

SEPTEMBER 2020

THE ELEMENTARY DAYBOOK

WEEK 1

The temple in the Old Testament was the place where God's Spirit dwelt. King Solomon, King David's son, built it! Read this Scripture below to learn more about what that temple!

1 Kings 6:1-3

The Bible says that when we accept Jesus in our hearts, we become the temples of the Holy Spirit—the Holy Spirit lives in you! How neat is that? Read this verse below to find out more!

1 Corinthians 6:19

How do you think you should take care of your body if it's God's temple? Maybe eating fruits and veggies more often? Exercising by going on a walk with your mom or dad? There's lots of ways to help take care of ourselves.

Ephesians 5:29

Think of one or two ways today to help take care of your body, God's temple! Getting good sleep is one way to take care of yourself, and God desires to give us peaceful sleep each night if we ask!

Proverbs 3:24

WEEK 2

Did you know that a way you can take care of your body—which is God's temple—is to eat veggies? In the Bible, Daniel and his friends ate veggies and were very healthy. Read about it below.

Daniel 1:12

Did you know a way you can stay healthy is by exercising each day? Maybe take a walk today and reflect on the verse below which talks about our spiritual "walk" with the Lord!

Psalms 1:1-6

Did you know that the Bible talks a lot about fruit? Physical fruit is something that is really good for our bodies and can keep us healthy. What's your favorite kind of fruit? Try eating some each day!

Deuteronomy 1:25

Did you know drinking lots of water is really good for your body? There's a story in the Bible where Jesus asks a woman for water...maybe grab a big glass of water to drink as you read this story of "living water"!

John 4

WEEK 3

Spiritual health is something very important for every Christian—including you and me! One way to stay spiritually healthy is to take time to pray each day. Set aside a time today to pray and read this Bible verse below about prayer!

Matthew 6:6

You can stay spiritually healthy by reading your Bible each day! Maybe take each day and read a Psalm or read a chapter in Proverbs each day for 31 days. God wants to speak to you through His Word!

2 Timothy 3:16

You can stay spiritually healthy each day by singing songs of worship to God! What's a worship song that you know that you could sing to God today? Pick one and spend some time singing it to Jesus—He loves to hear your voice!

Psalms 96:1

You can stay spiritually healthy by meeting with other Christians each week for church, whether that's in person or online! God wants you to have people you can connect with and talk to about Him!

Hebrews 10:25

WEEK 4

How can you use your temple—your body—to please God? What do you think? Maybe you could say an encouraging word to a friend at school or write your mom or dad a "thank you" card! That would definitely make God happy!

1 Thessalonians 5:11

How can you use your temple—your body—to please God? Obeying your parents is actually something that really pleases God! What's a way you could obey your parents today?

Ephesians 6:1-3

How can you use your temple—your body—to please God? Maybe you could serve in your church or in your Girls Ministries group! There's lots of ways you can help out in your local church. Find one way to help out today!

1 Peter 4:10

How can you use your temple—your body—to please God? You could raise your hands when you sing songs of worship to God! Raising your hands is like a way to express your love to God—isn't that neat?

Psalms 63:4

WHAT DO YOU THINK THESE BIBLE VERSES MEAN?
WRITE OR DRAW A PICTURE!

