanau ken au lava pe 'o siofi mo fua 'enau inu 'aki 'a e lanu 'o 'enau tu'uofi. 'Oku 'i ai pe ngaahi lanu 'e 3 'e malava ke nau 'ilo 'aki mei he link 'oku ha 'i lalo. (Lava pe ke ngaue'aki e ngaahi lanu mei he saati pea li ki he vai ke tokoni 'o 'ilo ai.)

Vakai ki he link ko 'eni:

[www.medstorex.com/general-health/urine-colour-and-its-meaning.aspx](http://www.medstorex.com/general-health/urine-colour-and-its-meaning.aspx)

Fakafalala pe he ta'u motu'a 'a e ki'i tamasi'i. Vakai'i meiate kinautolu he 'oku fakamanako pe 'oku lahi 'enau inu vai.



## MO'UI LELEI FAKASOSIALE MO E FAKA-E-ONGO

Ngaue'aki 'a e Random Acts of Kindnes (RAK) ke tokoni ke fakalalakaka 'a e mo'ui lelei fakasosiale. Lotua ke tokoni mai 'a e Laumalie ma'oni'oni ki ho famili 'i ho'o vahevahe ki he founa ke fakaha ai 'a e 'ulungaanga lelei ki he taha kotoa ho famili, kolo mo e siasi ho famili.

Ngaahi fakatata pe ke fakakau atu:

### 1. Taki taha

Tohi'i ha ki'i note 'o e fakamalo ki he fa'e, tamai, tuonga'ane, tokoua, kui, mehikitanga, fa'etangata mo e fangatokoua, pea fufu hifo honau lalo pilo pe ko ha feitu'u 'e malava ken au 'ilo ai.

### 2. Kaunga'api

Kapau 'oku 'i ai ha'o ngoue 'anga - 'ave 'a e fua ho'o ngoue ki ho kaunga'api pea a'u atu ki he kau toulekeleka pea ko ha taha 'oku ne fiema'u.

### 3. Kakai tokoni heKolo pe koe kau ngaue

Fakahoko ha ngaue lelei ke fakamalo'ia e kau kilina , kau ngaue veve, kau polisi, kau faiako, neesi, kau faka'uli moe kau ngaue he kolo he taimi 'oku ke fou mai ai.

### 4. Famili 'o e Siasi

Ngaue 'ofa ke tokoni'i 'akinautolu 'oku fakama'a e Siasi, pea 'ave ha inu mokomoko ki he kau Tikoni he taimi 'oku nau kosi 'ai e vao pe ko e ngaue 'i tu'a he ngaahi 'aho vela.

Ngaahi fakakaukau fekau'aki mo e RAK 'oku ha he link ko 'eni:

- [children.adventistchurch.com/wp-content/uploads/sites/14/2018/02/PostCard\\_BeHandsofJesus.pdf](https://children.adventistchurch.com/wp-content/uploads/sites/14/2018/02/PostCard_BeHandsofJesus.pdf)
- [www.scarymommy.com/random-acts-of-kindness-kids/](http://www.scarymommy.com/random-acts-of-kindness-kids/)
- [playtivities.com/random-acts-of-kindness-for-family-to-do/](http://playtivities.com/random-acts-of-kindness-for-family-to-do/)

## MO'UI LELEI FAKA'ATAMAI

Ma'u ha malolo mei he ngaahi me'angaue fakatekinolosia kotoa, kae fili ha va'inga ke mou va'inga kotoa ai ko ha famili 'i tu'a, ki ha houa 'e 1 he 'aho kotoa.

Fakaafe'i mai e fanau he kaunga'api ko e 'uhi ke tokolahi e kau va'inga. Ko e 'uhi 'oku ke fakahoko eni ko e famili, 'e fakalalakaka 'ai 'a e mo'ui lelei fakasosiale, fakaeongo pea mo e fakasino.

Ngaahi va'inga ke malava k e ke va'inga ai;

1. Langatoi
2. Taufetuli
3. Tolo pulu
4. Tafue
5. Mapu
6. Lea 'a Saimone
7. Fasi 'i he sea
8. Sipoti: Volipolo, soka, malemale.
9. Veimau mo e keimi he papa va'inga.

Ko e ngaahi fakakaukau ki he va'inga 'i tu'a 'e tokoni lahi eni ki he mo'ui lelei 'a e 'atamai mo e mo'ui lelei fakasosiale. 'Oku malava ke ma'u eni 'i he;

- [www.mykidsadventures.com/outdoor-games-for-kids/](http://www.mykidsadventures.com/outdoor-games-for-kids/)

'Oku 'i ai pe 'a e ngaahi faingata'a mo e kafahia e 'ulungaanga ki he 'atamai mo e mo'ui fakasosiale e fanau, 'oku fiema'u leva e matu'a ke nau toe 'a'a ange mo

longomo'ui, 'o hange ko e ngaahi faiva kovi pe fakalielia. Ko e ngaahi link eni 'e tokoni ki he matu'a.

[protectyoungminds.org/](http://protectyoungminds.org/)

Ngaahi tokoni 'aonga ki hono tokoni 'i 'o 'etau fanau ke nau fai ha ngahi fili lelei ange fekau'aki mo 'enau fakafiefia mo e mitia fakasosiale. Ko ha ngaahi saiti tokoni 'eni 'oku 'i ai ha fanga ki'i tokoni:

- [time.com/raising-the-screen-generation/](http://time.com/raising-the-screen-generation/)
- [www.focusonthefamily.com/parenting/kids-and-technology/parents-guide-to-video-games/how-to-choose-video-games-wisely](http://www.focusonthefamily.com/parenting/kids-and-technology/parents-guide-to-video-games/how-to-choose-video-games-wisely)  
(Ko e fakamatala ko 'eni ko ha kongape ia 'e taha 'o e "fakahinohino 'a e Matu'a ki he Va'inga vitioo")
- [www.focusonthefamily.com/parenting/kids-and-technology/combating-cultural-influences/influence-of-media](http://www.focusonthefamily.com/parenting/kids-and-technology/combating-cultural-influences/influence-of-media)
- [www.focusonthefamily.com/parenting/kids-and-technology/making-wise-entertainment-choices](http://www.focusonthefamily.com/parenting/kids-and-technology/making-wise-entertainment-choices)
- [www.focusonthefamily.com/media/daily-broadcast/cultivating-wise-tech-habits-in-your-teen](http://www.focusonthefamily.com/media/daily-broadcast/cultivating-wise-tech-habits-in-your-teen) (has a podcast you can listen to by Jonathan McKee)

Tuku foki ha taimi ke alea'i fakafamili ai 'a e ngaahi me'a fekau'aki mo e malu'i 'i he 'itananeti pea pehe ki he ngaahi palopalema cyberbullying fakataha mo e famili - 'i ha founga 'oku ongo'i malu ai e fanau ke vahevahe e me'a 'oku hoko 'i he'enau mo'ui.



Ko ha ngaahi saiti 'eni 'e lava ke nau 'omai ha 'ataakai 'oku malu pe tokoni ki ho'o fanau ke ala atu 'o tokoni. Neongo 'oku 'i ai ha ngaahi saiti 'e ni'ihi 'oku 'i ai pe 'a e fakaikiiki 'o e fetu'utaki 'oku 'ikai 'aonga ki he feitu'u 'oku ke lolotonga 'i ai, ka 'oku 'i ai ha fanga ki'i tokoni, ngaahi tefito'i mo'oni mo e fale'i 'e lava ke faka'aonga'i pe liliu ke fe'unga mo ho tu'unga fakalotofonua:

- [www.connectsafely.org/tips-to-help-stop-cyberbullying/](http://www.connectsafely.org/tips-to-help-stop-cyberbullying/)
- [kidshealth.org/en/parents/cyberbullying.html](http://kidshealth.org/en/parents/cyberbullying.html)
- [www.childnet.com/blog/cyberbullying-advice-for-parents-and-carers](http://www.childnet.com/blog/cyberbullying-advice-for-parents-and-carers)

Koe'uhi ko ha me'angaue malohi 'aupito 'a e musika 'oku faka'aonga'i 'e he fili ke hu ki he 'atamai, tuku ha taimi ke 'ilo ai 'e he matu'a e ola 'o e hiva 'aki hono lau e ngaahi fakamatala pe ngaahi tohi fekumi. Vahevahe ho'o 'ilo 'i he ta'u motu'a pea mo ho'o fanau lolotonga e taimi lotu fakafamili. 'oua te ke sermonising, kole ki he Laumalie Ma'oni'oni ke ne tokoni'i koe ke ke 'ilo'i ha ngaahi founga ke vahevahe ai ia mo ho'o fanau.

#### **Ko e ngaahi feitu'u 'eni ki he matu'a:**

Ko e ngaahi fakahinohino ki he ngaahi hiva mei hotau Siasi 'Ahofitu (SDA):

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

Fekumi:

- [pediatrics.aappublications.org/content/124/5/1488](http://pediatrics.aappublications.org/content/124/5/1488)
- [legacy.laphil.com/sites/default/files/media/pdfs/shared/education/yola/susan-hallam-music-development\\_research.pdf](http://legacy.laphil.com/sites/default/files/media/pdfs/shared/education/yola/susan-hallam-music-development_research.pdf)

Ko e tokoni faingofua:

- [www.christianparenting.org/articles/help-christian-kid-wants-listen-pop-music/](http://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](http://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](http://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/](http://www.parents.com/kids/responsibility/teaching/teaching-your-kid-to-make-good-decisions/)
- [www.whatchristianswanttoknow.com/7-step-biblical-decision-making-process/](http://www.whatchristianswanttoknow.com/7-step-biblical-decision-making-process/)
- [unlockingthebible.org/2016/01/seven-steps-to-making-the-best-decision/](http://unlockingthebible.org/2016/01/seven-steps-to-making-the-best-decision/)

Ko ha ngaahi saiti (Sites) 'eni 'oku fakataumu'a ki he fanau ta'u hongofulu tupu:

- [fervr.net/teen-life/four-steps-to-making-godly-decisions](http://fervr.net/teen-life/four-steps-to-making-godly-decisions)
- [ministrytoyouth.com/youth-group-lesson-on-decision-making/](http://ministrytoyouth.com/youth-group-lesson-on-decision-making/)
- [www.livestrong.com/article/1002341-bible-games-teens-making-choices/](http://www.livestrong.com/article/1002341-bible-games-teens-making-choices/)

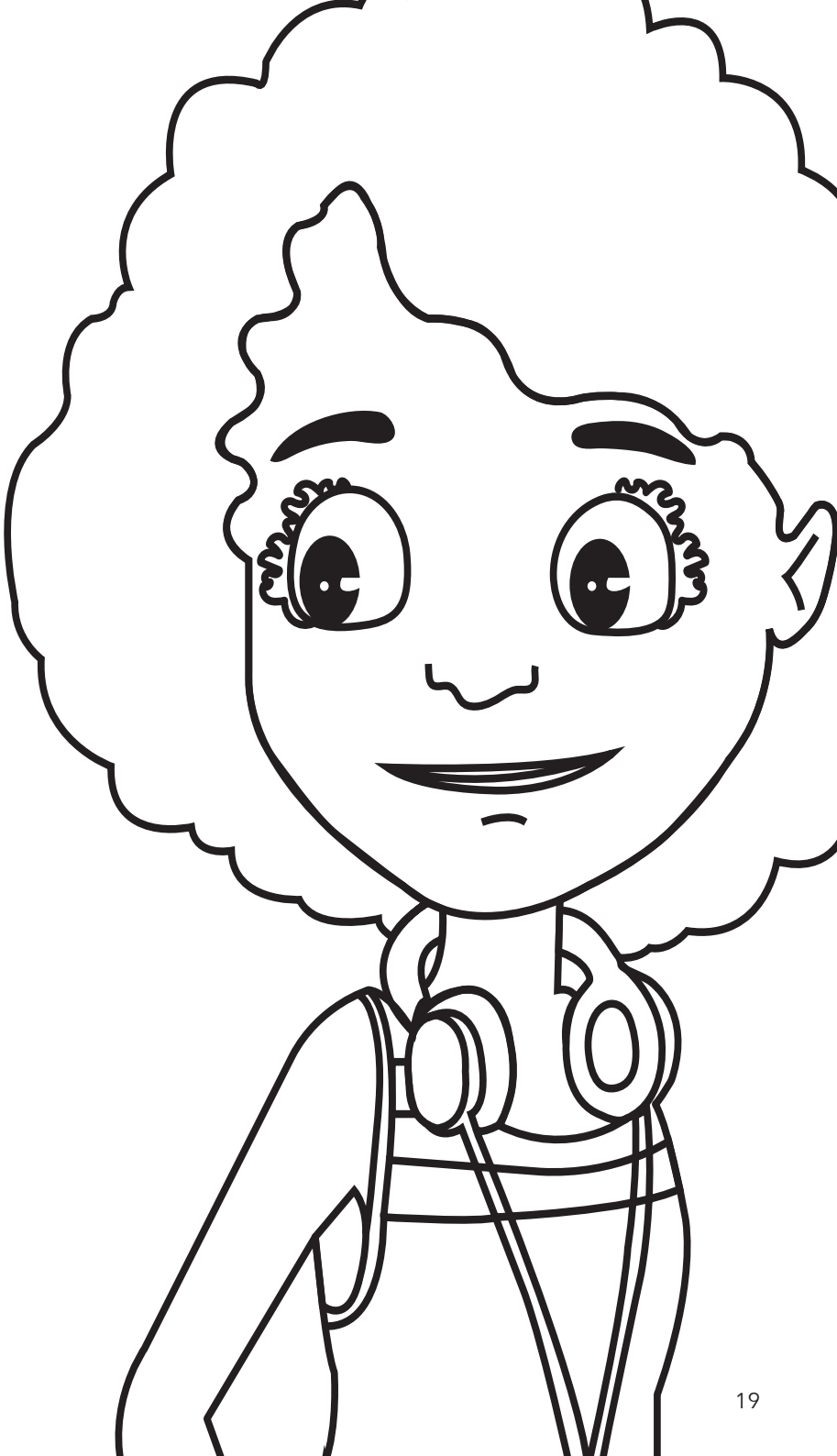
Ko ha ngaahi saiti 'eni 'oku fakataumu'a lahi ange ki he fanau iki:

- [storage.cloversites.com/community/biblechurch4/documents/016SU12%20HOBC%20G12%20LG%20L12web.pdf](http://storage.cloversites.com/community/biblechurch4/documents/016SU12%20HOBC%20G12%20LG%20L12web.pdf)



COLOURING





## NGAAHI HIVA

**“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](http://www.youtube.com/watch?v=-m7AG6_HG04&t=34s)

**“Choices make a difference”** (for teens)  
[www.youtube.com/watch?v=5CVRpmRIWZ0](http://www.youtube.com/watch?v=5CVRpmRIWZ0)

**“There is Hope”** rap, about mental  
health. (For teenager audience)  
[www.youtube.com/watch?v=b8C0aBdu4cg](http://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](http://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](http://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](http://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](http://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=cgoMSvww9h7M](http://www.youtube.com/watch?v=cgoMSvww9h7M)

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

[www.youtube.com/watch?v=mJhZ64BvvFU](http://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\\_2l&list=PLjvqP5JOcPgZHPe0M4ctJwcPkSCN48peD](http://www.youtube.com/watch?v=XEjVu8Kj_2l&list=PLjvqP5JOcPgZHPe0M4ctJwcPkSCN48peD)

For Primary aged children or younger.

A song that gives examples of random acts of kindness which promotes social health. [www.youtube.com/h?v=SaHFj\\_68cKs&list=PLjvqP5JOcPgZHPe0M4ctJwcPkSCN48peD&index=9](http://www.youtube.com/h?v=SaHFj_68cKs&list=PLjvqP5JOcPgZHPe0M4ctJwcPkSCN48peD&index=9)

**“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\\_hmNqIs7A](http://www.youtube.com/watch?v=9H_hmNqIs7A)

**“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](http://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=\\_pCtTXGYbQ](http://www.youtube.com/watch?v=_pCtTXGYbQ)

**“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\\_RjndG0IX8](http://www.youtube.com/watch?v=b_RjndG0IX8)

# TALI

## 1. KUMI LEA

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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

## 2. LEA FETAKOLOSIAKI

### Across

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

### Down

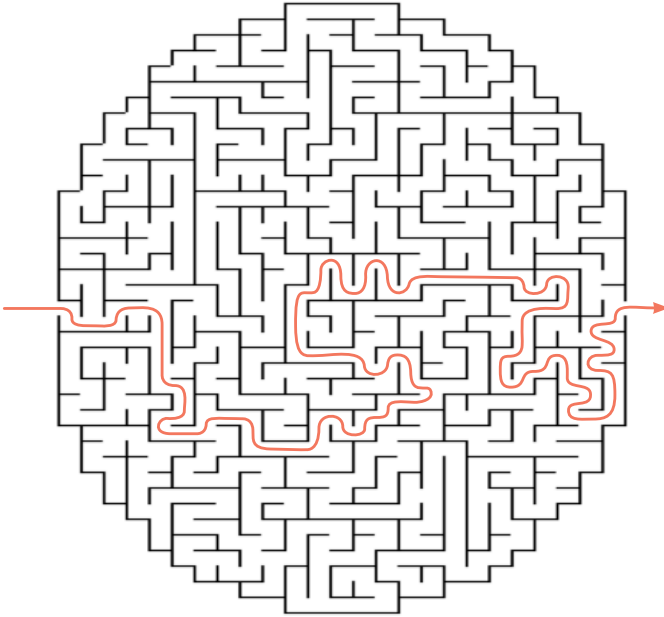
- 1. CHAMELEON
- 3. PIXIE
- 4. HOMEWORK
- 5. FRUIT SALAD
- 8. SEVEN
- 9. FOOTY

## 3. NGAHI KOUTI LEA KE MAVAHE

|    |    |   |   |   |   |    |    |    |    |   |    |    |    |    |    |   |    |   |   |   |    |    |   |   |   |
|----|----|---|---|---|---|----|----|----|----|---|----|----|----|----|----|---|----|---|---|---|----|----|---|---|---|
| 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. KUMI 'A E MATAPA HU'ANGA PEA MOE HU KITU'A



#### 5. MATA'ITOHU KI HE TAILA

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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