

2 Not everything is good for us

We all like cake. But if we only ate cake, we would not get all the nutrients we need to live. We require a balanced diet of things in this world to be healthy. We need a little bit of fun, a little bit of work, a little bit of learning, a little bit of rest, and a little bit of praying all mixed up in a healthy life salad.

Paul writes, **“Everything is permitted, but not everything is good for me. Everything is permitted, but I will not be controlled by anything”**

1 Corinthians 6:12

Activity: I wonder if you have ever had too much of something. How did it make you feel?

3 Doing good is acting like Jesus

Jesus went around doing good and healing people.

Acts 10:38

learn to devote yourselves to good works. *Titus 3:14*

God is good. Jesus did good things. We do good things, too. We act like Jesus who is the image of God.

There are many good things we can do in the world. The most important of these is being a friend and a helper. When we are friends and helpers of others we act just like Jesus.

Activity: I wonder if you know anyone who devotes themselves to doing good things. Are they a firefighter? A teacher? A parent? A scientist? A nurse? A member of your church? Write their name and draw a picture of them doing good things.

