

***KOMERAKids** is a brochure designed to help encourage and motivate children between the ages of 7 - 10yrs. We hope for them to learn things about God and themselves, all while having fun!*

***KOMERAKids** is published once a month.*

Shalom!

*for **KOMERAKids!**
Clémentine INGABIRE*

Email: komera.kidsen@yahoo.com

Contributed to this brochure:

**INGABIRE Clémentine
KOVANDA Noemi
THOMAS Kerry**

Brochure is free to download on:

www.lahoulette.be

Dear adventurer,

KOMERA!

How was your path back to school ? Did it go well ? Hope you could readjust to the school rhythm without too many difficulties!

For this month of October, the theme is « Have no fear» or « Be without fear»

Theologians (those who study the Bible at university,) say that this phrase is repeated 365 times in the Bible. It's as though each day God tells you to have no fear. This shows that as human beings we have a tendency to be afraid. God knows this well, that's why He assures human beings of His presence in helping, in rescuing, in protecting them. Isaiah 41:10.

In this period of insecurity, I would also like to say: have no fear, be without fear, because God is there with you. He said in Isaiah 43:2 « When you pass through the waters, I am with you, when you pass through the streams, they will not overwhelm you. When you walk through the fire, you will not be burned, the flames will not harm you. »

God didn't say that if we believe in Him we will not go through difficult moments, but He did promise that He would be with us in those difficult moments and He will protect us and rescue us. So I encourage you, for those of you who believe in God, rest assured that He is with you and He will be with you no matter the circumstances of your life. If you don't believe in God, would you like to put your faith in Him? He is ready to welcome anyone who comes to Him. So it's not too late for you!

Do you know that fear could harm you? Scientists tell us that fear weakens our body's immunity system, (the bodies internal soldiers who fight off germs) and makes us vulnerable to germs, and more easily sick. Do you also know that fear can drive us to take wrong choices or to make wrong decisions?

Many of us have times when we are afraid, but God tells us to have no fear as He is there to help us. Next time you are afraid, ask God to help you. Above all, remind yourself that you are not alone, because God will be with you. And as God is the mightiest, you have nothing to fear!

Enjoy your trip!

Email: Komera.kidsen@yahoo.com

Bible passage

2 Kings 5: 1-14, New Living Translation (NLT)

The king of Aram had great admiration for Naaman, the commander of his army, because through him the LORD had given Aram great victories. But though Naaman was a mighty warrior, he suffered from leprosy.

² At this time Aramean raiders had invaded the land of Israel, and among their captives was a young girl who had been given to Naaman's wife as a maid. ³ One day the girl said to her mistress, "I wish my master would go to see the prophet in Samaria. He would heal him of his leprosy."

⁴ So Naaman told the king what the young girl from Israel had said. ⁵ "Go and visit the prophet," the king of Aram told him. "I will send a letter of introduction for you to take to the king of Israel." So Naaman started out, carrying as gifts 750 pounds of silver, 150 pounds of gold, and ten sets of clothing. ⁶ The letter to the king of Israel said: "With this letter I present my servant Naaman. I want you to heal him of his leprosy."

⁷ When the king of Israel read the letter, he tore his clothes in dismay and said, "Am I God, that I can give life and take it away? Why is this man asking me to heal someone with leprosy? I can see that he's just trying to pick a fight with me."

⁸ But when Elisha, the man of God, heard that the king of Israel had torn his clothes in dismay, he sent this message to him: "Why are you so upset? Send Naaman to me, and he will learn that there is a true prophet here in Israel."

⁹ So Naaman went with his horses and chariots and waited at the door of Elisha's house. ¹⁰ But Elisha sent a messenger out to him with this message: "Go and wash yourself seven times in the Jordan River. Then your skin will be restored, and you will be healed of your leprosy."

¹¹ But Naaman became angry and stalked away. "I thought he would certainly come out to meet me!" he said. "I expected him to wave his hand over the leprosy and call on the name of the LORD his God and heal me! ¹² Aren't the rivers of Damascus, the Abana and the Pharpar, better than any of the rivers of Israel? Why shouldn't I wash in them and be healed?" So Naaman turned and went away in a rage.

¹³ But his officers tried to reason with him and said, "Sir, ¹³ if the prophet had told you to do something very difficult, wouldn't you have done it? So you should certainly obey him when he says simply, 'Go and wash and be cured!'" ¹⁴ So Naaman went down to the Jordan River and dipped himself seven times, as the man of God had instructed him. And his skin became as healthy as the skin of a young child, and he was healed!

Let's discover...

Can you answer these questions:

1. Who was the one who gave the information about how Naaman could be healed of his leprosy?
2. What exactly did the person say?
3. What did the prophet Elisha ask Naaman to do in order to be healed of leprosy?
4. Why was it so difficult for Naaman to do what the prophet Elisha told him to do?

If you would like to, you can send your answers to
komera.kidsen@yahoo.com

A little girl from
the land of Israel



To think about!

The little girl from the land of Israel used what she had to bless Naaman. She knew where he could find a solution to his problem. She knew that the prophet Elisha, thanks to an anointment he received from God, could indicate how to heal his leprosy. She gathered all her courage and spoke to her mistress, the wife of Naaman.

I want to draw your attention to the fact that this young girl was a servant, a slave taken from her land, from her family, and brought to Syria as a captive!

She could offer this good news because she wasn't afraid to share what she knew about the prophet Elisha.

Plus, there was no bitterness in her heart. She could have kept what she knew secret and let Naaman, the commander of the army, who had held her captive and made her a slave, suffer.

The Bible tells us to do good, even to our enemies. But for that to happen, we have to be careful not to have bitterness in our hearts. It takes courage from us to be a witness to what Jesus can do in people's lives.

Do you know people around you who are suffering? Do you know people who need Jesus? And if these are people who upset you, would you still have the courage to tell them that Jesus can help them with their problems?

Would you have the courage to tell your teacher, your parents, your neighbours, your family or any other person, that you know someone who could help them with their problems?

My prayer is that you would have enough courage to say « *I know someone who can help you, it's Jesus* ». If the person asks you where to find him, you will tell him, in the Bible.

It's teamwork!

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

How does one create a peaceful atmosphere in a family? Do you have an idea of how to do it? I invite you to share your ideas about this with us. For example, if you have a brother or a sister who tends to get scared or worried, how can you help them feel more at peace?

In the meantime, I will share with you what I think. First, you can be there for them and comfort them with your own words. But, don't forget that your parents are there, too. So, it is very important to encourage them to talk to your parents about this so that they can come up with the best solution. But, you can also pray for them and give them verses from the Bible that say not to be scared, so that they can meditate and think about these verses.

Here are a few verses from the Bible that you could use: Mark 5:36; Luke 1:30; 2 Timothy 1:7; Matthew 6:34; Isaiah 35:4; Philippians 4:6
Enjoy your meditation on the word of the Lord! And why not do it as a family?

If you have homework to do...

The month of September was the path that lead back to school. Never mind if that path was real or virtual! It is true that it has been a long time at home and you may have lost your schooltime rhythm, but I encourage you to get back into it without delay! It is important that you invest in your schooling from the beginning of the school year. Do your homework, do your reading, organise and study your lessons,... This will increase your chances of doing well this school year. I'm counting on you!

CHALLENGE OF THE MONTH...

October is the month to have no fear, but to have courage instead! Would you like to send your friends messages telling them not to be afraid? And if some are afraid, encourage them not to be. Send them the verse from Isaiah 43:2 !

In your Bible, find at least 5 verses that talk about not being afraid, not being scared, and write them down. This way, you can meditate on them this whole month and make them yours.

Enjoy the adventure!

In good shape!

What's the weather like today...

Since the month of March of this year, there have been a lot of uncertainties about the future. Nobody knows what will happen in the days and months to come, we cannot predict the path our lives might take like we did before.

In this kind of a situation, it is very easy to be afraid. Fear is an emotion that tells us we are threatened, insecure, or in danger. In other words, our brain perceives a situation that is threatening to us. Did you know that this threatening situation can be real (meaning the threat really does exist) or imagined (the threat doesn't really exist, we've just made it up)?

Fear can come about through several ways in your body: your heart beats faster, your breathing quickens, your tummy aches, you shake, you sweat, among many other things. Are you never afraid? I think you are. If so, how does fear appear in your body? Talk about it with your parents.

What should one do then to manage fear? The first thing to do is identify where your fear is coming from. That way we can see if it is real or imagined. Next, if the source is real, we can look for ways to find safety, either by getting rid of the threat, if possible, or by seeking shelter. If the source is imagined, often, just talking about these fears can put them in perspective, helping you better understand what is happening, and overcome them little by little.

So, next time you're afraid, don't hide in a corner, go find your parents or somebody else that you trust and talk to them about it. They will surely comfort you, help you identify the source of your fear and help you come up with the best solution for you to feel safe. Above all, don't forget God is with you and always watches over you!

Take care of your body!

During this health crisis, it is important to take good care of your body so it can effectively fight off diseases.

To strengthen your immunity, eat less fries and pasta and more seasonal fruits and vegetables. Importantly, don't forget to eat foods that contain vitamin C. Your body needs it to fight off Covid-19! I'm counting on you!



Did you know...

There is a common thread between the biblical stories shared in KOMERAKids 0010 and 0013. What is it ?

The common thread is that God worked with a child to bless the people around him.

He worked with a boy to feed a crowd that came to listen to Jesus. The boy gave Jesus what he had: his meal, which Jesus multiplied and then fed many people. There were even leftovers after everyone had eaten their fill.

In the KOMERAKids 0013 story, God used a little captive girl in Syria to heal that land's army commander from leprosy and for him to pray to the one true God, the God of Israel, the Everlasting. The little girl dared to speak out, to be a witness of what only she knew. All she did was speak. The rest was up to him who listened to what she'd said.

Did you know that God can use you even if you are a child? God doesn't call only adults, He also calls children. In fact, God calls everyone to work with Him, and so become a blessing to others.

You too can be a blessing to those around you and those who come across your path each day.

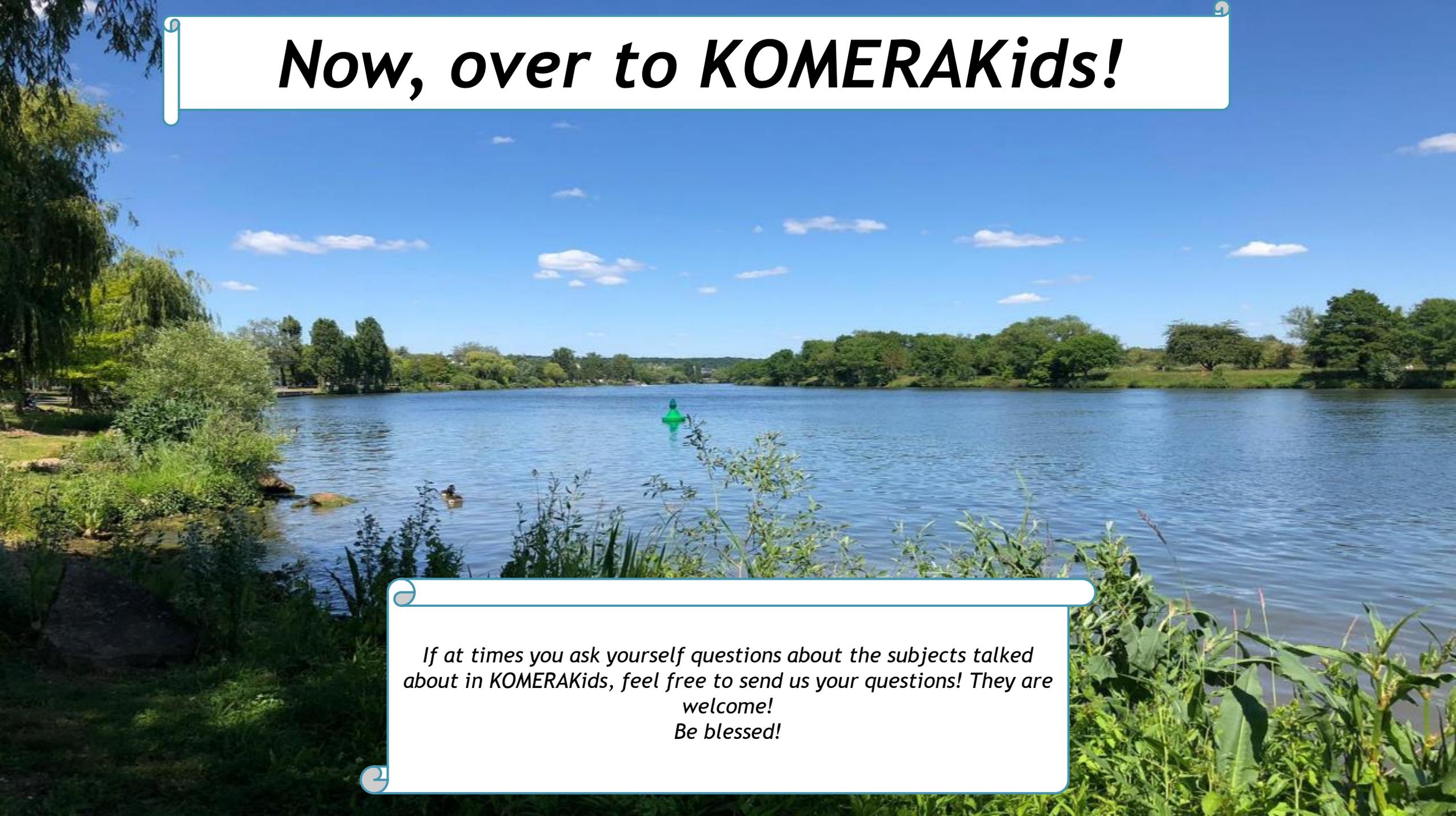
Are you ready to work with God to be a blessing to those around you?



Find these words in this crossword

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

Girl
Namaan
Israel
Pray
Donotbeafraid
VitamineC
Leprosy
Elisha
Blessing
September



Now, over to KOMERAKids!

*If at times you ask yourself questions about the subjects talked about in KOMERAKids, feel free to send us your questions! They are welcome!
Be blessed!*