

are lots of stories of Jesus healing people - people who have different illnesses, in their body or in their thoughts. He always called on God to bring people back to the healthy way they were meant to be. You can always go to God and ask to be healthy in how you think and how you live. God will help you.

A verse from the Bible: ...the crowds followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. (Luke 9:11)

So, learning to trust God, is about learning who God is and what God wants for you. God is love, abundance, peace, inclusive, and well-being. If you pray to God, knowing that God wants the same things for you, God will give you those things. Now, this isn't about asking for a special toy or computer, but it is about asking for the simple things to make your spirit, your soul, match the wonderful qualities of God, so that your life can be a blessing to you, to God, and to others.

Get yourself a little notebook to write down your concerns, struggles, good times and bad, and your prayers to God about them. Then, watch for God's help in your life. You can even write down when God answers your prayers. Remember how wonderfully you are created, and remember always the deep love God has for you every time and every where!



## ☆☆ Children Can Trust in God, Too! ☆☆

When you think about trusting in God, think about these things:

God is love. God created this marvellous world for us to live in. God gave us this universe full of food, animals, plants, flowers, seas, skies and material to make ourselves homes and take care of ourselves, each other and the earth. God supports us every day and especially loves our friendship. Together with God, our lives become a miracle to ourselves and to others by passing on that amazing love. God loves us so much that God gives us everything we need to live and to take care of others too.



A verse from the Bible: "Love the Lord your God with all your heart, all your soul, all your strength, and all your mind." Also, "Love your neighbour as you love yourself." (Matthew 22:37-40)

God is abundance. This means that God will give without limit. Think about an apple. How many apples can you get from one apple. Well, if you plant the seeds and wait patiently, the trees will grow and produce fruit - right! More apples. If you plant the seeds from those apples, many more trees will grow, producing many, many more apples. The seed just trusts that God will take care of its needs. That is what God is like. If we go to God for help, and keep our "roots" in



God, God will supply our needs “abundantly” and God will help us without limit.

A verse from the Bible: Remain in me, and I will remain in you. A branch cannot produce fruit alone but must remain in the vine. In the same way, you cannot produce fruit alone but must remain in me. (John 15:4)

God is peace. Think about how a cat settles into your lap, purrs and goes to sleep. She knows you love her and wants to be close to you. She



becomes very peaceful and content. A lot of people really don't like to be quiet or alone. They like to be surrounded by television, music, computer games, other people, all

kinds of things which keep their attention away from God. You've probably noticed when you try to be quiet that all kinds of busy thoughts come into your head - "I'm hungry!" or "I wonder what my friend is doing now." or "I should do this or that." or any number of other thoughts - both good and bad. God is gentle and quiet, just as you would be with your kitty asleep on your lap. God wants you to know that you can sit with God and just rest with God, like the kitty rests on you. God likes to chat so God can take away all your cares, worries, or just share in your life's adventure. The world outside your self can speak very loudly, but God speaks quietly. You can understand the quietness when you remember how the grass grows and the mountains just sit, content in their beauty. You are wonderful and God wants you to know that!

A verse from the Bible: Be still and know that I am God. (Psalm 46:10)

God is inclusive. God includes everybody within God's love. There are no people who are unloved. It doesn't matter what you look like, what you can do, where you live, or how smart you are. God loves every person equally. There is something, kind of like a cloud, which



hides God from us. This little bit of confusion moves around the world telling people that one person is better than another - that one country or one faith or one talent is better than another...But - if we blow away that cloud, we can hear

God say - Woops! You've got that wrong! I just love with a love that is in and through all things and all people. My love is there for each person who asks to know it!

A verse from the Bible: God does not see you as a Jew or as a Greek. He does not see you as a person sold to work or as a person free to work. He does not see you as a man or as a woman. You are all one in Christ. (Galatians 3:28)

God is well-being. God's love is running underneath and around all things, and it is perfect. Think of your parents and how they take care of you - they watch you at play, they help you with your schoolwork, they keep you safe and help you to heal when you are unwell. God will always help people who want to change things that are not well into things that are healthy again. If you are unhappy, God wants to help you to be happy again, so God will help you to understand and guide you back to "well-being." In the Bible there

