

EAGLE'S NEST NEWS

SUMMER EDITION

AUGUST 2023

...

WELCOME

Hey Guys!

Hello everyone!

Welcome to this Summer edition of ENN. This exciting issue has lots for you to discover!

A big thank you to all those who sent in their wonderful creations, may God continue to increase your wisdom and creativity for His glory.

We can't wait to see what you've been up to with this issue, so be sure to email your submissions to ENN@KICC.ORG. UK

Be sure to enjoy.

The ENN Team

Quotable Quotes:

Everything starts with a thought; thoughts lead to actions, actions become habits and our habits grow our character

THINK.

OUR THOUGHTS ARE POWERFUL,
WHAT WE THINK ABOUT,
WE BRING ABOUT

Abigail and her friend were playing a game of 'guess my thoughts' during their lunch break and some of the following questions came up: What am I having for dinner? What game should I play? Which of my friends should I invite for a sleep over? What will I be when I grow up? The two friends had so much fun playing this silly game.

There is absolutely nothing wrong with those thoughts and you can share them with your friends. However, sometimes when our thoughts are bad, they can lead us on to a dangerous path.

Some examples of bad thoughts are worry, doubt and fear. These can easily creep into our minds. When this happens, we start to forget how awesome God is and how he can help us or take care of our problems. (1Peter 5 verse 7 says: casting all your care upon Him, for He cares for you.)

Bad or negative thoughts can also lead to a person acting differently, less than what God would want them to be. This is because our thoughts have power and they can make us sad or happy, fearful or hopeful. Our thoughts also lead to our actions and they reveal who we really are. Proverbs 23:7b (GNT) — What he thinks is what he really is.

Our thoughts can also be influenced by what we hear. One day, Abigail came home from school feeling very hungry. She could smell some lovely food from the kitchen and knew her mum was making some delicious dinner. When it was time for dinner she took her plate to her mum, and instead of dishing out some of the nice-smelling food, her mother poured some rotten food

from the bin into her plate. Abigail was shocked! "I can't eat rubbish for dinner. Mum." "Why not?" Her mother asked, picking up Abigail's phone and scrolling through her playlist. "Since you have been filling your mind with this ungodly music, why not feed your body with the same rubbish?" Abigail looked down in guilt, her friend had sent her a playlist of songs which were full of bad words. She knew she should have deleted it but she had kept it and listened to some of them. She apologised and, deleted the playlist and promised not to ever listen to them again and to give them back to her friend.

Remember, God wants us to think like winners and champions, and not like losers.

In Philippians 4:8, the Bible reminds us to think about 'Whatsoever that is true, noble, just, pure, lovely, of good report, virtuous and praiseworthy.'

: PRAYER :

Dear God please fill my mind with thoughts that are just, pure and lovely. Help me to rise above every negative thoughts, put in the mind of Christ which is full of winning thoughts in me. Amen.

MEMORY VERSE

Brothers and sisters, continue to think about what is good and worthy of praise. Think about what is true and honorable, right and pure and beautiful and respected.
Philippians 4:8 (ERV)

Think



Sam was on his way home from school one day when his train missed his stop and continued to the next stop. Sam was angry at himself and started thinking about how he got on the wrong train. "Oh no! Not again!" He thought. "I am always making mistakes." He felt bad about himself because of 'the mistake'. The more he thought about 'the mistake', the more he felt sad.

These bad thoughts started to affect his confidence and he began to think he was not clever; he does not look at signs, he is always in a hurry.

Suddenly he heard the driver say through the loudspeaker. "Apologies, everyone! Something was wrong with our computers, so the train did not stop at Kenwood station. We are sorry for the trouble this caused, you can get off at the next station and take the next train going back." Sam was happy when he heard the message. "It was not my fault after all," he said to himself. "Next time something like this happens, I will think good thoughts about myself and what the Bible says about me. I will not believe that I made the wrong choice!"

Sometimes, we act like Sam. When things go wrong, we think it is our fault and we start thinking

Quotable Quotes:

You have two choices to control your mind or thoughts or, you let your mind or thoughts control you

about them by saying the wrong things. We should learn to control what we think about, and what we say even if things do not go as we planned. We should also learn to say what the Bible says about us.

Why should we control our thoughts?

Because:

- We become what we think. Sam began to feel sad as he thought he made the wrong choice.
- Our thoughts develop from words to become actions, then habits which form our character to finally shape our destiny.
- We begin to say bad things about ourselves.

How can we control what we think about?

1. By thinking on the Word of God. (Phil.4:8)
2. By reading the Word of God. Faith comes by hearing and hearing by the Word of God — (Romans 10:17)
3. By looking at and hearing the right things.
4. By saying right things about ourselves.

: PRAYER :

Lord, thank you because you love me. Lord, help me to think about the right things always and to say right things about myself in Jesus' name, Amen.

MEMORY VERSE

Brothers, continue to think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. **Philippians 4:8-9 (ICB)**

Jesus explained to us that the words He speaks are Spirit and life. "It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life." (John 6:63)

With my words,
God makes great
things happen!

In the scripture above, according to Jesus, the words that He speaks are spirit and life. We also see from **Luke 4:18** concerning what Jesus said about Himself that, "The Spirit of the LORD is upon Me, ...". Since the Spirit of God / the Holy Spirit is in Jesus, His spoken words are words that give life by the guidance and help of the Holy Spirit in Him.

You see, my friend, God wants you to be like Jesus in speaking life-giving words with the help of The Holy Spirit who is also in you. "Whoever says that God lives in him must live as Jesus lived." **1 John 2:6 (ICB)**

God has given humans the power of words to use to bring change in our lives and our situations, as well as others'. The scriptures tell us in **Proverbs 18:21 (ICB)** that "What you say can mean life or death. Those who love to talk will be rewarded for what they say."

Although God has given us mouths to speak and the words we choose to say, He would prefer that we speak words that give life just like

: PRAYER :

Heavenly Father, I thank you for giving me the power to shape my life and situations through my words.
I thank you that I can pray for myself and others.
Holy Spirit, please help me to speak life-giving words at all times. In Jesus' Name, Amen.

MEMORY VERSE

"It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life."
John 6:63 (NKJV)

Quotable Quotes:

Use the word of
God to say what you
mean and to mean
what you say

Jesus. God would not like us to be speaking bad words that put people down.

WHAT HAVE YOU BEEN SAYING?
LIFE-GIVING WORDS or bad words?
STOP THE NEGATIVE WORDS!
START SPEAKING POSITIVE WORDS!

Jesus was explaining faith to His followers and He said "... You can **say** to this mountain, 'Go, mountain, fall into the sea.' And if you have no doubts in your mind and believe that the thing you **say** will happen, then God will do it for you." **Mark 11:23 (ICB)**. This shows us the power of words!

What have you been saying about yourself, your family, your health, your learning/studies, etc.?

Now that you know that God will do whatever you say, especially if you believe, start saying what God says about you and others!

SPEAK

Can we control our words? Yes, we can. Speech is one of the greatest gifts that God has given to all people to use so; we've got to be careful. Proverbs 18:21(AMP) says "Death and life are in the power of the tongue, and those who love it and indulge it will eat its fruit and bear the consequences of their words." Words have power in them, whether it's positive or negative.

The words you speak in your everyday life matter. This is why you must use your words carefully. Words can heal or hurt. "Words of the wise bring healing" **Proverbs 12:18NLT**. So, choose to use your tongue to speak wise words. Speak words that bless your friends and family; words that honour God and reward you. God wants the words that come out of your mouth to be for healing, loving, and positivity. Do you know that the words you speak are the kind of words or thoughts that are inside you? You are what you speak, Luke 6:45 tells us that we always speak what is inside of our hearts. There were two school friends Woody and Keelin, who always played together. One day Woody said to Keelin, "I'm feeling tired now; I am going home to recharge my battery." Keelin pondered within herself "Woody wants to recharge his battery? Could he be a robot?" Suddenly, Keelin started telling her other friends "Woody is a wood; he goes home every day to recharge his battery like a robot!" Keelin's words made her friends start calling Woody names. Woody became very unhappy.

After a while, Woody told his parents about how it started. "I was tired and wanted to go home to rest, however, Keelin misunderstood." Woody's parents informed the headteacher of

what had been going on. The headteacher explained the expression "recharge the battery!" to all the children. It simply means, "If someone is tired and needs to rest to regain energy." All the children that were involved, including Keelin, had to apologise to Woody for calling him names. Proverbs 15:28 says "The heart of the Godly thinks carefully before speaking; the mouth of the wicked overflows with evil words." God wants us to use our words for his glory and to speak well of others. Learn to speak blessings into life and situations with words of faith and not hurtful words.



Quotable Quotes:

**You have two choices
to control your mind
or thoughts or, you let
your mind or thoughts
control you**

: PRAYER :

Dear Lord Jesus, help me not to hurt others with my words. Help me to speak words of kindness, healing, loving, and blessings, words that build others and bring peace. Amen.

MEMORY VERSE

"...What you say flows
from what is in your heart"
Luke 6:45b (NLT)

ACT:DO

There was once a young lady called Esther in the bible. She was the one who won a beauty competition in her time and was crowned Queen of most of the known world at that time. That must have been a pretty big deal! An even BIGGER deal was that she was a child of God in a place with many laws that were not so Godly! One could say, pretty much like us today!

Like us, she would have been taught of the wonderful things God had done and could do as she was quite young.

So what? Well, a powerful person in the

land had decided to get rid of all the children of God because he just did not like them!

Queen Esther was told of the wicked plan. She could have stayed safe in the palace, and probably even prayed quietly at night for God to save the children of God and herself.

No! That was not for our Esther! She was not allowed to go to the king, but our Esther knew the KING that was greater than all kings! She and all the other children of God prayed, and she boldly went to the king to tell him about the wicked plan. In doing this, she

Quotable Quotes:

Do the right thing

had the wicked plan stopped and she and the other Jews were saved! Now, the palace was Esther's stage and she used it to save herself and the children of God. What is your stage, and what can you DO to show that you trust God and his word?

Faith is what you DO knowing fully well that God will help you, because he has said so in his word.

: PRAYER :

Dear Lord, please help me trust you to do all the things I need to do, when your word tells me to.

MEMORY VERSE

It is the same with faith. If faith does nothing, then that faith is dead – **James 2:17a**



THINK BIGGER SPEAK BOLDER DO BETTER

Dear diary,

Today was hard, why because I got caught. I have an ok life with my siblings and my parents. But I was bored, all I could think about was about how to be popular. Then it came to me. I got 2 of my friends Jose and Jeremiah, spoke and to them about my thoughts. We did not waste time, we made other children give us money, sweets and food whenever we wanted it. Eventually everyone knew us. But my empire ended because someone snitched on us I couldn't believe it. The teacher called it bullying

My parents were so embarrassed and there was that word again bully. They said I had acted like a bully. It was weird my parent's thoughts were on their face for me to see. Dad said, "Lola, we are so disappointed, you behaved liked a bully." I was so ashamed, and for once when my dad whipped out his bible, I did not fall asleep, cringe, or wonder away in my head, I really listened.

"Lola, you must learn to THINK BIGGER, SPEAK BOLDER and DO BETTER." Huh, I thought to myself, what is he on about. Of course, he went on.

"Look at Joseph in the bible imagine if he didn't have big dreams, he would not have been able to provide for his family during the famine. His brothers bullied him and sold him, but he was still able to THINK BIGGER. He did not just think about himself, but he thought about others. (Genesis 37 - 50)

Or what can we say about Esther who had to SPEAK BOLDER to the king about saving her people she did not use her words to force people to give her money. She used her words to set her people free even if it meant she could die (Esther 7:3)

Then Dad said, the question is Lola, are you willing to DO BETTER, like the woman with the alabaster box, who was so sorry for all the bad things she had done with her life and body, that she knelt before Jesus and poured the most expensive oil she had upon his feet and wiped them with her hair." (Luke 7:36 - 39)

Dad said, Lola "be popular the right way. Think about how to make people happy. Thoughts become words and words become action Bullying those children started with a thought. You voiced it to your disciples then it became action. Lola, you have to THINK BIGGER, SPEAK BOLDER & DO BETTER."

Well diary, I am going to take dad's advice and I'm going to school tomorrow a different person. See you tomorrow

: PRAYER :

Dear Lord help us in everything we do, to always think bigger, speak bolder and do our very best for everyone around us especially for you. In Jesus' name, Amen.

MEMORY VERSE

Be careful what you think about because your thoughts run your life. Proverbs 4:23

Resources

<https://youtu.be/sh3aeukg8sw>

<https://youtu.be/mqa-gsemsi4>

<https://youtu.be/xkz3b73ps5g>

<https://youtu.be/KONliGcXRZ8>

<https://youtube.com/watch?v=xkz3b73ps5g&feature=share>

<https://youtube.com/watch?v=i5rwoqgklyw&feature=share>

<https://youtube.com/watch?v=ubuobsfs5t0&feature=share>

<https://youtube.com/watch?v=HdCUg6o5MGE&feature=share>

https://youtube.com/watch?v=Y_8OXP8QIs&feature=share

https://youtube.com/watch?v=T7zMPp0Dh_I&feature=share

<https://youtube.com/watch?v=92YU4wCE5EM&feature=share>

<https://youtube.com/watch?v=VQyUpnjfbT0&feature=share>

<https://youtube.com/watch?v=KRyjYIRTaWM&feature=share>

<https://youtube.com/watch?v=hmuSpte0l3E&feature=share>

<https://youtube.com/watch?v=iWnMGSw97Wg&feature=share>

<https://youtube.com/watch?v=vaF8qQGGeQg&feature=share>

<https://youtube.com/watch?v=Z31cQi7GB9Y&feature=share>

<https://youtube.com/watch?v=lfBn-Nvidto&feature=share>

keep my heart pure | what is in the bible? | bible verses explained for kids - youtube

god cares about your heart | a sunday school lesson about inner beauty - youtube

joseph in egypt (genesis 39-41) - youtube

god's story: joseph - youtube

david and goliath - the bible story for kids - children christian bible cartoon movie - holy tales - youtube

david and goliath - the bible story for kids - children christian bible cartoon movie - holy tales - youtube

god's story: esther - youtube

bible story for kids: the alabaster jar [jesus is my treasure] - youtube

Keep your heart with all diligence // Bible Words Explained (Bible animation) - Bing video

Fill Your Mind With Good Things | Sunday School Lesson for Kids - YouTube

joseph in egypt (genesis 39-41) - youtube

god's story: joseph - youtube

david and goliath - the bible story for kids - children christian bible cartoon movie - holy tales - youtube

david and goliath - the bible story for kids - children christian bible cartoon movie - holy tales - youtube

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<https://images.app.goo.gl/rvUNNAjwmQnuYbfR7>

WORDSEARCH

C	C	C	C	E	Y	F	I	T	S	E	T	P	P
S	T	O	O	T	W	O	E	E	L	G	W	C	O
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S	P	M	F	O	T	F	S	S	A	D	S	O	E
N	R	U	E	B	N	E	I	P	R	P	F	I	R
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C	C	I	S	I	S	M	T	A	W	R	C	E	U
O	L	C	S	K	S	A	I	K	F	N	L	S	L
W	A	A	S	S	C	C	C	F	A	M	I	L	Y
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R	M	E	D	S	O	C	T	S	N	N	S	E	C
D	M	N	S	F	S	C	S	E	M	I	A	O	M
S	I	Y	S	R	U	C	I	I	L	F	Y	N	F
C	U	M	E	R	A	L	C	E	D	L	R	C	E

INDICATE
 SAY
 WITNESS
 FAMILY
 DISCUSSION
 ABOUT
 LEARN
 CONFESS
 TELL
 POWERFUL
 WORDS
 TESTIFY
 VOICE
 SPEAK
 DECLARE
 GOD
 PROCLAIM
 COMMUNICATE

WORDSEARCH

T	H	N	E	T	D	E	C	L	A	R	E	A	N
S	H	O	D	A	P	A	E	T	T	K	T	O	G
O	A	O	E	T	E	R	T	K	S	P	E	A	K
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C	D	T	R	T	U	T	U	A	A	C	R	L	E
V	R	S	A	K	A	I	H	W	T	N	T	L	O
O	U	T	N	N	O	E	G	O	D	E	C	T	G
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V	T	E	H	E	A	R	T	C	R	E	T	T	U
T	S	S	L	L	I	S	T	E	N	W	T	T	O

GOOD
 GATES
 TALK
 CONTROL
 MONTH
 LISTEN
 SAY
 WORDS
 DECLARE
 THINK
 SPEAK
 THOUGHT
 GOD
 PROTECT
 VOICE
 EYES
 STATE
 UTTER
 HEART
 TELL

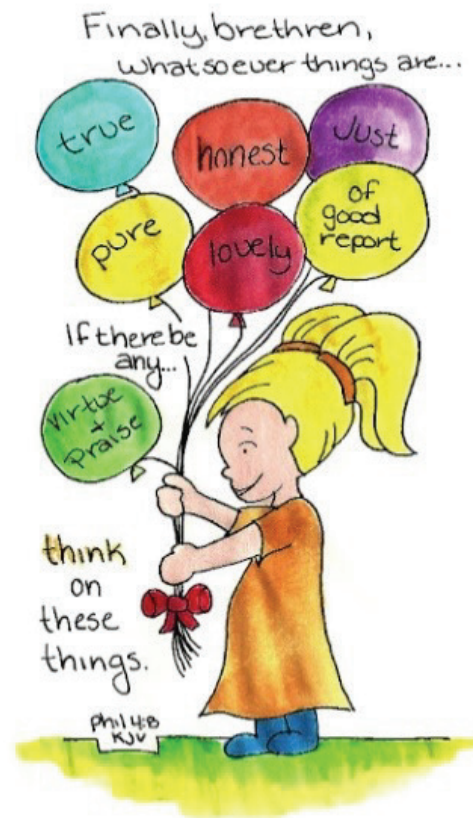
WORDSEARCH

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

INDICATE
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CREATIVE Corner

CREATIVITY COLLEGE



HOW TO MEDITATE?

- ❑ Sit down.
- ❑ Quiet yourself.
- ❑ Use your imagination.
- ❑ Focus on something.
- ❑ Relax.
- ❑ Breath.
- ❑ Listen to soothing music.
- ❑ Pray, think, or just be still.



CREATIVE Corner

CYBERMINE COLLEGE

Think !

The Lord is everywhere , watching us day to day

How lucky we are to not have been swept away

I sometimes think about things that aren't right

Not from the bible, not from the light

Keeping God word in my heart , keeps me thinking right



CREATIVE Corner

CREATIVE CORNER

Bible Pathway
Adventures

ESTHER WORKSHEET

QUEEN ESTHER

Trace the words. Color the picture.



“And who knows
whether you have
come to the
kingdom for such
a time as this?”

(Esther 4:14)



For more free Bible resources and Teacher Packs including coloring pages,
worksheets, quizzes and more visit our website at: www.biblepathwayadventures.com

CREATIVE Corner

CURFUTINE COLINGL

Queen Esther Helps Others

—Esther 2-4, 7, 8



A Very Special Queen

Circle the words that tell about Esther.
When you are finished, copy the letters in
the crowns to the matching crown-spaces below.

be[👑]utiful

Mordecai's
cousin

lived in
a tent

helped her
people

asked Xerxes
for gold



was a
que[👑]en

ugly

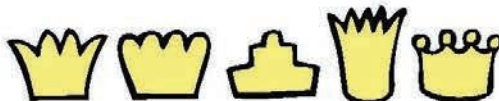
marrie[👑]
King Xerxes

[👑]topped Haman

lazy

li[👑]ed in a palace

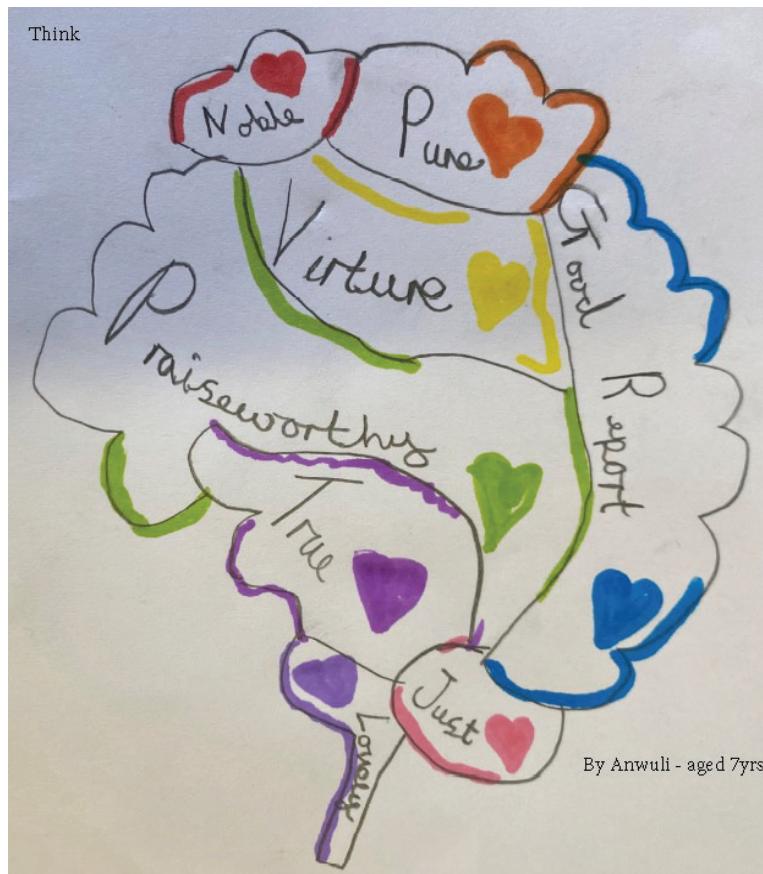
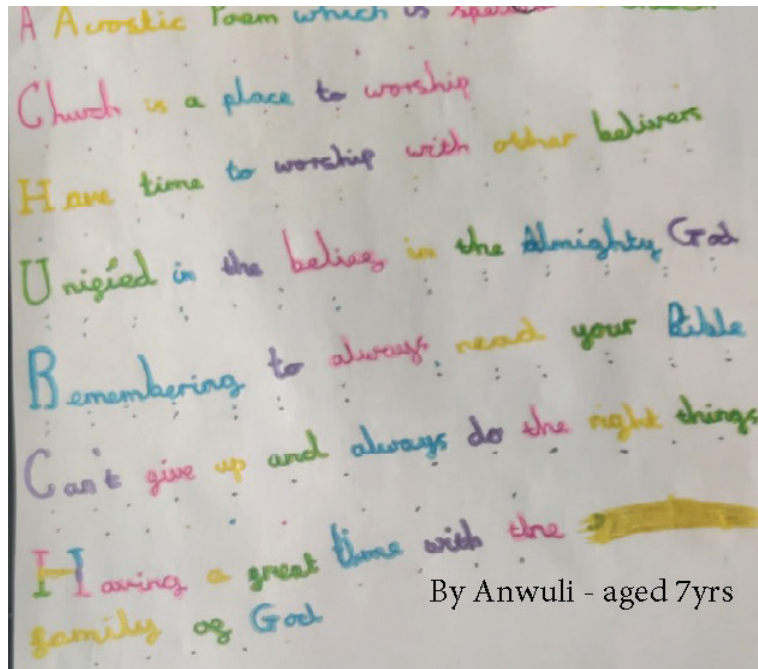
Esther



her people.

CREATIVE Corner

WOMEN'S COLUMN



SUMMER schedule

MAKE IT MONDAY

CRAFT - SEW - BAKE
COOK - DRY - PAINT

THINKING TUESDAY

LEARNING PRINTABLES - QUIET BOOKS
STEM PROJECTS - SCIENCE EXPERIMENTS

WATER DAY WEDNESDAY

GO TO THE LAKE - VISIT A POND
GO SWIMMING - GO TO THE BEACH
PLAY WITH WATER BALLOONS, SPRINKLERS,
SQUIRT GUNS, OR SET UP A SLIP AND SLIDE

TAKE A TRIP THURSDAY

GO ON A SCAVENGER HUNT
BOWLING - LIBRARY - SPLASH PAD
ZOO - MUSEUM - PARK - PLAYGROUND

FUN DAY FRIDAY

FAMILY PICNIC - MOVIE DAY AT HOME
LEMONADE STAND - CAMP IN THE BACKYARD
PLAY DATE - LIBRARY STORY TIME - TEA PARTY

SELFLESS SATURDAY

DO SOMETHING NICE FOR YOUR PARENTS
HELP A NEIGHBOR - WALK THE DOG - VOLUNTEER

SPONTANEOUS SUNDAY

KIDS DECIDE WHAT TO DO.

www.eaglesnestnews.com

ADVERTS



**CHILDREN'S CHURCH
AT KICC**

Ages: 5 – 12 years old

KICC WALTHAMSTOW, E17 9AH
Registration is required on site
Time: 9am

KICC PRAYER CITY, ME5 9QG
Registration is Required via Eventbrite
Time: 11am

The advertisement features a bright blue background with a yellow sun and white clouds in the top right corner. On the left, a young boy with dark skin and curly hair, wearing a blue and white striped shirt, is smiling and giving a thumbs-up. On the right, a young girl with dark skin and braided hair, wearing a white shirt, is smiling and looking at a laptop. The text is in bold, yellow and white fonts.



**Kings
KIDS**

KINGS KIDS INVITES CHILDREN AGED
3-12 TO OUR WEEKLY ZOOM SESSIONS
AT 11AM EVERY SATURDAY

PARENTS/GUARDIANS, PLEASE CONFIRM
YOUR CONSENT FOR YOUR CHILD TO TAKE
PART BY EMAILING KINGS_KIDS@KICC.ORG.UK

KICC **zoom**
Video Communications

The advertisement has a blue background. In the top left is the 'Kings Kids' logo, which is a red diamond shape with a white 'K' and the words 'Kings KIDS' in white. In the top right is a small circular logo with the word 'KICC' inside. The main text is in white, bold, uppercase letters. At the bottom left are the 'KICC' and 'zoom' logos. On the right side, there are three overlapping 3D cubes in green, purple, and orange. Each cube has a photo of children on its front face. The green cube shows a group of children sitting at a table. The purple cube shows a close-up of a girl with glasses. The orange cube shows a group of children smiling.

ADVERTS

FREE Registration via Eventbrite

Stretch Out!

Kings KIDS

Pastor Olly Goldenberg
Guest Speaker

Bigger Bolder Better

Parents Bring Your Children To

- Engaging Bible lessons
- Arts & Craft
- Fun and games
- Special guest Olly Goldenberg

23-27 AUG. 2023 10AM

KICC PRAYER CITY ME5 9QG

KICC
Registered Charity No. 1122114

Matthew A Ashimolowo @MatthewAshimolowo.official KICCOOnline
KICC Church App KICC.ORG.UK/church



We'd love to hear from you!

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