wids

MEK 4



God made each of us. He created us in HIS image—unique! Each and every one of us are special and unique!

In Case You Didn't Know...

The largest gingerbread house in the world is in Bryan, Texas. The house is about 2,500 square feet. The edible exterior was built over a wood frame to help keep it up year-round. It took 1,800 pounds of butter, 2,925 pounds of brown sugar, 7,200 eggs, 7,200 pounds of flour... oh and 1,080 ounces of ginger. One thing they didn't think of when they built it, the bees LOVE IT!





THIS MONTH'S Scripture

"I will praise you because I am remarkable and wonderfully made. Your works are wonderful, and I

know this very well."

Psalms 139:14

Remarkable worthy of attention; striking.

Wonderfully in a way that inspires delight or admiration; extremely well.

Let's Talk About

God created you and your value comes from God not from others. You need to stop finding your value or importance in what others say about you or how others view you. Be at peace with your body and how God made you. Because God created you in His image and you are **WONDERFULLY made!!!**

What my Body Does for me	WHAT I LOVE ABOUT MY BODY
WHAT'S UNIQUE ABOUT ME	What I can do to keep it strong and healthy

Mirror, mirror.

Write at least 5 genuine and true complements to yourself inside of the mirror. Practice picking up the mirror and reading those compliments to yourself. You can also practice saying these things to yourself into a real mirror.

