

EAGLE'S NEST NEWS

WELCOME

Happy New Year kids! Welcome to your first issue of ENN 2022! It is our year to take over and win in every area of life! We hope you enjoyed a wonderful Christmas and New Year! What was your most favourite part of your school holidays? And the big question ...what are you looking forward to most in 2022?

Are there any new things you'd like to try or improve on? Be sure to write your big goals down. Ask your grown up to take a picture and send them in.

God bless you and remember... we love you all

ENN Team

JANUARY 2022

ENN

Remember, when you tap the pink button you load more content

ENN

Whenever you see this green button click the image to watch the video or go straight to a website!!

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Spiritual Goals

Put a star next to the goals you want to improve this year.

SPEND MORE TIME WITH FAMILY

TRUST GOD MORE

Watch less TV

Memorize a Bible verse or passage a week

Pray more often

Play fewer video games

EXPRESS MORE JOY AND HAPPINESS

Work on being kinder

Be more thoughtful

Take time everyday to read the Bible

Work things out with my siblings rather than
punch or yell

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Why We Need Spiritual Goals

Setting spiritual goals

Imagine you're the best player on your sports team and you're playing a match. Both teams have the right number of players; everyone is ready, and the referee is watching, judging fairly as you play. Everything seems fine.

But what if there were no goals? No goal posts. No nets. How'd you know which team won? What'll coaches tell their players?

Things would get REALLY confusing, and the players would run around, getting sweaty and tired for nothing! Goals are an idea for the future that a person / group have. Plans, deadlines, and work towards it to achieve it. Goals help us to focus on good re-

sults. When we set goals, our minds start mapping exactly what we've got to do to achieve our goals. We need SPIRITUAL GOALS just like football needs goalposts.

The Bible says "God is spirit. Those who worship God must worship in spirit and truth." (John 4:24 ICB) Worshiping God in Spirit and truth draws us closer to Him "Come near to God, and God will come near to you..." James 4:8

If we want to come closer to God, then it is a GREAT idea to set Spiritual goals because God is a Spirit! (John 4:24) So, what are spiritual goals? They're goals we set to get closer to God to live a life that pleases Him. Are you saying we can have God, Jesus, and the Holy Spirit on our team all the time? YEP!! That's our main goal.

"How do I get that?" you might ask. Start with some of the things listed here. Go find a pen and paper, because writing your own answers to these questions is the 1st step to setting your spiritual goals!

• Reading the Bible
How often should I read my Bible?
How much will I read each day?

• Memorizing Scripture
Which verse(s) should I learn this week? How many can I learn this month?

• Praying
How often should I pray?
What do I need to talk to God about?

• Keeping a journal
What is God saying to me? Where should I write it?

MEMORY VERSE

Come close to God and
He will come close to you.
James 4:8a (NASB)

: PRAYER :

Dear God, thank you for loving me. Thank you for drawing me to you, that's where I always want to be. Please help me work on my spiritual goals, so that I can worship you in spirit and truth. In Jesus Name, Amen.

Practical Goal Setting



Goals are things that we want to commit ourselves to achieve. It means that we have to make some promises that we have to keep to ourselves, friends and family members. Sometimes it means that we have to make some changes and improvements to our attitude, habits and behaviours.

For example, watch television less, apologise when you are in the wrong, completing your chores without having to be reminded. Be helpful towards others.

Your goals or promises can include Reading your bible and praying regularly every day.
(2 Timothy 3:15)

Exercise daily, eating a balanced diet, your daily fruit and vegetable portions, drink water.
Make changes in your behaviour that can get the attention



of your friends in order to give you the opportunity to share your faith. Read one new book every week, learn a new skill, learn to cook a meal. Tidy your bedroom.

Why not try to write out your own personal goals using this simple exercise

Write down two promises to help your Christian life

Write down two personal goals/ promises

Write down two promises for your health

Write down two promises to your family and home

Write down two promises to help you with your education and schoolwork

: PRAYER :

Dear God, I pray your blessings on this new year, it will be bright, good, peaceful and filled with your love. I pray you will lead and guide my goals and decisions. Holy Spirit help me as I turn my heart to love and serve you above all else, in Jesus' name. Amen.

MEMORY VERSE

Ask the LORD to bless your plans, and you will be successful in carrying them out. **Proverbs 16:3 (GNT)**

Reading the Bible



What is the Bible?

The bible's a book that holds God's word. It gives us guidance and instructions about God's rules. It also has information that people should know about things that God has done, what He is doing and what He's going to do. God's word is sometimes called instruction or scripture.

"But why do I have to read the Bible every day?" asked Jamie. His dad noticed Jamie was unhappy that he was asked to do this.

So, he explained, "You see Jamie, there are so many rewards when you read the Bible. For example, there is a book in the Bible called Joshua.

In Joshua 1:8, God said you will be wise and successful in everything you do if you obey God's word."

To do this, you...

- Must speak the word of God - you can only speak the word if you have read it.

- Must think of God's word every time
- Must Obey God's word - do God's word

"Now I understand that it is good for me to read the Bible, because God's word will make me clever and I will do well in everything I do, if I obey it," said Jamie.

"But HOW should I read the Bible?" asked Jamie. Dad continued ... "There are different ways to get God's word from the Bible into your mind/heart. Here are a few ways:

- You could read from the paper Bible your mum and I bought for you
- You could download the Bible App onto your phone or tablet and get it read to you

"You could start reading from the book of John. And remember to always ask the Holy Spirit to help you to understand God's word before you start reading!"

BIBLE READING

Week 1: Jan 3rd – Jan 9th, 2022

- Genesis 1, Psalm 1
- Genesis 2, Psalm 2
- Genesis 3, Psalm 3
- Genesis 4, Psalm 4
- Genesis 5, Psalm 5

Week 2: Jan 10th – Jan 16th, 2022

- Genesis 6, Psalm 6
- Genesis 7, Psalm 7
- Genesis 8, Psalm 8
- Genesis 11, Psalm 9
- Genesis 12, Psalm 10

Week 3: Jan 17th – Jan 23rd, 2022

- Genesis 13, Psalm 11
- Genesis 14, Psalm 12
- Genesis 15, Psalm 13
- Genesis 16, Psalm 14
- Genesis 17, Psalm 15

Week 4: Jan 24th – Jan 30th, 2022

- Genesis 18, Psalm 16
- Genesis 21, Psalm 17
- Genesis 22, Psalm 18
- Genesis 23, Psalm 19
- Genesis 24, Psalm 20

Week 5: Jan 31st – Feb 6th, 2022

- Genesis 25, Psalm 21
- Genesis 26, Psalm 22
- Genesis 27, Psalm 23
- Genesis 28, Psalm 24
- Genesis 29, Psalm 25

Week 6: Feb 7th – Feb 13th, 2022

- Genesis 30, Psalm 26
- Genesis 31, Psalm 27
- Genesis 32, Psalm 28
- Genesis 33, Psalm 29
- Genesis 35, Psalm 30

Week 7: Feb 14th – Feb 20th, 2022

- Genesis 36, Proverbs 1
- Genesis 37, Proverbs 2
- Genesis 39, Proverbs 3
- Genesis 40, Proverbs 4
- Genesis 41, Proverbs 5

Week 8: Feb 21st – Feb 27th, 2022

- Genesis 42, Proverbs 6
- Genesis 43, Proverbs 7
- Genesis 44, Proverbs 8
- Genesis 45, Proverbs 9
- Genesis 46, Proverbs 10

"When should I read the Bible?" Jamie asked.

"You can read the Bible any-time during the day. However, it is always best to read the Bible during your prayer time in the morning so that you can think about God's word all day long.

If you have read it in the morning, nothing stops you from reading again anytime during the day or night." Answered dad.

Jamie ran and got the new Bible mum and dad bought him and began to read. Dad was very pleased that Jamie now understood the importance of reading the Bible.

: PRAYER :

Thank you, Father, for your word. I ask that your Holy Spirit help me to read and understand it daily. In Jesus' name, Amen.

MEMORY VERSE

"Always remember what is written in the Book of the Teachings. Study its day and night. Then you will be sure to obey everything that is written there. If you do this, you will be wise and successful in everything." **Joshua 1:8**

YouTube Video

God's story - The bible: <https://www.youtube.com/watch?v=dv8dHsxjLd8>

Sing-a-long, Read your bible, pray everyday - <https://www.youtube.com/watch?v=Hcbu0hnKJNU>

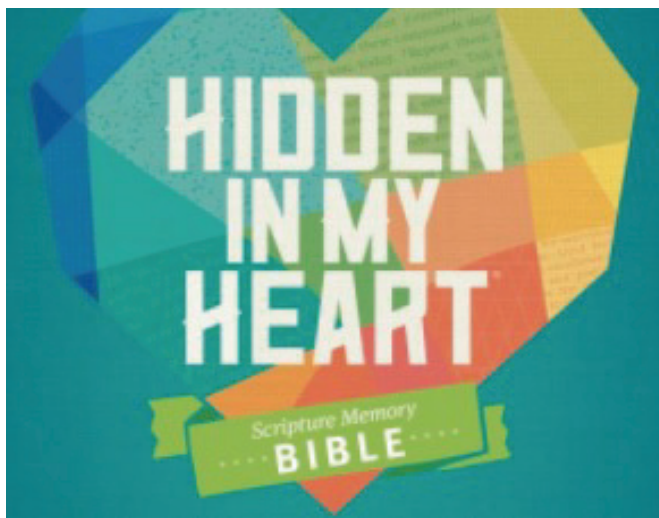
What's the best way to study the bible? - <https://youtube.com/watch?v=y9Vwh1MQAI8&feature=share>

OBJECT LESSON - The Importance of GOD'S WORD
- <https://youtube.com/watch?v=Prt6Kfu1PBA>



Why and how we should memorise Scripture

To memorize means to learn by heart. To meditate means to think about. There are verses in the bible that remind us of the importance of reading and memorising God's words, such as Joshua 1:8, God told Joshua to study the book of instructions all the time and meditate day and night so he can be successful in everything he does. This means that if we want to succeed in everything we do, we must read and always think about God's word in the bible.



One of my favourite bible verses - **Psalm 119:11** - says 'I have stored up your word in my heart, that I might not sin against you'. This reminds me of a story read about a little girl and her father were home, she was looking out of the window when she suddenly saw a squirrel in the garden. The squirrel was collecting some corn and stuffing it in its mouth. The Squirrel scurried away a few minutes and came back for some more corn and rushed away. The little girl was amused and said "dad 'look how fast the Squirrel eats the corn, he must be very hungry." "He is not eating it", said her dad. "Watch carefully". He's stuffing it into his cheeks, then he goes over to the wood-pile to store the food between the wood. God has given this creature the ability to do this so he can take care of himself and prepare for the future.

'We also have a storage system built in us and it is also to keep food, but this is spiritual food. If you store it in your brain and learn it in your heart. Spiritual food is God's word.' 'Is it like learning the memory verses,' asked the girl.



'That is correct' agreed dad, 'The bible calls it hiding God's word in our heart. We store it away and God brings it back to our mind when we need it, we can use God's to rely on to help us make the right decision and become great in all we do like Joshua. When we obey God's word, it protects us from doing wrong.'

So, just like the squirrel, are you preparing for the days and years ahead, by memorising God's word? If you store Bible verses in your mind and heart, they will be there for the rest of your life.

Psalm 119: 9, Psalm 119:11, Joshua 1:8, Philippians 4:19, Psalm 23:1, Ephesian 3:20, Proverbs 3:5-6.

YouTube Video

Fun Ways to Memorize the Bible with Your Kids
- https://youtu.be/swRd9vS_ci4

How can we memorize scriptures?
- <https://youtube.com/watch?v=KT3zakJgEIU>

: PRAYER :

Dear God, I love your Word, it is a great treasure, please help me keep reading and remembering your word so I can have it hidden in my heart and never sin against you. Lord may your word always be a lamp that gives light wherever I walk. Amen

MEMORY VERSE

I have hidden your word in my heart that I might not sin against you.
Psalm 119:11 (NIV)

PRAYING- Conversations with God



You may ask questions like: 'Why should I pray?', 'Do I have to pray?' Sometimes, you want to pray but there's nothing really coming out of your mouth. Sometimes you may be distracted and find yourself staring at your friends instead of praying. When you are asked to pray by your parents at home, or by the teachers in Sunday School, you may feel lost thinking 'where should I start?' or 'how should I start?'

Don't worry or panic when you are called upon to say a prayer, just be willing. By your willingness, God sees your heart and He will help to give you the words as you open your mouth to speak. No one was born knowing how to pray. Jesus' disciples (friends) asked Him to teach them how to pray and He taught them: "Our Father which art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven..." (**Matthew 6:9-10.**)

Someone might have to teach you; however, you can also listen to others and learn. "If you are willing and obedient, you will eat the best of the land..." (**Isaiah 1:19**). So be willing to learn. Why is it so important to pray? There are many benefits to praying. Praying is the act of talking to God. Just like talking to your best friend, you can talk to your Heavenly Father like that too!

Here's a scenario:



One day, two friends called Sammy and Josh, were having a conversation. Sammy was listening to Josh, and he noticed that Josh had something he needed to say but didn't want to. To encourage him, Sammy paid close attention to Josh as he explained everything to him and by the end, Josh felt much better with a grin on his face. Sammy told Josh that it is always good to talk to someone who cares.

In the same way Jesus loves us and wants to hear us speaking to Him in prayer. When you pray, you are taking all your desires, worries and thoughts to God. "Cast your burden upon the Lord for He cares about you" (**1 Peter 5:7**).

In conclusion, praying is talking to God as your Heavenly Father and friend; it gives an opportunity to present your requests to God; it helps you to have a closeness with God; it takes away your worries, anxieties and gives peace. So, remember to always pray.
(**1 Thessalonians 5:17**)

YouTube Video

God's story: Prayer - https://youtu.be/ZrdIXOk_QdQ

MC Hammer - Pray

- <https://www.youtube.com/watch?v=mye1aCskFcM>

5 finger prayer, teaching kids how to pray

- <https://www.youtube.com/watch?v=7rCeZGC3XGA>

: PRAYER :

Dear Holy Spirit, you are a great teacher. Thank you for your love and guidance. I pray that you would teach me how to pray according to your will, your plans and purpose for my life. In Jesus' name, Amen.

MEMORY VERSE

Pray at all times.
1 Thessalonians 5:17 (GNT)

The Importance Of Journaling

Kuuku is a clever 11-year-old who can understand new things right away. He has an excellent memory so he can retell events exactly as they happened. Because of these gifts, Kuuku does not write things down most of the time.

"Kuuku," Dad always asks him, "Do you write notes in class when your teacher talks?"

"Well Dad, not all the time. Only when my teacher tells us to take notes," Kuuku replied.

Mum chips in: "Darling, remember we always encourage you to develop your memory by writing things down."

"What's the point of writing things down?" Kuuku asked.

There are several rewards for keeping notes, which we can also call journaling.

In Habakkuk 2:2, the Bible says, "The Lord answered me: 'Write down what I show you. Write it clearly on stone tablets so whoever reads it can run to tell others.'"

Of course, we don't write on stone tablets now! However, the Scripture tells us that, it is important to keep note of things by writing them down because...

1. God might be showing us some new things.
2. It is easy to forget stuff, so we need to write them down before that happens!
3. What God tells us might not be for us only, but for other people as well.
4. Writing things down helps us to check our progress to see how well we are doing.
5. Writing things down is good for future reference.

How should we keep record of things?

Again, Habakkuk 2:2 shows us how!

1. We should: Write in a place where we can always find it. (On stone)
2. Have copies. (It says tablets, not just one!)
3. Be honest, write the truth!
4. Write clearly; make it easy for anyone to see, read it and follow it.

"So, Kuuku. We are going to practice how to keep a record of things. We will start by using 'post-it notes'. Every morning write the things you need to do that day on some 'post-it notes'. Use one 'pad' for each task." Mum reminded him.

"...and remember how you should write, please!" Dad's voice echoed



Bible Journaling HOW TO GET STARTED



from the corridor.
"Thanks, Mum and Dad. I won't forget." Kuuku said with a salute.

What is God saying to you as you read your Bible?

What has He said to you in your quiet time?

Start to record them using the tips above.

: PRAYER :

Dear Holy Spirit, you are a great teacher. Thank you for your love and guidance. I pray that you would teach me how to pray according to your will, your plans and purpose for my life. In Jesus' name, Amen.

MEMORY VERSE

"The Lord answered me: 'Write down what I show you. Write it clearly on stone tablets so whoever reads it can run to tell others.'"

Habakkuk 2:2 (ICB)

YouTube Video

How to Faith journal:

<https://www.youtube.com/watch?v=yV4XBQdkjv8&list=WL&index=1>

How to start a bible study Journal:

https://youtu.be/nkcqU_GEe8c

How to keep a journal:

https://www.youtube.com/watch?v=y4M296W06_c

Creative's Corner Prayer

I pray all the time,
Morning, noon, or night,
It's my talk with my father,
The one up above,
It's my talk with my father,
Always filled with love,
Once I was in grief,
I knew what to do,
To make me feel better,
To find a way through,
I get on my knees,
Point my head to the sky,
I welcome in God,
Tell him what's on my mind,
I talk to him,
He responds to me,
And makes me feel better,
So, I'm glad,
He's in my family,
So that's why we pray,
All our troubles go away,
So, make sure you speak to God every
single day.

Bible Reading

MAKE TIME FOR SCRIPTURE STUDY

How many hours are in a day?
We can work, learn, sleep and play.
Make time for Scriptures everyday!
You'll learn from what the prophets say.

Ponderize, pray and be happy and strong,
And learn to choose between right and wrong.
Parables, lessons, lots to learn and know.
You'll feel the spirit and testimonies will grow.

Remember to treasure all that you read.
Heavenly Father loves his children indeed.
He gave us Scriptures because of His love,
So we can return to Heaven above.

Just like we brush our teeth every day
Reading Scriptures should be treated that way.
We take care of our bodies and also our souls:
In both areas we set some important goals.

This reading timer shows you three little minutes.
So you'll know when to start and when to end it.
Flip it again if you'd like to double your time,
And flip it once more to read for nine.

Whether you choose to read for nine, six or three,
You'll be blessed for your efforts and very happy.

Tips On Memorising Scriptures

- Make cards with the verse and read it every day,
- Read them in the playground when you go to play,
- Make a bracelet and stick the verse on it,
- You'll start to remember after a bit,
- Change your wallpaper to the verse of the week,
- So, when you have time you can peek,
- Put sticky notes on the mirror or door,
- Be creative you can even use the floor,
- Pray daily and draw a picture of the verse,
- Use different pictures, try being diverse,
- Make a journal about the verse and why you're learning it,
- Feel free to design it however you see fit,
- Recite it to a friend or family member,
- Do all this to make sure that you remember.

BIBLE JOURNALING



Celebrating January Birthdays!

A special shout out to everyone celebrating their birthday this month!

Chinemerem O	8	Daniella I	12	John E	13
David Jude D	8	Temilayo S	12	Marianna G	13
Esivlie L	9	Fiyin A	13	Adaeze I	13
Ireyimika A	11	Derek A	13	Denzel L	13
Ireyimika S	11	Emife A	13	Erelife O	13
Jayden A	12	Ocean A	13	Elizabeth O	13
Lillieana O	12	Abigail A	13	Layomi S	13
Kaura E	12	Jidirel C	13	Prisca T	13
Oluwatamilore H	12	Oluwatoni M	13	Samuel T	13

KING'S KIDS

Actual Service
At Prayer City
Sundays | 11am

To register, visit
kicc.org.uk
and click KICC Services
Booking Platform



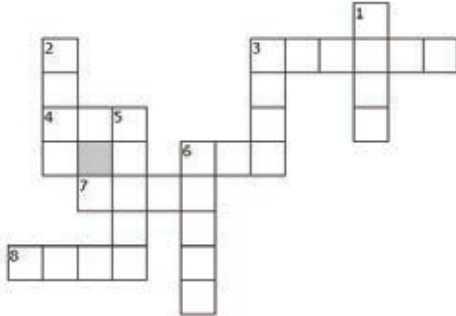
WORDSEARCH

Jesus Teaches about Prayer

"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Luke 11:9
Based on Luke 11:1-9



Ask
Seek
Knock



ACROSS

- A person you know, like, and trust
- To make a request for something
- A piece of furniture for sleeping
- A movable structure used to close off an entrance to a room
- A device operated by a key and used to keep a door from being opened

DOWN

- To look for something
- To talk to God
- To locate something by searching for it
- To stike a series of blows with your fist, as on a door
- A food made from flour mixed water and other ingredients, then baked in an oven

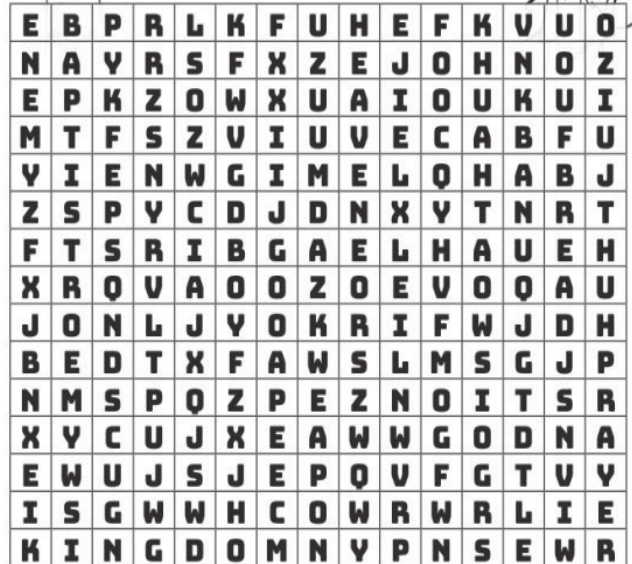
LOCK BED FRIEND SEEK PRAY ASK DOOR BREAD

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JESUS TEACHES HOW TO PRAY



Discover the hidden words.



Word Bank

WEAPON FATHER GOD
JESUS HEAVEN JOHN
PRAYER ENEMY BAPTIST
KINGDOM PROVIDE BREAD



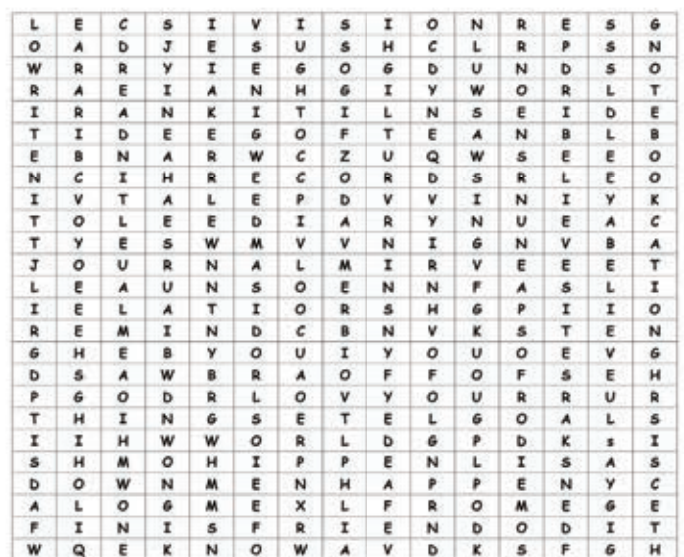
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Word Search Writing or keeping a diary

f u r e c o r d a c k u u k u
u s g o d t d i a r y f m f w
t t r v r h q a t c y o s q r
w b h x m i j v o o n r h h i
n r z e z n p c a n f e o a t
t h i s l g b e w f o b w e
e a p t m s i u l i r e s e j
l b f r e a t m n d g f t r s
l a u o e d r r h e e a h g c
q k t t e m o t u n t c i o p
u k u h m t i w t s t n o p
i u r e z n q n n n h u g d i
c k e r i i z u d u m a s i e
k l u s e a s y o j f l n b s
v q g r f g r e f e r e n c e

be factual write down confident reference
copies things remind record
others future diary truth
things kuuku Habakkuk 2:2 quick
shows write smart easy
have the for God
new forget good tell
to us

Topic: Writing or Keeping a Diary



Key
Down Write it
Remind
You

Of
Things
Notebook
Believe it

Journal
Diary
Record
See It

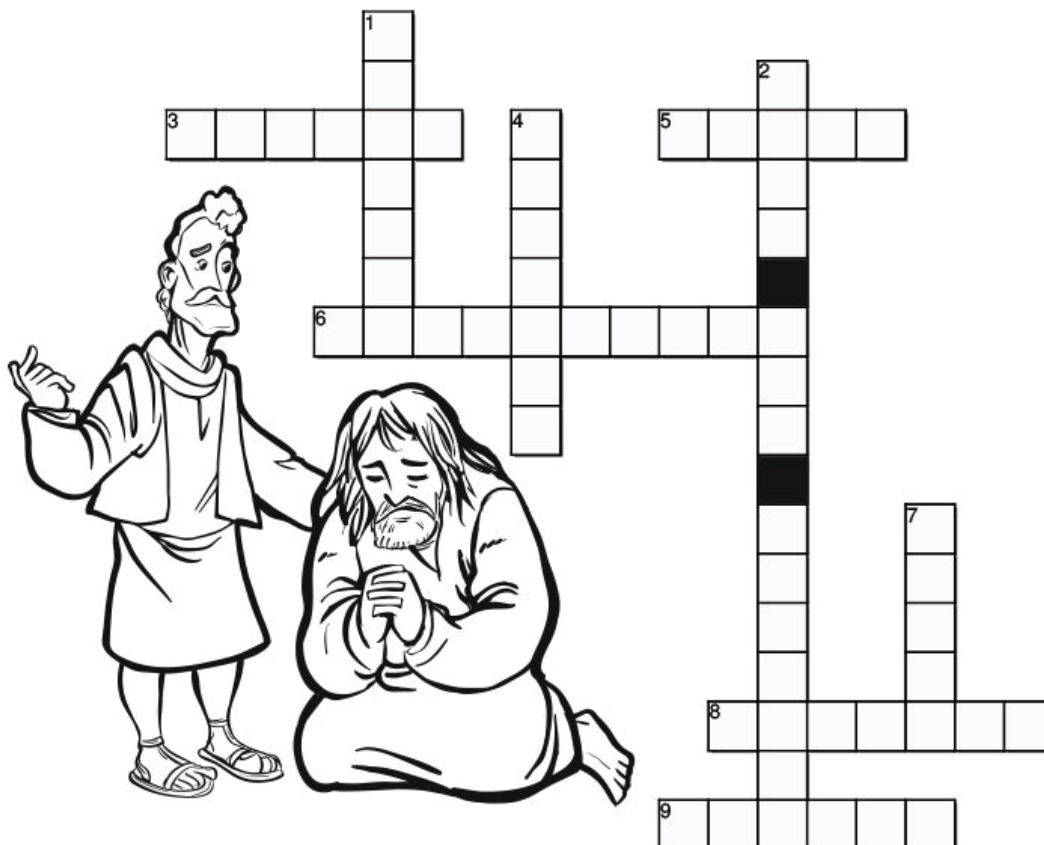
Vision
Goals
Happen
Know

Readit
do it
your

WORDSEARCH

JESUS TEACHES HOW TO PRAY

Luke 11:1-8



Across

3. Prayer is a powerful _____ against the enemy.
5. Sometimes Jesus would leave the crowds and his disciples to spend time _____ with God.
6. Jesus taught that you must be _____ in prayer and to never give up.
8. "Your _____ come. Your will be done, here on earth as it is in Heaven."
9. The beginning of the prayer started, "Our _____ in Heaven, holy is your name . . ."

Down

1. Through prayer, God will _____ for your needs, forgive your sins, and protect you from enemies.
2. Who else, besides Jesus, had the disciples heard teaching about prayer?
4. There is no sin that God cannot _____.
7. "Give us this day our daily _____."



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We'd love to hear from you!

Send your competition entries, comments and birthday shout outs to us at: ENN@kicc.org.uk