

THE OVERCOMERS

Special Edition



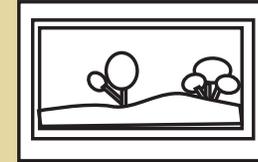
My name is _____
I'm an OVERCOMER!



Hello, overcomers!

This book is just for you.
It is full of thoughts to
think and activities to do.
It will help you heal and
grow.

The coronavirus
pandemic has affected
everyone in different
ways. So your book will
be different from
everyone else's.



IT IS YOURS!



Living in safety

You may feel **AFRAID**. And that's okay.

There are lots of wonderful things in the big, wide world.
But there are some scary things too.

Violence, war, poverty and now this global pandemic
(a disease that spreads fast worldwide is called a pandemic).

Every government wants to control this disease called
COVID-19 that is caused by the SARS-CoV-2 virus,
also commonly known as the novel coronavirus.

That's why there is a shutdown
of all regular activities
except for essential ones.
The lockdown is causing
panic, fear and disorder
in your schedules.



Write down a few things you are afraid of
because of the lockdown:



But there is hope!

You don't have to be afraid
because God is with you.

He tells you,
*"Why be afraid
when I'm here with you?"*

God loves children a lot.
When some people tried
to stop children from
meeting Jesus, he said:
*"Let the little children
come to me. Don't keep them away.
The kingdom of heaven
belongs to people like them."*
Matthew 19:14

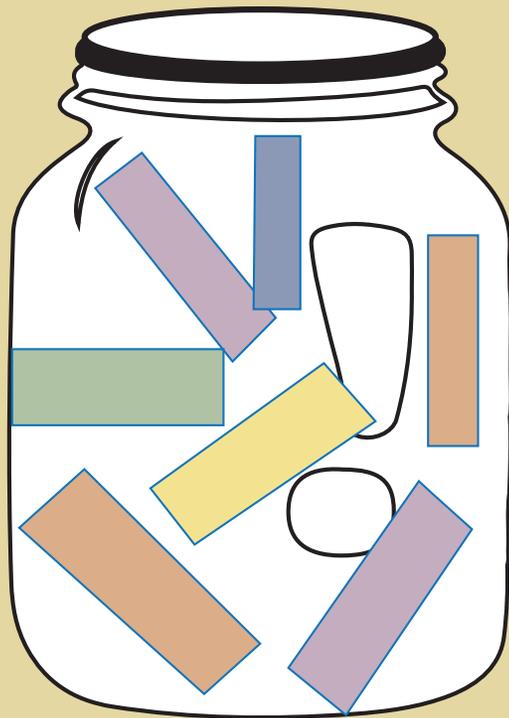
*"And you can be sure
that I am always with you,
to the very end."*
Matthew 28:20

Have you ever hoped for something?

What is your hope?

[For example: I hope I can celebrate my birthday with my friends this year.]

Write all that you hope for on the paper slips inside your hope jar!



My hope jar

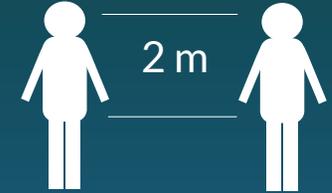
All comfort comes from him. He comforts us in all our troubles. Now we can comfort others when they are in trouble.
2 Corinthians 1:3-4

TIPS FOR OVERCOMERS

Protect yourself from the virus:



Pray: You can always talk to God when you're afraid. He can be your place of safety.



Don't stand too close to other people.



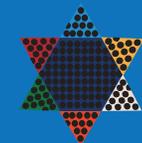
Wash your hands often with soap and water.



If you have a fever, a cough or trouble breathing, ask your parents or guardians to see a doctor.



Don't touch your eyes, nose and mouth.



Play indoor games, like:

- pass the parcel
- charades
- follow the leader

Take action

Make up a song or poem about hope.
Sing or read it aloud when you are afraid.

Here are a few songs from God's Word, the Bible:

*The LORD is my light,
and he saves me.
Why should I
fear anyone?
The LORD
is my place of safety.
Why should I be afraid?*
Psalm 27:1

*You are my hiding place.
You will keep me safe
from trouble. You will
surround me with songs
sung by those who praise
you because you save
your people.*
Psalm 32:7

*The LORD
is my rock and my
place of safety. He is the God
who saves me. My God is
my rock. I go to him for safety.
He is like a shield to me.
He's the power that
saves me. He's my
place of safety.*
Psalm 18:2

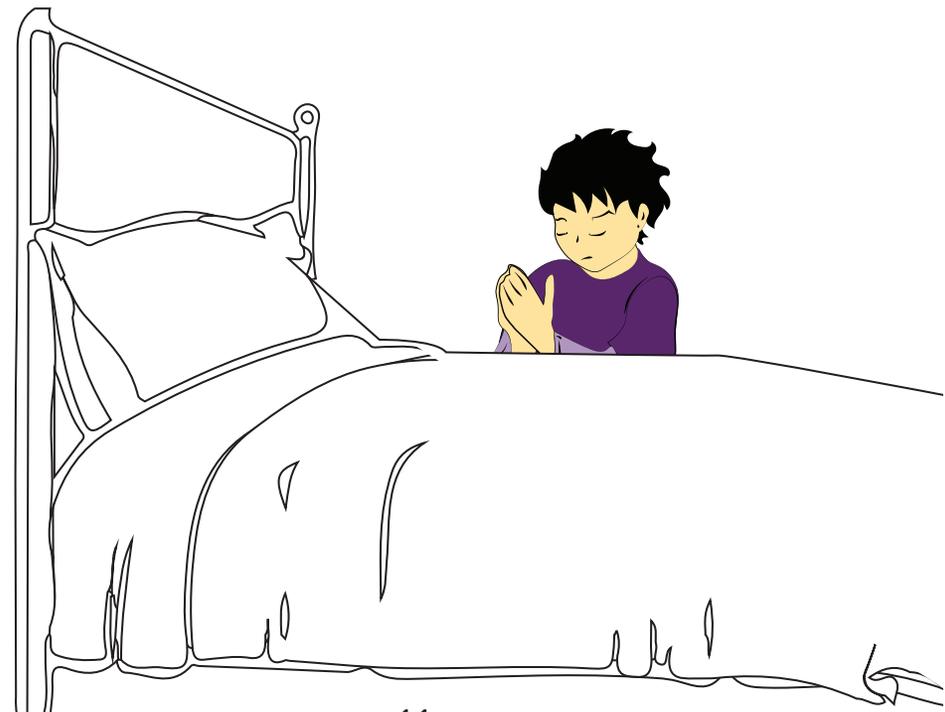


Asking for help

You can also tell God.
You can talk to him like a son
or daughter.

*To be a child of God has nothing
to do with human parents.
Children of God are not born
because of human choice or
because a husband wants
them to be born. They are born
because of what God does.*
John 1:13

You may feel
HELPLESS.
You may find it hard to tell someone
that you need help. Remember, the people
in your life want to help you. But they won't know how to help you
unless you tell them what you need, so ... **TELL THEM!**



Jesus taught us how to pray.
Here's how we can ask for God's help.
We should pray like this:

*Our Father in heaven,
may your name be honored.
May your kingdom come.
May what you want to happen
be done on earth
as it is done in heaven.
Give us today our daily bread.
And forgive us our sins,
just as we also have forgiven
those who sin against us.
Keep us from sinning
when we are tempted.
Save us from
the evil one.*

Matthew 6:9-13

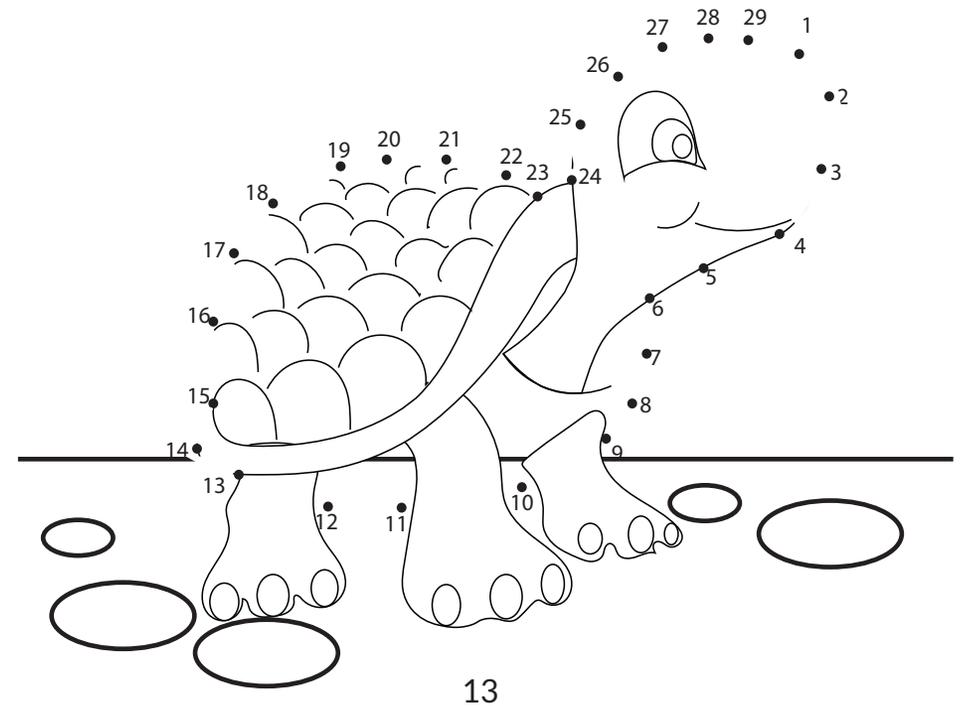
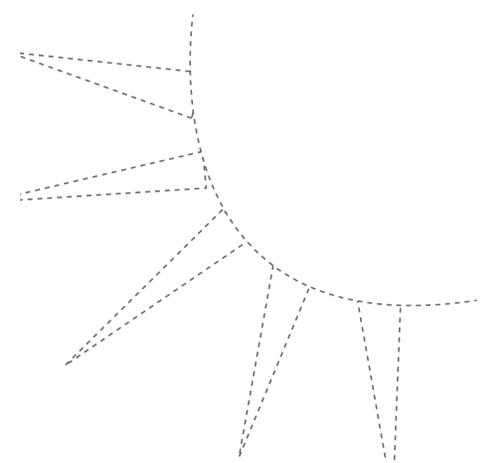
Ask God for what you need!

We can *always* ask God for help.

God can be a shield that
keeps you safe –
like the shell of a turtle keeps it safe.

Make this prayer personal by filling it in
with your own words.

*The LORD gives me strength.
He is like a shield that keeps me safe.
My heart trusts in him, and he helps me.
Psalm 28:7*



TIPS FOR OVERCOMERS

Write a note

Dear Jesus, thank you for loving me so much.

Today I feel _____

because of _____

My family needs your help. Please _____

Thank you for _____

TIPS FOR OVERCOMERS

Make a timetable

Sun.				
Mon.				
Tue.				
Wed.				
Thu.				
Fri.				
Sat.				

Make time for:

- praying and reading the Bible
- your schoolwork
- your chores
- dance to music or sing songs
- read a book or a magazine
- exercise to your favourite music



Take action

Help your parents or guardians at home by doing your usual chores. Try to help with bigger chores like washing clothes, cooking and cleaning. Watch for anyone at home who needs help. Maybe all they need is a smile!

Draw pictures and put them up outside your home for others to see. If you have a garden, plant some vegetable, or fruit seeds and take care of them. Ask your parents or guardians how you can help them in other ways.

It feels great to help!

In everything, do to others what you would want them to do to you.
Matthew 7:12



Feeling comfort

You may feel **SAD**. And that's okay. We get sad when we see and feel the pain and sickness in the world. Diseases like COVID-19 aren't punishments from God. Diseases happen because we live in a world that's spoiled and broken by sin.

Sin is disobedience to God and makes us and others do wrong things. Being in a world where we see and do things that aren't good can make us feel bad. That bad feeling is called shame. Sin makes God sad. Our pain also makes God sad.

God, you see the problems of people in trouble. You take note of their pain. You do something about it.
Psalm 10:14

He has not forgotten the one who is hurting. He has not turned away from his suffering. He has not turned his face away from him. He has listened to his cry for help.
Psalm 22:24



*Blessed are those who are sad.
They will be comforted.
Blessed are those who are humble.
They will be given the earth.
Blessed are those who are
hungry and thirsty for what is right.
They will be filled.
Blessed are those who show mercy.
They will be shown mercy.
Blessed are those
whose hearts are pure.
They will see God.
Blessed are those who make peace.
They will be called children of God.
Blessed are those
who suffer
for doing what is right.
The kingdom of heaven
belongs to them.*

Matthew 5:4-10

When we do things that are wrong and hurt others, we also hurt and anger God. We bring shame on ourselves and feel guilty. God punishes sin. But because he loves us so much, he sent his son, Jesus, to suffer and die for our sins. Jesus lived an honourable life. He went around doing good things, forgiving people of their sins, and healing them of their sicknesses. Jesus was a friend of sinners, but he never did wrong things. He was perfect! Then he died on the cross for us. He suffered the things we should have suffered.

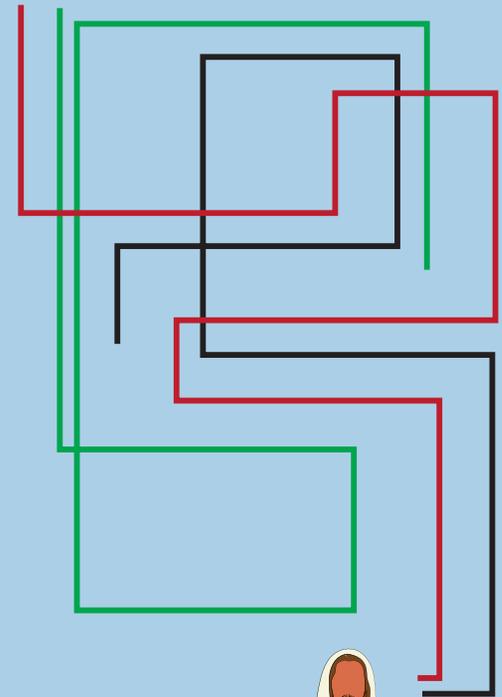
He took on himself the pain that should have been ours.
Isaiah 53:4

He carried our sadness away.

God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.
John 3:16



Guide the little boy to Jesus



That isn't the end of the story!
Jesus rose from the dead
and returned to his Father in heaven.
He lifts up our heads again.
He gives us the chance to live
an eternal life with God.
You are valuable
in the eyes of God.
He created you in his own
image at the very beginning.
God cares for you!
Jesus is a true friend.
He is inviting you.

*Everyone who believes
that Jesus is the Christ
is a child of God.*
1 John 5:1

He wants to restore your value.
Bring your shame to Jesus,
and he will lovingly take it away!
That means he will
make you feel better
no matter how sad you are!



TIPS FOR OVERCOMERS

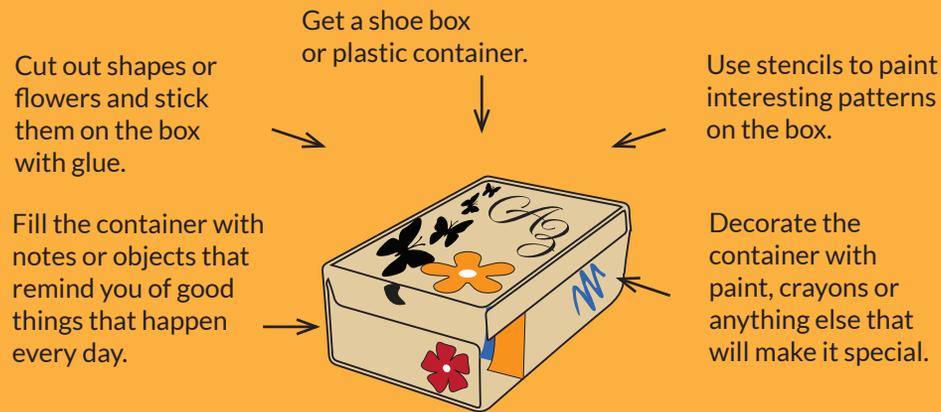
Talk it over

- Tell someone who loves you how you are feeling.
- Tell God about your sadness.
- Ask him to comfort you. Watch for the ways he does this.
- Call a friend or talk to a family member about something they enjoy, like sports or music.
- Create your own indoor games and share your ideas with your relatives and friends.



Take action

Make a Feel-Good Box.



Every week get your Feel-Good Box out and share the contents with someone.

Bonus:

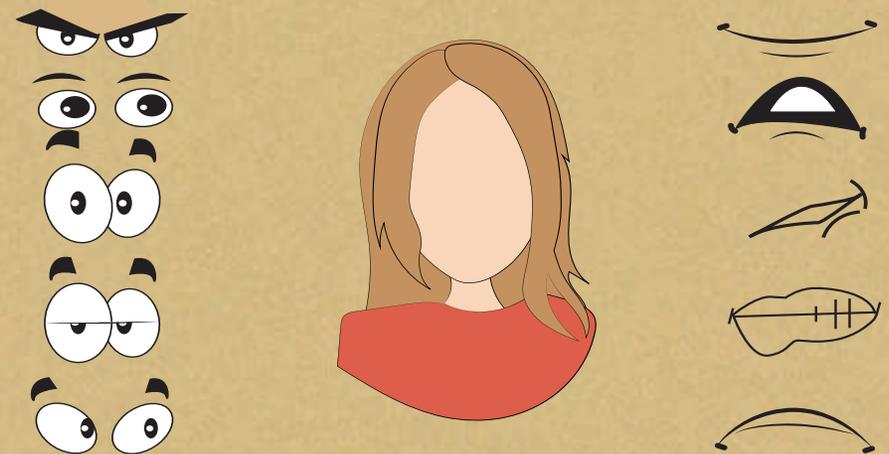
Take some time to thank God for all the good things that happened that week!

Letting go

You may feel **ANGRY**.
And that's okay.
You may feel like life isn't fair.
You may be angry about things you are not allowed to do.
You may wish that things were different.

Draw a face that shows how you feel here.

Choose the kind of eyes, or mouth that would suit your emotion best.



TIPS FOR OVERCOMERS

Forgive people.

Ask God for forgiveness through Jesus, and he will give you the power to forgive others. Talk with an adult you trust about how to handle your anger.

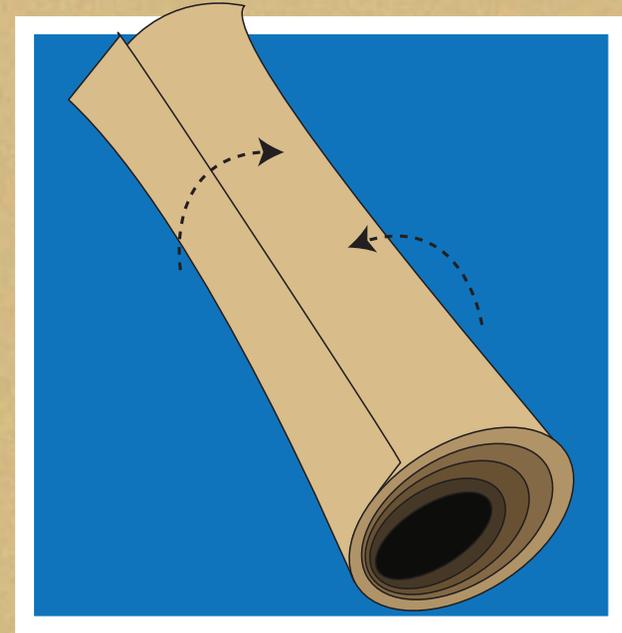
Use your Yelling Tube.

If you do not judge other people, then you will not be judged. If you do not find others guilty, then you will not be found guilty. Forgive, and you will be forgiven. Luke 6:37

It's okay to be angry, but it's even better to let go of anger. Many times we need to forgive someone for something they did that has hurt us. Then we can begin to let go of our anger.



Sometimes you may need to **YELL** really loudly to get rid of your anger.



Make a Yelling Tube.

- Roll this book up like the picture shows.
- Put your mouth to one end of the tube.
- Put your hand over the other end of the tube.
- Take a deep breath.
- Yell as long and as loudly as you can.

Take action

Easy ways to avoid anger and boredom.

If you are angry:

- Take three deep breaths before you do anything.
- Get enough sleep.
- Ask God to help you forgive those who hurt you.
- If you are easily bored, there are little things you can do to keep you busy. See pages 10, 16 and 22.
- Challenge your brothers or sisters to a general knowledge quiz.



*Do not let the sun
go down while you are still angry.*
Ephesians 4:26

*Go and enjoy some good food and sweet drinks.
Send some of it to people who don't have any.
This day is holy to our Lord. So don't be sad.
The joy of the LORD makes you strong.*
Nehemiah 8:10

Making a connection

You may feel **LONELY**. And that's okay.

You may feel like the world is **BIG** and you are very, very small.
You may miss someone you love. You may be far away from
your friends or family.

If you are missing someone, write the name of that person here.

Write the name so it looks like the person in some way.

If the person is tall, write the name in very **TALL** letters. If they like
dressing up, write their name in a *Fancy* way.

*Nothing at all can ever separate us from God's love.
That's because of what Christ Jesus our Lord has done.*
Romans 8:39

From the very beginning of the world, God said that it was not good for us to be alone. You need friends and family!

God loves you and knows what you need. Jesus said,
"I will not leave you like children who don't have parents. I will come to you."
John 14:18

Jesus is alive and the Spirit of God lives in everyone who loves him. You can connect with him by simply talking with him. He is happy to hear from you! This is called praying. You can talk to him about everything using your own words at any time, no matter where you are.

You can be a follower of Jesus by believing in him and asking him into your heart. Jesus promises to send his Holy Spirit to be with us and comfort us. Learn about Jesus by reading the Bible and talking to other people who follow him.



Add the names of the members of your family on your very own tree. Don't forget your grandparents and cousins too.

Being a friend

One great way to reach out to people is to give them a call or send them a message.

You can write a thank you note, a note of encouragement, an 'I miss you' note or a 'Don't you wish you had a pet giraffe' note. Be creative!

The note you write will be a way to connect with someone.

Love one another deeply. Honor others more than yourselves.
Romans 12:10

Write a note here.



TIPS FOR OVERCOMERS

Love looks like this:

Love is patient. Love is kind.

It does not want what belongs to others. It does not brag. It is not proud.

It does not dishonor other people. It does not look out for its own interests.

It does not easily become angry. It does not keep track of other people's wrongs.

Love is not happy with evil. But it is full of joy when the truth is spoken.

It always protects. It always trusts. It always hopes.

It never gives up.

1 Corinthians 13:4-7

Look around you and thank God for the wonderful people living with you.

Make a list of people who are helping others (like doctors, nurses and shopkeepers) and pray for them.

Pray for those who can't take care of themselves.

Be a friend and find practical ways to help those in need.

Ask God to help you learn to love the people around you.

Match the professions listed to the pictures given.



Police officer



Delivery person



Cleaner



Nurse



Vendor



Doctor

Giants can appear in many forms in your life.

The coronavirus is a giant right now. But God is always bigger than all the giants we face.

He will give you strength to overcome them.

Let's learn from the true story of David, the overcomer.

You will read how a little shepherd boy took on a big giant, Goliath, who was taller and bigger than any basketball player or wrestler.

You will also see how God helped David overcome him with a sling and five smooth stones.

The story of David, the overcomer!

The Philistines and the Israelites gathered their armies together for war.

The Philistine army was camped on one hill and Israel's army on another.

The Valley of Elah was between them. Goliath was a mighty Philistine hero.

He was about three metres tall. He wore a bronze helmet, heavy bronze armour and bronze leg guards. He carried a bronze javelin and had a long spear.

Every morning and evening, Goliath shouted to the soldiers of Israel, "Choose a man to fight against me. If he kills me, we will be your slaves. If I kill him, you will be our slaves."

This went on for a long time. King Saul and the whole army of Israel were terrified. Nobody wanted to fight the giant.

One day, David visited his brothers who were in the Israelite army. David reached the camp just as Goliath stepped forward and dared the Israelites to fight him.

David said, "How can this man speak like this to the armies of the living God? Who does he think he is?"

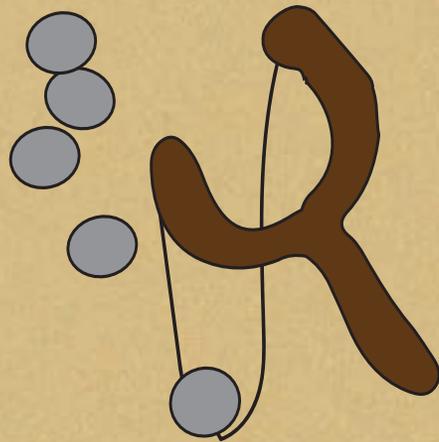
Then David said to King Saul, "I will fight Goliath."
Saul said, "You are too young, David. You know nothing about fighting."

David told Saul,
"I take care of my father's sheep. When a wild animal tries to carry off a sheep, I go after it. I have killed a lion and a bear. The Lord who saved me from those animals will save me from this Philistine."

Then Saul put a coat of armour on David and gave him a helmet. David wasn't used to wearing armour, and it was very heavy.

So David took it off. He went to the stream and chose five smooth stones. David put the stones in his shepherd's bag. Then he took his wooden staff and his sling and walked out to Goliath.

Goliath saw that David was young and didn't wear armour.
He said, "Why do you fight with sticks? Do you think I'm a dog? Come on!
I will feed your body to the birds and wild animals!"



David said to Goliath,
"You fight against me with a sword, a spear and a javelin.
But I fight against you in the name of the Lord.
He will help me. Then everyone will know that he is our God,
and he has all the power."

David ran to Goliath. He took a stone from his bag and put it in his sling.
He slung it at Goliath. The stone hit Goliath on the forehead,
and the giant fell to the ground on his face.
David was only a young shepherd boy.
But he trusted the Lord, and the Lord helped him to win the fight against
the giant Goliath.



(Excerpt from *Classical Children's Bible*, 2019.
Story taken from 1 Samuel 17.
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QUESTIONS FOR OVERCOMERS

- Who was Goliath and what did he want?
- Why did King Saul and the soldiers fear Goliath?
- What challenges, difficulties or fears do you face today?
- Why was David not afraid to face Goliath?
- What lessons do we learn about overcoming giants?



Draw a picture of David facing Goliath here.

Steps to becoming an overcomer!

Just like David, you may be facing your own challenges, difficulties and fears. It's important for you to know that the biggest giant the world faces is SIN. God loves you and will help you overcome sin. Think about doing the following things

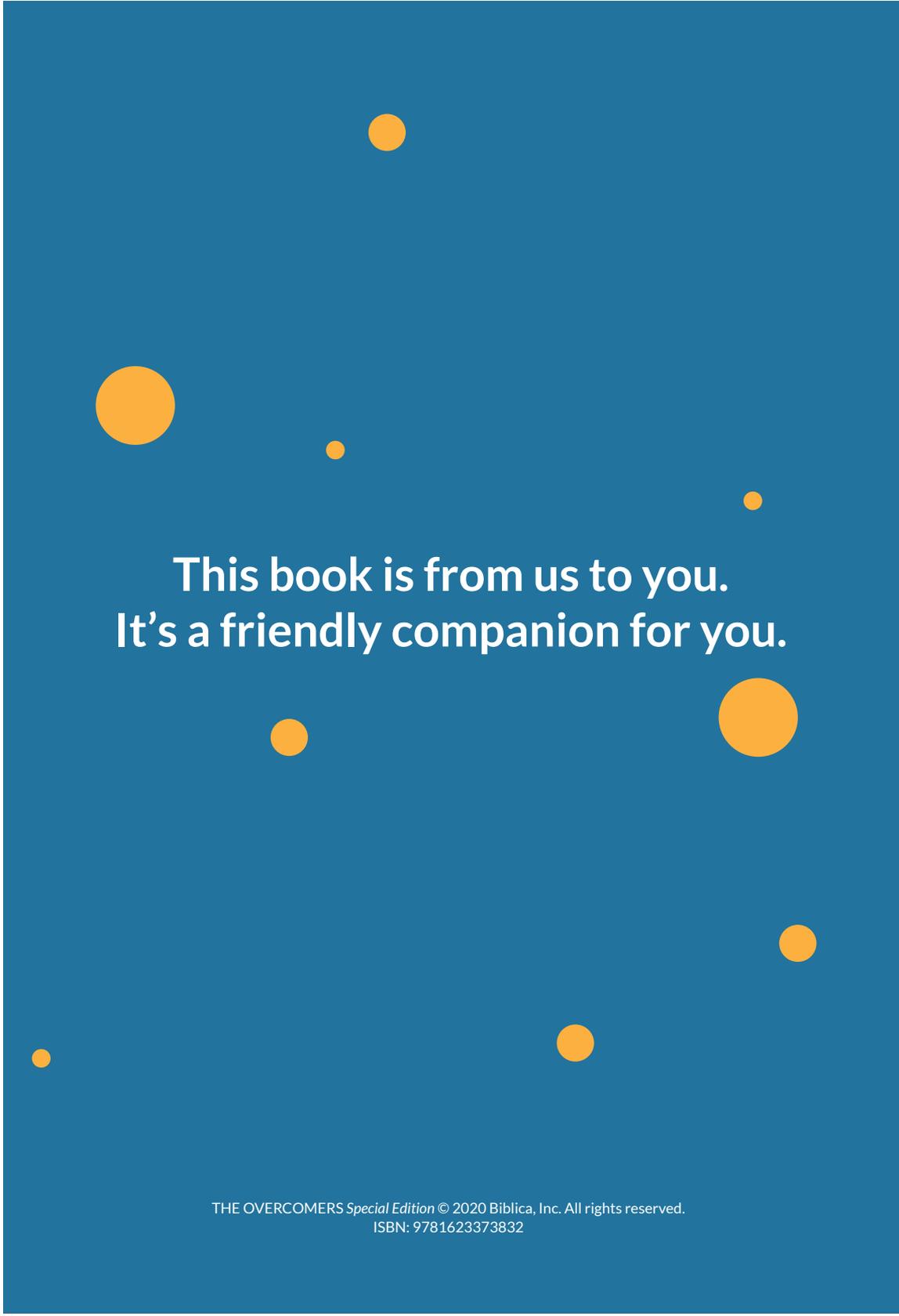
Accept Jesus by praying a simple prayer:
Dear Lord Jesus, please forgive my sins and come into my heart today.
Sometimes I'm afraid, sad, and lonely. I know I need you. Please be with me and give me your peace.
Amen.

Believe in Jesus for everything in your life.

Confess: Be quick to apologise to Jesus and those you hurt, whenever you make a mistake or commit a sin.

Develop godly habits. Like prayer, reading the Bible and being generous.

**Open your heart
and write down a prayer.**



**This book is from us to you.
It's a friendly companion for you.**