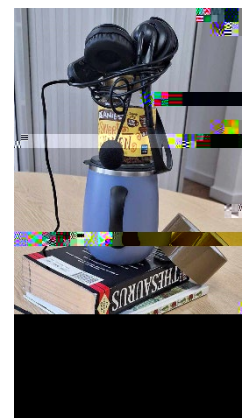




Join in with to the song 'grow up' by Kidvue
<https://youtu.be/-mne7u8eeSE?si=VYkcQRRz16ra3VOJ>



Can you play a game where you need to balance as many items as possible on top of each other without them toppling over? You may do this with others and see who can build the biggest tower, or you may play alone and give yourself a minute to build the tallest tower, can you beat your score of items?



A prayer for when you stand on the scales or weigh something:
Dear God, please help me get a good balance in life and ensure you are part of it every day. Amen



Bible Reading Proverbs 24: 30-34



I walked past a field that belonged to a lazy man. It was a vineyard that belonged to someone who understood nothing. Weeds were growing everywhere! Wild vines covered the ground, and the wall around the vineyard was broken and falling down. I looked at this and thought about it. This is what I learned: a little sleep, a little rest, folding your arms, and taking a nap— these things will make you poor very quickly. Soon you will have nothing, as if a thief broke in and took everything away.

I wonder what it is you care for?

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