



## Come to know God as a friend through Scripture

Write down the qualities of a best friend

Do you think of God as your friend? YES NO MAYBE

Scripture is the sacred writings of Christianity contained in the Bible.

- The Bible is God's personal letter to each of us.
- It is a letter on how to live, how to love, and how to be friends with one another. And how to be friends with God!
- Reading the Bible gives you peace and happiness. It guides you to be a good person and to act with love.

### DAILY HABITS

Do you eat a fruit or vegetable at least once a day?	= NUTRITIONAL HEALTH
Do you brush your teeth every day?	= PERSONAL HEALTH
Do you exercise each day?	= PHYSICAL HEALTH
How many hours a day do you spend on fun activities?	= EMOTIONAL HEALTH
Do you pray or read the Bible each day?	= SPIRITUAL HEALTH

**REFLECT:** What is God saying to you in this Scripture verse?

1 Peter 4:10 Serve one another

Learn to "hear" God's voice in your heart through:

- reading the Bible
- prayer
- silent time in nature
- a person or event that is good, positive and loving

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