

29
AUG
2021

GAL 5:22-26

THE BASKET OF SPIRITUAL FRUIT

There is a famous saying “an apple a day keeps the doctor away”. It means eating fruit can help us stay healthy. Most fruit not only tastes good, but it is also good for our body. For example, oranges! They are sweet, juicy and contain a lot of vitamin C. Vitamin C helps to prevent us from being sick.

The Bible says there is fruit that the Holy Spirit produces in our lives. The fruit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. It means when we are filled with the Holy Spirit, we would be able to show the fruit mentioned above to the people around us in every circumstance.

Are you patient enough while waiting for your little brother to put on his shoes? Are you able to control yourself from getting angry over your smashed Lego?

There are times when we fail. But it's all right! We can ask the Holy Spirit to guide us each day so that we can get better day by day.

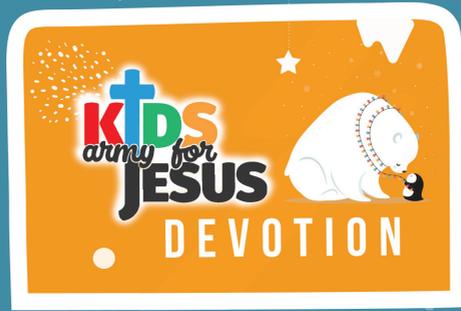
Key verse:

Galatians 5:22-23
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Prayer

Dear God, fill me with your Spirit so that I will show the fruit of the Spirit in my life. Amen.





30
AUG
2021

GALATIANS 6:1-5

A SMALL AMOUNT OF GOODNESS MATTERS!

Paul was telling God's people that we have to care for one another. Just like Jesus loves and cares about us, we're called to care for and help other people as well.

When you see your friend having trouble carrying a chair that looks so heavy, you may want to offer some help. Or, during recess, one of your friends doesn't bring any food, you may want to share with him/her. Or, if there's a friend who feels lonely, you can simply be there for her to let her know that you care about her.

There are always many chances and occasions where we can show our care and love to others who need it.

At the same time, Paul encourages us by saying that every effort we make to help and care for others will be rewarded by God with the eternal reward.

Start your day by praying to God to give you a chance to do a good deed to someone.

Any small act of goodness matters.

A small amount of goodness is better than no goodness.

A small amount of goodness can have a great impact!

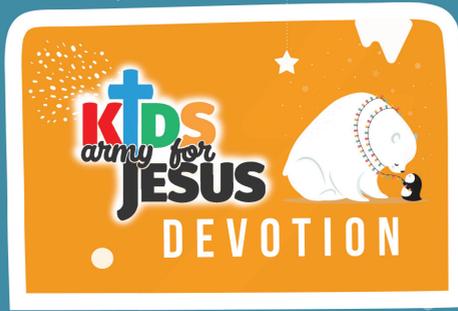
Key verse:

*Galatians 6:2
Help each other with your troubles. When you do this, you are obeying the law of Christ.*

Prayer

Dear God, just as Jesus loves me, help me to sincerely help other people and do good to others as well. Amen.





31
AUG
2021

EPHESIANS 1:1-14

SPIRITUAL BLESSINGS

Everyone loves to receive blessings as it gives a sense of happiness and satisfaction. However, Paul mentioned about Spiritual Blessings. This will bring more than just a nice and good feeling. This is something we can't buy with money. You can enjoy it just by opening your heart to Jesus!

Paul said the first spiritual blessing is that we have been chosen to be holy by His grace. God has chosen us to be His beloved children and to enjoy all the benefits of being His child. It's a lovely privilege to be called "Hello, My beloved child!" by God!

The second spiritual blessing is that we have been redeemed by Jesus' blood to be clean and to have an eternal life in Heaven. It is the blessing of forgiveness of sins. We feel suffocated when we know that our friend hasn't forgiven us after we did something wrong to him/her, right? However, God will always immediately forgive us whenever we ask for His forgiveness. Such great freedom!

The third blessing God has given us is wisdom through His Word so that we may live our days according to His words to fulfil His perfect plan in our lives.

Are you thankful for the spiritual blessings from God?

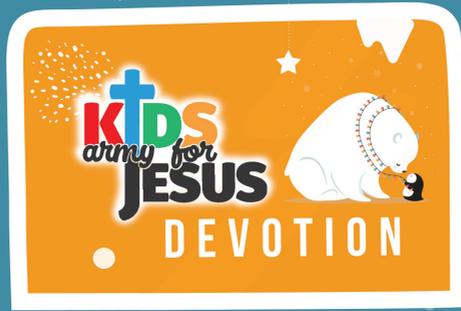
Key verse:

*Ephesians 1:3
Praise be to the
God and Father
of our Lord Jesus
Christ. In Christ,
God has given us
every spiritual
blessing in
heaven.*

Prayer

*Dear God, thank
You for these
amazing spiritual
blessings. I am so
blessed, favoured
and loved. Amen.*





01
SEP
2021

EPHESIANS 3:17-21

GOD'S LOVE IS BEYOND COMPREHENSION

The Sahara is the widest and largest subtropical desert in the world.

Greenland is the widest and largest island in the world.

But ... God's love is way **WIDER** than them.

The Great Wall of China is the longest wall in the world.

The Nile River is the longest river.

But ... God's love is way **LONGER** than them.

Mount Everest is the highest mountain with about 8,848 m height.

Burj Khalifa Tower in Dubai is the tallest building in the world.

But ... God's love is way **HIGHER** than them.

Lake Baikal in Russia is the deepest lake in the world.

The Pacific Ocean is the deepest ocean.

But ... God's love is way **DEEPER** than them.

God's love for us is wider, longer, higher and deeper than we could possibly imagine. It surpasses all our knowledge and beyond our comprehension.

Key verse:

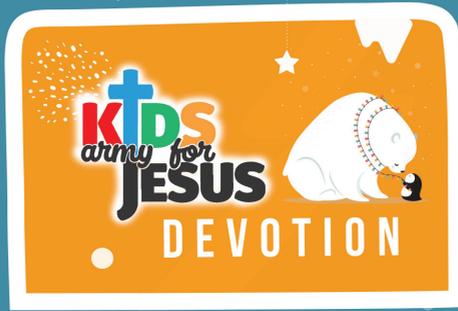
Ephesians 3:18

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is.

Prayer

Dear God, thank You for loving me beyond my comprehension. I want to enjoy Your love every single day to the fullest. Amen.





02
SEP
2021

EPHESIANS 5:15-20

BE A SINGING PERSON FOR GOD

Paul described that singing to God can be done with psalms, hymns and spiritual songs.

Psalms are the words we say as a genuine expression of our hearts towards God. In the book of Psalms, we can find a lot of hymns and praises for God. David wrote most of the chapters in this book and what he wrote was an expression of his heart as he went through struggles and victories in his life. The verses in the book of Psalm can describe exactly how you feel when you can't even find the words that can best express your situation or feeling.

A hymn is a song that gives praise, honour and thanksgiving to God. Whether you are feeling good or bad, lift a hymn of love to God anytime of the day.

The spiritual songs are the songs we sing to God, not just from our lips, but also from our hearts and in our spirit.

When we are filled with the Holy Spirit, psalms, hymns and spiritual songs become the natural expression of our heart and love to God. Our hearts will just want to praise God's goodness and sing His kindness all the time.

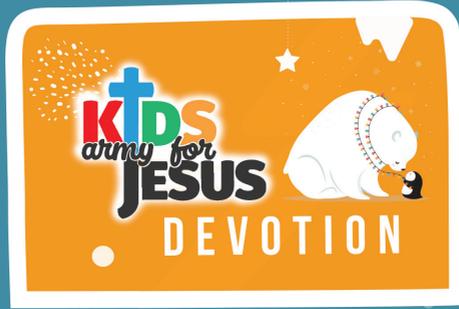
Key verse:

*Ephesians 5:19
Encourage each other with psalms, hymns and spiritual songs. Sing and make music in your hearts to the Lord.*

Prayer

Dear God, may all the songs that come from my heart and mouth glorify Your greatness and goodness. Amen.





03
SEP
2021

EPHESIANS 6:11-20

THE FULL ARMOUR OF GOD

Meghan starts her ice-skating class. As she is new to this, she must wear some protective gears such as a helmet, elbow pads, wrist guards and knee pads during class. She feels uncomfortable but they protect her from getting seriously injured if she falls.

Paul says we have to always wear the full armour of God.

Putting on the Belt of Truth means holding on to the truth of God so the devil cannot deceive us.

Putting on the Breastplate of Righteousness represents doing what God says is right so that the devil cannot accuse us.

Feet fitted with Gospel of Peace represents bringing the gospel of peace wherever we go so that the devil cannot steal our peace.

The shield of faith represents our faith in God. If we keep our faith in God, doubt and fear will not take control of our heart and mind.

Putting on the helmet of salvation represents guarding our mind with the understanding that Jesus has given us salvation from eternal death.

The sword of the spirit is the BIBLE! God's word is the most powerful weapon to crush the devil!

The function of the armour of God is like that of the protective gears worn by Meghan. They protect us from being crushed by Satan's evil schemes.

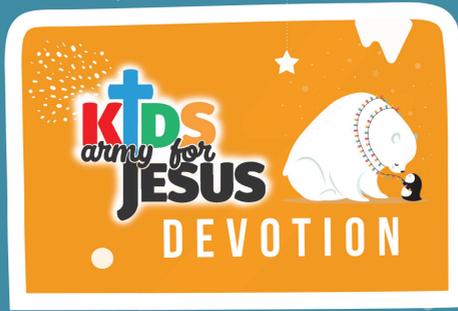
Key verse:

*Ephesians 6:11
Put on the full armour of God, so that you can take your stand against the devil's schemes.*

Prayer

Dear God, help me to always remember to put on the whole armour everyday so that the devil cannot deceive and crush me in any way. Amen.





04
SEP
2021

PHILIPPIANS 1:3-5

I THANK GOD EVERY TIME I REMEMBER YOU

Paul prayed with joy for the Philippian church. He prayed with joy for them as he remembered them. He said, "I thank God every time I remember you." Paul could not think of the Philippians without telling God how thankful he was for them. It is such a sweet, joyful and encouraging message!

Don't you love it when your teacher tells you, "Wow, you did a great job. I really love your art work! Keep up the good work!". Or when your parents tell you, "I am so proud of you!"

Those words bring such great, positive and motivating impact to the person who receive them.

We meet so many people who bless us in different ways. Yes, certain people are blessings that God specially sent to us. Any time we remember them, be thankful to God for them.

Let's follow Paul's example to always thank God for our family and friends.

Key verse:

*Philippians 1:3
I thank God
every time I
remember you.*

Prayer

*Dear God, I
thank you for*

*(people you're
thankful for).
They have
blessed my life
in so many ways,
please bless
them abundantly.
Amen.*

