

## Training for God

**Theme:** Train yourself to be Godly

**Object:** None is needed or you could bring a military memento

**Scripture:** Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 1 Timothy 4:7 (NIV)



Who can tell me what very special holiday we celebrate this week? That's right, **Rememberance Day** is when we remember those men and women who have served in the military.

Men and women in the armed forces must train daily to prepare for future battles. They practice many drills over and over so they will automatically know what to do when that situation arises. They prepare their minds and their bodies to react in the right way to whatever situation is presented upon them.

What are some ways in which they train? (listen to their answers, follow orders, be ready at all times, learn how to use the weapons they are given) Yes, those are all great examples. In the military,(army) they practice using their equipment, they exercise to gain strength and endurance and they must learn survival skills.

Like service men and women, we must do some training of our own. It is quite unlike what they do but very important. We must train ourselves daily to follow the rules Jesus gives us. 1 Tim 4:7 says "Have nothing to do with godless myths and old wives' tales; rather, train yourself to follow God."

Each one of us must become a spiritually disciplined person. When you are spiritually disciplined, you will be able do the right thing at the right time with the right spirit. Jesus came to train you and me how to act and re-act and think in any situation as **to what Jesus would do**. This is how you grow a closer relationship with God.

You can find this and more on our web page. [Stthomasstittsville.ca](http://Stthomasstittsville.ca)

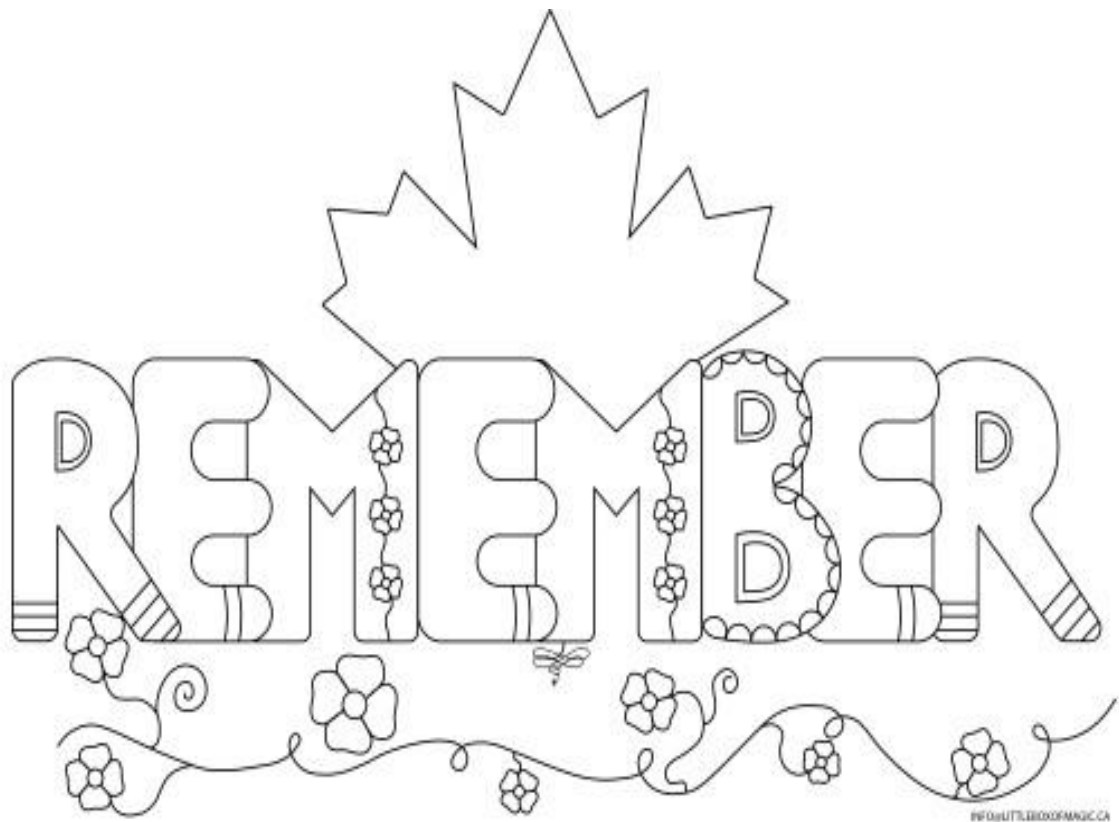
What are some ways we can train as a Christian?

We must read and study the bible.

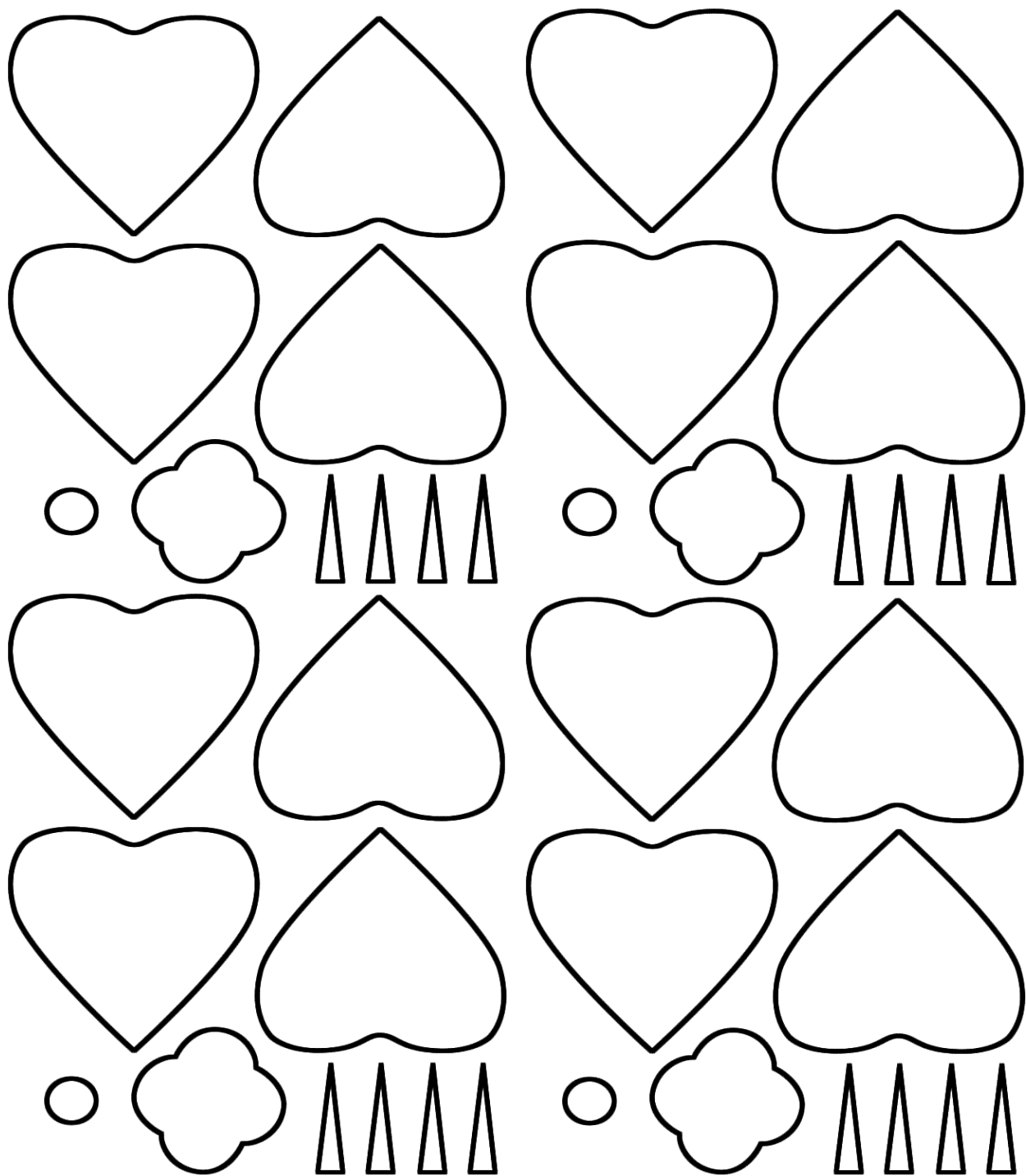
We must ask God to speak to us as we read and then we must follow God's word in our daily lives.

Many years ago, the army used the famous slogan **"Be all that you can be"**. Well let's **"Be all that we can be"** for God and train ourselves daily to become more like Christ.

Dear Lord, help us to remember that we need to practise each day so we can become more like you want us to be. Amen.



God of the past, we  
remember with gratitude  
all those who have gone  
before us, living lives of  
sacrifice and faith,  
winning freedom for us  
and pointing us to you.



**LET'S DO A CRAFT!! Colour the hearts red. Colour the centers black. Colour the points green. Cut them out. Cut out a Cross in white or brown paper and glue onto the blue paper. Join 4 hearts together at the point and glue then together. Glue the black center in the middle. Glue the flowers onto the cross. Using paint of green markers add the stem and leaves. See Below.**

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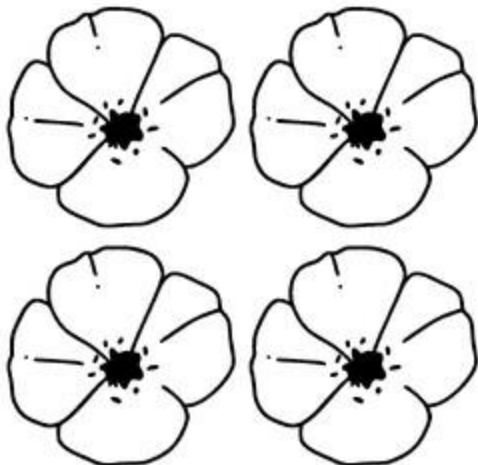


**CRAFT 2; You will need; Blue or white cardboard 8"x12", Green for the hills, black for the floor. Red poppies glued on a wide stem that has been folded backwards. Glue the folded green in half backwards. Glue to the floor. Glue the poppies on the stems.**

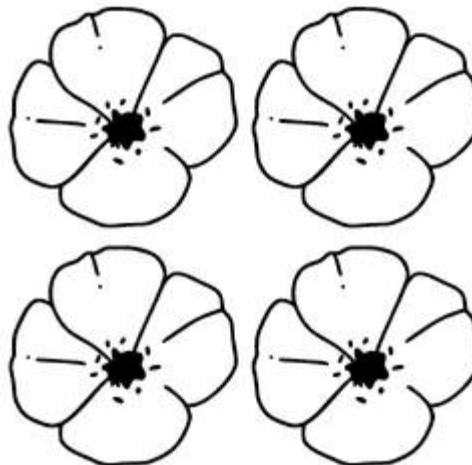
**Fold the blue half up 90 degrees. Cut two slits in the centre and fold inwards. Add the green hills and either a shadow of a soldier or a cross.**



Colour, cut and hang up and  
show support

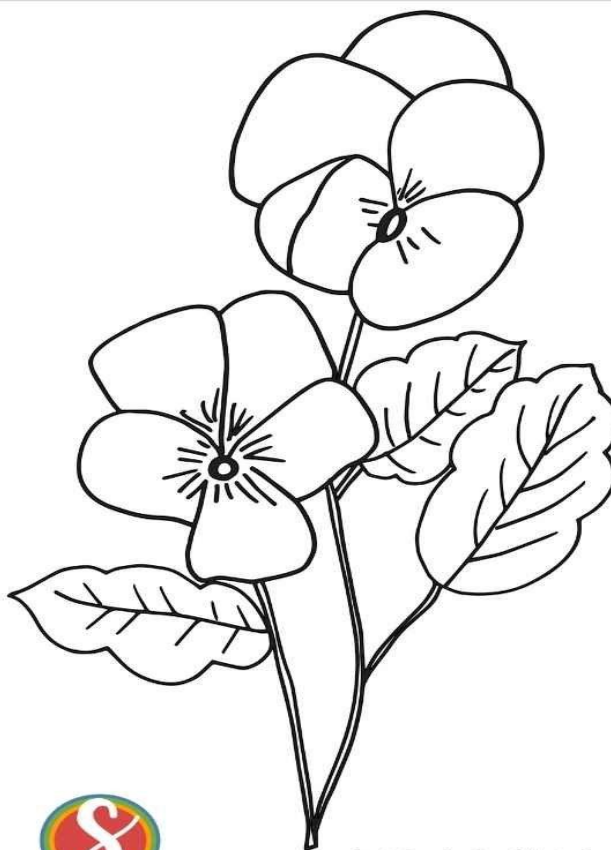


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show support



**Whoever  
dwells  
in the  
shelter  
of  
the Most  
High will  
rest  
in the  
shadow  
of  
the  
Almighty.**

Psalm 91:1



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