

KOMERAKids is a brochure designed to help encourage and motivate children between the ages of 7 - 10yrs, during this time of confinement.

We hope for them to learn things about God and themselves, all while having fun!

Shalom!

for **KOMERAKids!**
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Brochure free to
download on:

www.lahoulette.be



Dear adventurer,

KOMERA!

Are you enjoying the trip?

How do you like the view from up here?

Imagine we are in an aeroplane! We put all our trust in the pilot, when we travel by plane, to take us safely to our destination.

But sometimes, things can go wrong!

For the journey of life, we have a very special pilot. He never has mishaps! When you entrust Him with the journey of your life, you will definitely arrive at your destination!

This pilot is none other than JESUS Christ! His aeroplane's destination is heaven! If you will come aboard His plane, you will be certain to arrive safely .

Have a nice trip!

LET'S DISCOVER...

Try answering these questions:

1. What is Jeremiah's reaction to God when He calls him to serve?
2. Imagine yourself in Jeremiah's position, how would you have reacted?
3. How did God reassure and comfort Jeremiah?
4. Where do people, who serve God find the strength and courage to do what He asks?

You can send your answers to
komera.kidsen@yahoo.com

JEREMIAH
(continued)

Bible
references:
Jeremiah 1:4-10

To think about

When God told Jeremiah what He wanted Him to do, Jeremiah was afraid. He said « I'm too young! »

But God answered him and said:

« Do not be afraid, because I am with you and I will rescue you! »

- When God gives us a mission, He also gives us what we need to fulfil that mission. He takes good care of those He calls to serve Him!
- So it is God who gives us the ability to accomplish His work!

Thank you God that you can be trusted!

Treasures to keep in your heart!

- ✓ If God calls you to serve Him, don't worry. He will be with you!
- ✓ God is reliable. You can count on Him!

It's team work!

Challenge of the week...

Have a go at writing a story every day. It could be a story that has several chapters! Then read the story to your family that evening!

Have a great adventure!

If you have homework to do...

You will work better if you have a timetable to follow. It will help you plan your time and be more successful.

Do you know how to design a timetable?
If not, on www.lahoulette.be you can find an example.

Goal: « let's create a nice atmosphere in the house! »

Look around and see the creativity that's all around you! Everything you see has been created by God or a person!

Creating something always starts with an idea!

That idea is then turned into a reality.

Creating a story is your challenge for this week.

Welcome to the week of creativity!

How do you write a story?

It's simple. You can do it alone, or it might be fun to do it with your family.

One person starts by saying « once upon a time, there was... » and then finishes the sentence. The next person adds a sentence, then the next, and so on. You keep going until the one who started the story decides that it is finished!



Make your story attractive, make people want to know what is going to happen! Have fun! Above all, don't forget to write down your story! That is how books are born!

In good shape !

Take care of your body:

To be able to sleep well at night, it is important to calm yourself down at least an hour before going to bed. Avoid screens during that time (mobile phone, tablet, ...)! Instead, read a book, listen to some calming music, pray, or spend time with you family, ...

What's the weather like today...

When we have an emotion, the first thing we need to do is to **decide what the emotion is and name it**. To do that, we have to ask ourselves the question:

« **how do I feel?** »

It is important to describe as best we can what it is we are feeling. By giving it words, we can better understand what's going on inside of us.

Once we know the emotion, the second thing to do is to know what is causing the emotion and what we can do to make it better. To do that, we can ask ourselves these questions:

« **why do I feel this way? What do I need?** »

Do this exercise with your parents and write down your answers to those two questions.

Once you know your needs, the challenge is to find a good solution and then the negative thoughts will begin to disappear

What do you think? Can you experience more than one emotion at the same time? Discuss it with your parents.

Did you know...

We don't just have negative emotions - but we can have positive emotions too!

When we have a positive emotion, we want to keep hold of it or make it even stronger!

→ Can you name some positive emotions?

A great fear for humans can be the fear of death! Do you know why? It's because we don't know what happens after we die!

But, there is good news! Jesus tells us, that He holds the keys of death and to the realm of the dead.

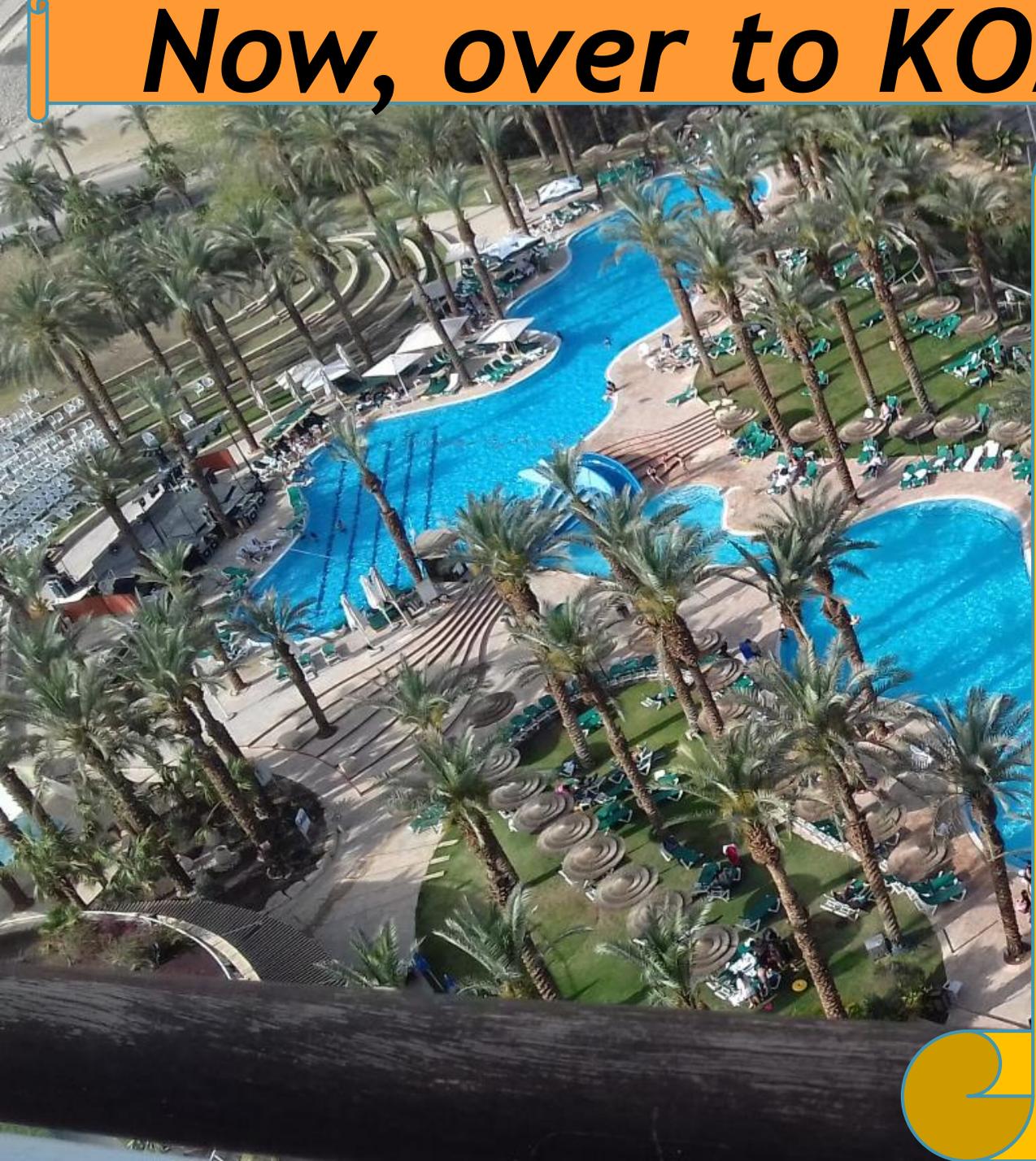
And He tells us « *do not be afraid!* » Revelation 1:17-18

He also said: « *I am the resurrection and the life. The one who believes in me will live, even though they die!* » John 11:25

Jesus tells us not to be afraid of death, because if we believe in Him, we will live, even if we die!

→ You may feel afraid at times, so if you do then put your trust in Jesus and He will help you deal with that fear.

Now, over to KOMERA Kids!



In this part, we want to give you kids a chance to say something!
So, come and take the floor, it's all yours!

Send us an email with an idea, or a tip, to encourage other kids, ...
Off course, ask your parents permission first!

Don't make it too long and remember the golden rule:
« be respectful! »

Before you send something, make sure that what you write is helpful, true and uplifting!