

# WHO AM I?

DEVOTIONALS

Written By Open Arms SDB Youth  
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# **Who Am I?**

**DEVOTIONALS**

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# DEDICATION

*Each devotional is written to the friends, family, and schoolmates of the young writers. They hope that their devotionals will be a source of spiritual growth for you all.*

# TABLE OF CONTENTS

## **DEVOTIONALS**

ANGER (Micah Roberts) .....	1
FORGIVING EACH OTHER (Liya Edwards)....	3
PEACE (Ameilia Hibbert) .....	5
PERSEVERANCE (Lianna Hibbert) .....	7
BODY IMAGE (Matthew Edwards) .....	9

## **Important Reminder for ALL**

Honor (Jahanna MacDonald).....	12
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*For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.  
Jeremiah 29:11 NKJV.*

# ANGER

*WRITER: MICAH ROBERTS*



He who is slow to wrath  
has great understanding,  
But he who is impulsive  
exalts folly.

**Proverbs 14:29 NKJV.**

One character in the Bible that was angry was Moses. In Numbers 20, Moses lost his temper and struck a rock twice even though God told him to talk to the rock. This cost Moses to not go to the Promised Land. He made his frustration get the best of him. Anger is a sin that will separate us from God and make us lose out on great rewards.

Anger will make us do things we regret. When I get angry I feel frustrated and rejected. I tell other people to leave me alone and that hurts their feelings. The Israelites did not make it easy for Moses and he got angry. I understand that feeling. If he was patient, he would have listened to God.

Sometimes when we get angry we hide our feelings inside. But storing the anger inside will make it hard to talk to God. Talking to God about our feelings help.

When we talk to our parents they can help us through it. Proverbs 14:29 says, anyone who is patient has great understanding but anyone who gets angry shows how foolish they are.

### **Reflection Questions:**

1. What has anger held you from doing right?
2. How do you feel after talking to a parent when you feel angry?

### **Prayer:**

Lord, we know anger separates us from you. please help us to not get angry easily. Let us not forget to be slow to anger. Lord, help us to be patient. Amen.

# FORGIVING EACH OTHER

WRITER: LIYA EDWARDS



“Be angry, and do not sin”: do not let the sun go down on your wrath,

**Ephesians 4:26 NKJV.**

We should always Forgive one another. Sometimes we may not want to but it can end up having negative side effects.

If you don't forgive one another you will have anger in your heart. When you don't forgive others you will have a grudge against that person. You will always be angry and that's not good. Forgiving the person will relieve that anger. So when you think about the situation you won't get upset. Ephesians 4:26 says ..."do not let the sun go down on your anger." Forgiving one another will make you feel happy and not angry.

Holding on to anger and not Forgiving others can lead to breaking up friendships too. If you can't forgive your friend for something they have done, how do you expect to hold onto your friendship? You will end up making your friend feel sad and it will be hard to hang out with them because of your grudge.



Sometimes it can be hard to Forgive someone for their wrongdoings but we can always talk to God or ask our parents for help. Not Forgiving each other can end up hurting others and friendships. So, we should forgive our friends and go back to being happy with them.

We should forgive others as God forgave us. God forgave the whole world for their sins and He is compassionate and is constantly forgiving us when we repent. As humans, we are not perfect and we all make mistakes. Just as God is always forgiving us, we can forgive others.

### **Reflection Questions:**

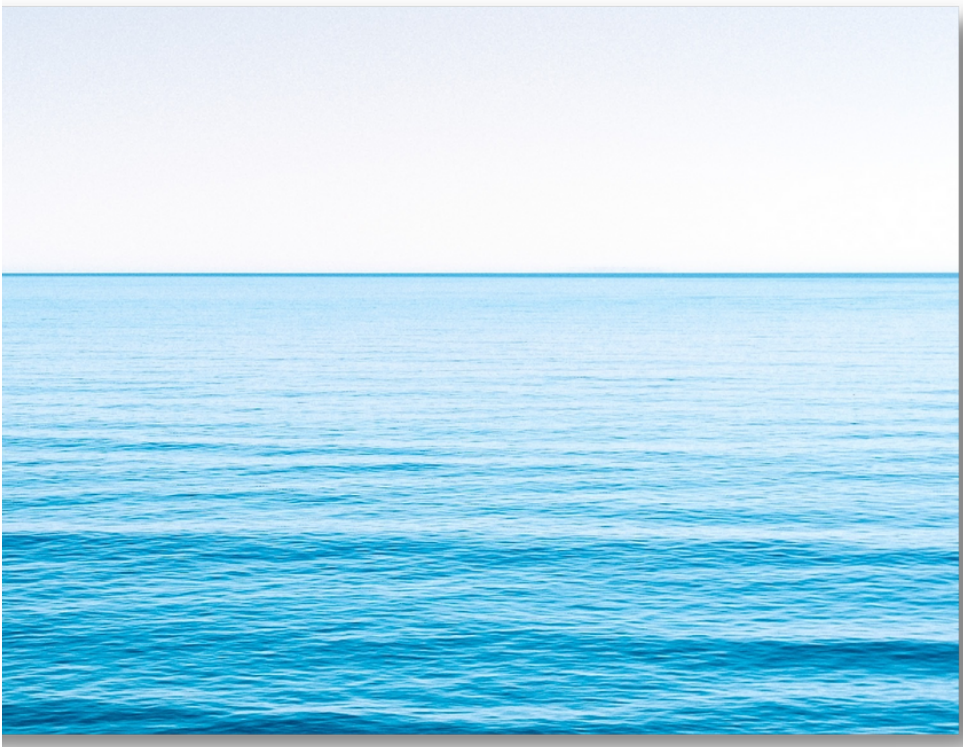
1. Has it ever been hard for you to forgive someone?
2. How can we deal with the situation?

### **Prayer:**

Dear Lord, help me to forgive others, even when it is hard. Remind me that if you can forgive me for all my sins, I can forgive others for theirs, amen.

# PEACE

*WRITER: AMELIA HIBBERT*



Depart from evil and do good;  
Seek peace and pursue it.  
**Psalms 34:14 NKJV.**

John 14 talks about how Jesus was talking to His disciples shortly before being crucified. He tells them He will be leaving them with a spirit of peace. He knew they would be scared and sad because he was leaving, so he gave them peace.

As Christians, we must be peaceful at all times. There will always be roadblocks and things that try to throw us off our path, but we must all remember that God gave us a spirit of peace and we must remain peaceful.

I know that we will all get mad, sad, anxious, disappointed and confused on this journey but we must remember to always remain peaceful.

## **Reflection Questions:**

1. Have you ever been mad or upset? How did you remain peaceful?
2. Has there ever been a time when you weren't peaceful?

## **Prayer:**

Dear Heavenly Father, I pray you will help us all to remain peaceful, that when times get tough or we are angry or upset You will help us to stay peaceful. Please bless our families and our homes, help the sick get better and minister through me, amen.

# PERSEVERANCE

*WRITER: LIANNA HIBBERT*



Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, **James 1:12a ESV.**

"For nothing will be impossible with God."

**Luke 1:37 ESV.**

Most often when doing a difficult task it may seem impossible, but it only seems impossible at the moment. Luke 1 talks about how nothing is impossible for God and it's true! When David had to fight Goliath for the Israelites it didn't look like he even had a tiny chance of winning, but God was with him the whole time and made him win, all because he had faith.

Always remember to pray about it. Even though God already knows your situation, it is good to tell Him about it so He can give you the strength to keep trying. Speaking to someone about your problems is good for

you because sometimes you may even recognize a solution and it's the same way with God!

When persevering you should always make sure your goals are right. Go and trust God to know what He is doing because sometimes He will want you to keep trying so that you can learn new things along the way, or you aren't prepared to succeed at them and He's preparing you.

### **Reflection Questions:**

1. Have I ever been in a situation where I had to persevere?
2. What did I do?
3. Do I trust God to work it out in the end?

### **Prayer:**

Dear God, I pray that you will give me the strength and help to persevere in any situation that comes my way. Please be in my heart and have favour on me and every situation. In Jesus's name, amen.

# BODY IMAGE

*WRITER: MATTHEW EDWARDS*



I praise you, for I am  
fearfully and  
wonderfully made.

**Psalm 139: 14a**

David verse Psalm 139:14 is a sign of praise to God, that he is made in such a unique and intricate way. David was rejected and was no more than a shepherd boy but God gave David the strength to battle lions and rescue God's people. God made us with a purpose in mind. God knows the greatest possibilities more than we can imagine. God made each and every one of us unique, whether it is our eyes or mouth. He loves and knows our purpose. (See Ephesians 2:10). We should always praise God no matter how we look.

Now let's focus more on what God says about our body. It is very crazy to think we are not beautiful, or not wonderfully made. One day, I woke up, spread my bed and went to brush my teeth. I looked in the mirror and I remembered my grade 6 photo and I still wondered, "how does my picture make me look so fat?" Then I remembered someone super-mighty that loves me for who I am, no matter the way I look. God is the author and finisher in our book of life. God blessed us in a unique way and knows our hearts. He created us in the likeness of His own image. ( See Genesis 1:27). God loves us the way we are more than we could imagine. Often, it is very easy to think of ourselves as not beautiful or to say "I am ugly." We might judge base on our size like "I'm not tall enough" or "I'm super fat." The devil often infiltrates us to think that we are not worthy or made in the likeness of God. Sometimes, we also compare ourselves with celebrities or even our friends. God loves us more than we could possibly imagine. When false beliefs come up in your head, say "I am chosen." Then recite Psalm 139:14.

## **Reflection Questions:**

1. Have you ever felt insecure about the way you look?
2. How does now knowing Psalm 139:14 and that you were created by the Almighty God change the way you view yourself?

## **Prayer:**

Dear Lord, I thank you for making me in the likeness of your own image. Lord, help me to remember that "I am chosen" and should love the way I look. help me to resist those negative thoughts in my head. In Jesus' name, amen.



**IMPORTANT  
REMINDER FOR ALL**

# HONOR

*WRITER: JAHANNA MACDONALD*



Honor is having high respect for someone or something or being grateful, for example saying “I honor my parents ” is having respect for them. In the Bible Exodus 20:12 says, “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you”. "Obedience to parents is an aspect of honor and is a tool for inculcating God’s way of life and wisdom in dependent children. Obedience is a technique for hearing and applying God’s words and way distilled through parents so God’s life-giving way is rooted deeply in the soul." (Relevate Counseling Ministry). Trusting and loving God is then a way of life, expressed through wisdom.

**THANK YOU FOR  
READING!**

