

# God is Faithful

Based on Noah's Story

Girls' Brigade International  
Devotional and Teaching Materials

*January 2021*

## OFFICERS' TEACHING GUIDE

Prepared by **ASIA FELLOWSHIP**

**the girls' brigade**  
girls' lives transformed  
god's world enriched



# Words from Mrs. Tay Poh Imm International Vice President – Asia Fellowship



Dear Chaplains, Officers and Girls,

As we face the covid-19 pandemic together, how do we remain faithful and hopeful in these challenging times? How do we help our officers and girls to find safety in our unchanging God when everything in their familiar world is being shaken?

There are many lessons of hope and strength we can draw from Noah's time in the ark during the global flood that parallels the lockdowns we are experiencing in many countries as covid-19 floods our world. This devotional seeks to bring God's love and truth to us that will help us remain faithful and hopeful in this time.

These materials are prepared for 5 weeks of teaching and each week there are daily devotions for 5 days as part of the preparation of that week's teaching.

Week 1 introduces the story of Noah's Ark as an overview, focusing on God's faithfulness in reaching out to Noah and bringing him and his family and the animals safely through the flood. In Genesis 6:1-9:17, it points out ways in which they see God's care and love for Noah.

Knowing that God is faithful, weeks 2-5 then focuses on our response in this pandemic. Because God is Faithful – We can TRUST, WAIT, OBEY and PRAISE him.

WEEK	THEME
Week 1	God is Faithful
Week 2	God is Faithful – We can TRUST
Week 3	God is Faithful – We can WAIT
Week 4	God is Faithful – We can OBEY
Week 5	God is Faithful – We will PRAISE Him

The following resources are prepared and can be distributed to the officers and girls. This is how you could use these resources materials :-

- A) God is Faithful Officers Teaching Guide –for Officers
- B) God is Faithful Officers Teaching Slides –for Officers
- C) God is Faithful Devotions –for Seniors
- c) God is Faithful Worksheet –for Girls (Junior and Seniors)

In His Service,  
Mrs. Tay  
IVP Asia Fellowship



Girls' Brigade Worldwide

## Week 1 - God is Faithful

For great is your love, higher than the heavens;  
your faithfulness reaches to the skies.  
Be exalted, O God, above the heavens;  
let your glory be over all the earth.  
Psalm 108:4-5 (NIV)

God is faithful! We see God's faithfulness in the sun that always rises each morning, the flowers that bloom every spring and the birds of the air that find food and shelter every day.

But God's faithfulness goes far beyond these daily mercies. "God is faithful" means that – God keeps His promises. God does not lie; He is trustworthy and every Word He says can be absolutely trusted.

God is faithful also means that God is gracious – He provides and cares for our every need. God remembers us and does not forget us in our troubles. God's faithfulness assures us that He will never leave us nor forsake us – He alone is our most faithful Friend who stays with us through both good and bad times.

Lastly, God is faithful because His banner over us is His Sovereign Love. God not only loves us unconditionally as our Heavenly Father, but He is our Mighty God who is Sovereign and in control of all things and is fully able to do exceedingly, abundantly more than we can ever ask or imagine! (Ephesians 3:20)

The rainbow in the sky is a sign and reminder that God is faithful - He keeps His promises!

How did the rainbow come about? Looking at the rainbow, we are reminded of the story of Noah's ark in Genesis 6-9. There are many lessons of God's faithfulness in the story of Noah's "lockdown" in the ark during the flood that we can draw from as we face the current pandemic when covid-19 floods our world with many countries in lockdown mode. Let's look at Genesis 6-9 and the truths about God's faithfulness that we can anchor our faith upon in this season.

### Genesis 6:1-9:17 – The story of Noah's Ark (A summary)

God was grieved when He saw that men were becoming increasingly wicked towards one another and how every thought of man's heart was evil all the time. God's heart was filled with pain that He had to wipe out the wickedness and evil on earth with a great flood.

There was a man named Noah. Noah was God's friend – Noah walked with God and was righteous and blameless among the people of his time.

**God is gracious.** Noah was not completely sinless, but God in His faithfulness chose to save Noah because God saw that Noah loved God.

**God is faithful** – God remembered Noah when He sent the great flood to destroy the whole earth. God reached out to care for Noah and his family. God taught Noah how to build an ark and gave him specific measurements for it (450 feet x 75 feet x 45 feet). God even taught Noah how to waterproof this first boat by coating it with pitch. The ark was more than a big boat - God told Noah to build 3 storeys for the ark, rooms and a roof too! The ark was to be a safe home, a refuge and shelter where God would keep Noah and his family safe during the world-wide flood.

---

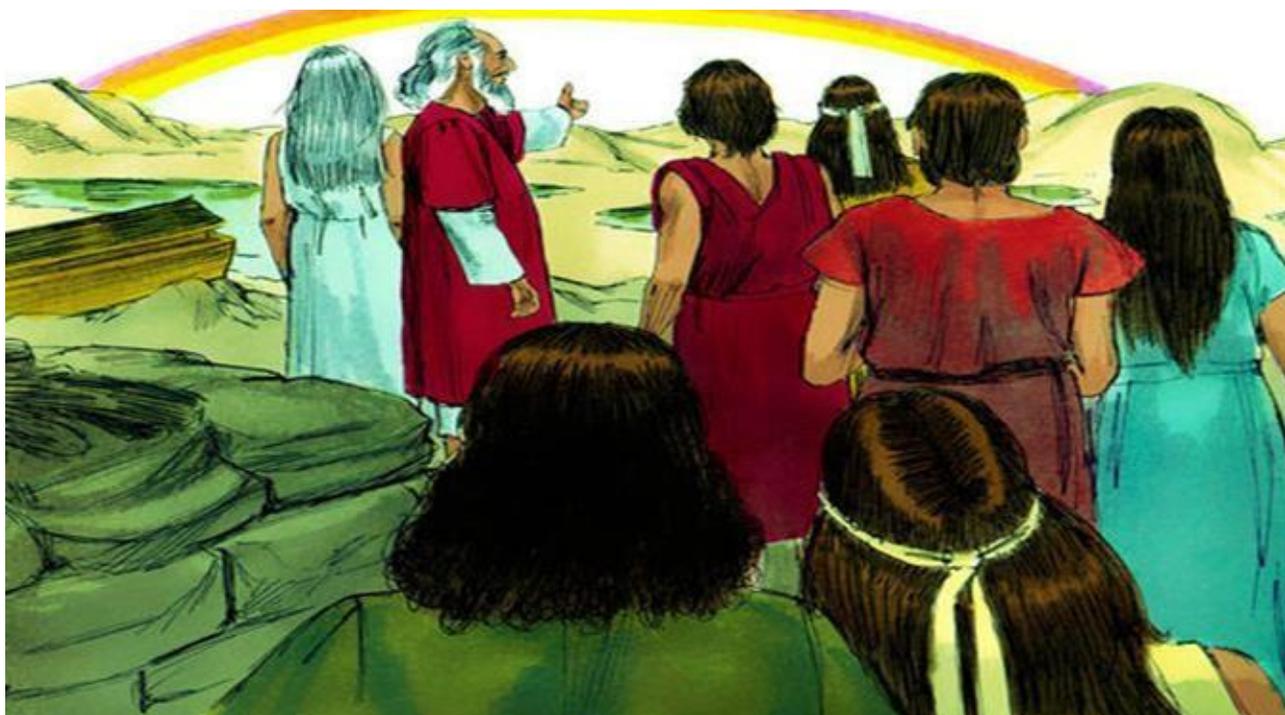
**God is faithful** - He did not forget the animals too! He told Noah to take male and female pairs of every animal into the ark and brought the animals to him. God provided enough food for Noah to take into the ark to feed his family and all the animals too! Finally, after his job was done, Noah entered the ark and God personally and lovingly shut the door of the ark to keep Noah safe!

**God is faithful** and what He says always comes true. Seven days after Noah entered the ark, the springs of the deep burst forth and the floodgates of heaven opened, and heavy rain fell on the earth just as the LORD had told Noah. The bible tells us the storm raged on for 40 days and 40 nights and covered the whole earth including the mountain tops – every living thing that moved on the earth perished, except for Noah's family and the animals in the ark.

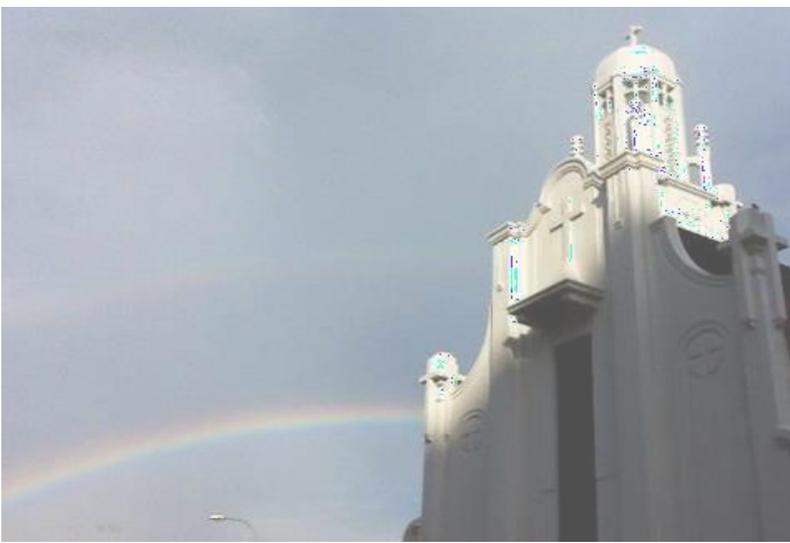
**God is faithful** because He is sovereign and He is in total control. He was able and mighty to lovingly protect Noah's family and the animals and keep them safe in their ark-home as it bobbed up and down the rising waters and raging flood.

**God is faithful** – God did not forsake Noah and his family and the animals during their lockdown in the ark. Noah was not in the ark for just 40 days and nights. The waters continued to cover the earth for another 150 days and they stayed inside the ark for about 12 months while waiting for the waters to dry up. Throughout this time, God did not leave them but continued to protect and provide for all their needs in the ark.

Finally, the waters dried up and God commanded Noah and his family to come out of the ark and all the animals with them. God showed them a beautiful first rainbow – as a sign of His covenant promise that he would never destroy the whole earth and all life with a global flood again. Till today, the rainbow – with its seven colours linking us to our Father God in heaven, stands as a beacon of hope to us – to remind us that God is faithful and God always keeps His promises!



<https://www.freebibleimages.org/illustrations/noah-ark/>  
(Source: Sweet Publishing / Freebibleimages)



Courtesy of Rebecca Chew, Singapore,  
Kampong Kapor Methodist Church

The story of Noah's ark is a true story found in the bible. It is not a legend nor a fairy tale. Mount Ararat where Noah's ark came to rest on in the bible is a mountain in today's Eastern Turkey where different geologists have found sightings of hand-crafted wood that fits the description of the ark. God is faithful and His Word is always true and trustworthy!

This week, we have learnt from Noah's story how God was faithful. In the coming weeks, we will draw lessons from Noah's life on how we can remain faithful and hopeful in these challenging times too. We remain hopeful because God is faithful. We remain faithful by Trusting, Waiting, Obeying and Praising God like Noah did!

**Living it out (Application):**

In this pandemic, when covid-19 affects every part of our world, we can trust that God will be faithful. Just as God did not forget Noah when the floods came but was gracious to protect, provide and care for Noah's family and the animals, we can trust that God will be faithful in this season to care for our every need in this pandemic too. God's banner over us is His Sovereign love ~~as~~ given by His sign of the rainbow which we still see today!

In the midst of the pandemic in Singapore on 22 September 2020, God was gracious to show us a beautiful rainbow – in the form of a circle halo encircling the sun – as a reminder of God's complete faithfulness that encircles us and keeps us in His covenant of love every day!



Singapore, 22 Sept 2020

***Apply it a step deeper:***

Beyond the flood and the pandemic, just as in Noah's day, God's grief and judgement regarding sin is real today too. God will have to judge sin, but He extends saving grace to us like he did for Noah – a way of rescue through His sinless Son Jesus Christ who died on the cross for our sins. The ark is for us a picture of Christ – those who enter into Christ's salvation, like Noah are spared the wrath of God's judgement on sin. Through believing in Jesus, we experience the faithfulness of God – the perfect union of His grace, mercy, justice, love and sacrifice in uncompromising holiness, culminating in the promise of eternal life with God forever! Let us find refuge in the safety of Jesus' care and salvation today!

**Questions to ponder:**

- 1) What are some reminders of God's faithfulness that you can see around you?
- 2) As you listen to Noah's story, pick out ways in which you see God being faithful in His care of Noah, His family and all the animals.
- 3) Which aspect of God's faithfulness comforts you in your situation today?
- 4) What are some promises of God that you are trusting Him for in this season?

# ACTIVITIES FOR JUNIOR AND SENIOR

## ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION

(depth of application can vary for kids and youths)

### 1) KEEPING TRUE TO MY PROMISES

#### Materials required:

- 1) Craft items (anything from papers to ice-cream sticks or things you can find or recycle)
- 2) Writing Materials (Colour pencils/ Pens etc)
- 3) A3 / A4 Size paper/board

#### Activity:

In the devotion, we learnt about God's faithfulness, His Promises and He keeps His promises. Today we are going to do a craft to remind us of God's promises despite the storm that is happening outside the ark. We are also going to write down the promises that we make and what are the "storms" (i.e distraction) that make cause us to break our promises.

#### How to do:

- 1) Divide your paper/board into half and draw a line.
- 2) On the left side of the paper/board, draw what you learnt during the devotion. Write down God's promises.
- 3) On the right side, write down the promises you can make (example: I will pray every day. I will respect my parents etc) on the top. At the bottom, write down the "storm"/distractions that may cause you to "break" the promises.

#### Example:

**God's Promises**

God is gracious  
GOD does not lie  
GOD IS FAITHFUL

Insert your own creative Noah's ark craft here!

My Promises	Did I keep my promises? If no, why?
I will read my bible everyday	
I will pray everyday	
I will not scream at my siblings	

Surfing the internet  
Playing  
I want to watch show

## **IMPORTANT: Be Creative! Design your board!**

*Review your board weekly and add in more information as you continue to learn the word of God.*

### **2) Rainbow Craft**

God will never stop loving me or break His promises. I can be faithful to Him and other people because He shows me how to be faithful.

Faithfulness is being dependable, trustworthy, and loyal in my relationship with God and with other people.

#### **2.1) Faithfulness Necklace**

##### **Materials:**

- 1) Strings
- 2) Beads of different colours (If no beads available, use recycle materials. Example: using recyclable materials like coloured paper / glue to roll into beads, etc.)

##### **How:**

As each bead is being strung, think about God's faithfulness that He has done in your life. This can be done as a group activity as well where everyone share about God's faithfulness in their lives.

#### **2.2) Make a rainbow**

##### **Materials:**

- 1) Papers of different colours
- 2) Cotton buds / White papers cut into cloud shape

##### **How:**

- 1) Write God's promises / something you promises to do at each coloured paper.
- 2) Do up the rainbow craft (Some ideas below):

<https://pagingsupermom.com/easy-rainbow-kids-craft/>

<https://www.easypeasyandfun.com/rainbow-paper-craft/>

### **2.3) Rainbow pop-up card**

Know of someone who may be discouraged during this period of difficulty time Send a card to remind them of God's promises. You may also want to write the promises on the rainbow stripes.

Materials:

- 1) Papers of different colours (in strips)
- 2) A4 size Card paper
- 3) Glue
- 4) Scissors
- 5) Markers / Writing Materials

<https://iheartcraftythings.com/rainbow-card.html>

<https://www.redtedart.com/pop-up-rainbow-card/>

### **2.4) #Hashtag Challenge**

Challenge the older girls to share in their social media messages of positivity through Noah's Story and God's faithfulness with hashtags:-  
#godisfaithful #iamGB



## 6 Life Lessons from Noah's Ark

**The story of Noah tells of the faithfulness of God.**

*For great is your love, higher than the heavens; your faithfulness reaches to the skies. Be exalted, O God, above the heavens; let your glory be over all the earth. Psalm 108:4-5*

**The sign of rainbow was given by God to Noah as a visual sign of His covenants are binding and His promises are true.**

*You know with all your heart and soul that not one of all the good promises the Lord your God gave you has failed. Every promise has been fulfilled; not one has failed. Joshua 23:14b*

**Noah held on to God's Word and His Promises, who is all-knowing and all-powerful.**

*God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfil? Numbers 23:19*

**Learn from Noah to proclaim God for who He is in our lives, be willing to share.**

*And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness," Exodus 34:6*

**Like Noah, we could say: With Christ in our vessel, we can smile at the storm. We can even soar above the storm.**

*God has said, "Never will I leave you; never will I forsake you." Hebrews 13:5b*

**Noah was fervent in his faith. We put our faith in God for His faithfulness never fails us.**

*For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God. 2 Corinthians 1:20*

Week 1 Day 1

Prayer focus: God is faithful - God keeps His Promises

*You know with all your heart and soul that not one of all the good promises the LORD your God gave you has failed. Every promise has been fulfilled; not one has failed. Joshua 23:14b (NIV)*

### Adoration

You, O Lord, are our promise-keeping God. We exalt you and praise your Name, for in perfect faithfulness you have done wonderful things, things planned long ago. You alone are the only faithful One.

### Confession

Too often, we doubt Your faithfulness. Forgive us for not holding firm to Your Promises for us, choosing instead to be tossed by the waves of doubts in our lives. Give us faith like Noah to patiently endure life's storms and hold fast that Your Word is true.

### Thanksgiving

Thank you, Father God for Your love and Your promises. Even when we are faithless, You remain faithful, for you cannot disown yourself and you love us with a steadfast, unconditional love. Thank you for being a promise-keeping God, answering our prayers again and again, both small prayers and big concerns too.

### Supplication

As the pandemic rages on and world systems (jobs, health, resources) are being shaken, we stand firm on Your Promises that You are our Provider, Healer, Deliverer and Saviour – our safe Refuge in this storm. We know in our hearts that our faith will not be in vain for You are merciful and trustworthy. When our faith grows dim, please bring a rainbow of Your Promise from Your Word to comfort and strengthen us, reminding us that You are with us in this storm and every good promise from you will be fulfilled. Use us to also bring Your Promises, encouragement and practical help to those around us.



### Thought for the day

God gave Noah and us the sign of the rainbow as a visual reminder that His covenants are binding and that He always keeps His Promises. Which promise has God given you that you often easily forget and are struggling to trust Him for? Will you take some time to write the bible verse in your journal or make a visual reminder of it by painting it on a pebble or a calligraphing it on postcard and put it up in your bedroom / work desk? Take time to pray through God's promise given to you each day and allow God to open your eyes to see how He is working in your life.



# WEEK 1 DAILY SHORT DEVOTIONS

## Day 2

Week 1 Day 2

Prayer focus: God is faithful - God does not lie

*God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfil? Numbers 23:19 (NIV)*

### Adoration

Dear God, thank you that you fulfill your promises and act upon your word all the time. We praise you that you do not leave us wanting, and you do not lure us with lies. Thank you that we can trust you to bring about what you said you would, that you are our fortress and stronghold at all times.

### Confession

Forgive us, Lord, when we are discouraged by the scenes around us - when the wicked seem to prosper and your promises seem to be slow in coming - and we doubt your goodness. Forgive us when we take our eyes off your wisdom and strive to complete tasks with our own strength and in our own time. Teach us, O Lord, to wait on you and trust you completely.

### Thanksgiving

Thank you God for lavishing your love on us in giving us your Son to die for our sins, that we may come back to you in a sweet relationship. Thank you for meeting our needs and strengthening us when we are weak, and enabling us to overcome our shortcomings.

### Supplication

Lord, we pray that we would humble ourselves to know your plans for this world, that we may know that you are the God who loves and desires us to prosper according to your design and purpose. We ask that country leaders would act responsibly in these times of difficulties, making policies to help their countrymen live and work in safe environments.



### Thought for the day

When God told Noah to build an ark to hide from the rain, people had never seen rain before. It seemed like a joke, and God a liar. But God did not have to lie, exaggerate or fabricate his abilities. When God said that He had to punish the sinful world then, He did it His way and in His own timing. We may not understand completely what God's design is, and sometimes things may not seem to be even logical; but God is all-knowing and all-powerful, He will bring to pass what He said He would do. Are there promises God has made to you, your GB Company, your family and your country? Hold God to His word. Trust Him for His faithfulness.



Week 1 Day 3

Prayer focus: God is faithful - God is gracious

*And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness," Exodus 34:6 (NIV)*

### Adoration

O Lord your Grace is sufficient for me, your power is made perfect in my weakness. We praise you Lord for you are our Great, compassionate and gracious God, abounding in love and faithfulness and most worthy of our praise.

### Confession

We confess O Lord, that we often try to do things in our own strength. We often complain when things do not go our way. Forgive us Lord for our lack of faith in Your infinite wisdom and power. Thank you for being patient and slow to anger towards us. Help us to trust you, obey you and do all that you have called us to do, just as Noah trusted and obeyed God when He told Noah to build an ark.

### Thanksgiving

Thank you God for your patience and graciousness towards us. You do not treat us as our sins deserve but you sent your Son our Lord Jesus who paid the ultimate price for our salvation by dying on the cross for our sins and rising from the dead three days later, and now sits at the right hand of God, our Father. Thank you that we can live free from the bondage of sin and death. Thank you that we can now have direct access to God and have an intimate relationship with Him. Thank you for your assurance that though outwardly we are wasting away, we are inwardly being renewed day by day.

### Supplication

We pray for people whom you have placed in our lives, that as we develop as a community, help us to build each other up and be your vessels for your good purposes. We pray for those who have deep hurts and unforgiveness in their hearts, that they will find real and lasting peace that only You can give. May they experience your grace and compassion that enables them to extend that same grace and forgiveness to others. We pray for friends and family who have yet to accept you as their Lord and Saviour, that they will experience your love and know that their hope is in Jesus alone.



### Thought for the day

God told Noah that he was going to put an end to all people. He told Noah that he was going to save him and his family by telling him to make himself an ark of cypress wood and giving detailed instructions on how to build it. Noah did everything just as God commanded him. What is your response to God's instructions, warnings, and promises concerning His judgement and salvation? Have you experienced God's grace in difficult circumstances? How can you also extend that same grace and compassion to others that reflects God's righteous graciousness in your life?

## Day 4

Week 1 Day 4

Prayer focus: God is faithful – God will never leave us nor forsake us

*God has said, "Never will I leave you; never will I forsake you." Hebrews 13:5b (NIV)*

### Adoration

Father God, You are perfect in all of Your ways, that's who You are! Jesus, Son of the Living God, to whom shall we go? You have the words of eternal life! Spirit of God, where can we run from Your presence? Even in the darkness of the night and the darkest of days, you are there!

### Confession

Search our hearts O God, as we come before you, acknowledging our impatience, our wilful ways and our failure to trust in your unfailing goodness and love. Forgive us for being immune to the truths you wish to reveal to your daughters in this pandemic. Hide us not away from Your presence O Lord and take not Your Holy Spirit from us. Have mercy O Lord!

### Thanksgiving

Lord God, we give thanks You are present with us in this pandemic-lockdown as you were with Noah and his family in their 'lockdown' in the ark. We are assured that we, your children are neither forgotten nor abandoned, because You are Immanuel, God with us, our Wonderful Counsellor, Mighty God, Everlasting Father and above all, the Prince of Peace.

### Supplication

Father God, open the eyes of our hearts that we might see you at work in our lives. Open the ears of our hearts that we might hear you clearly. Let our feeble faith arise as we wait and learn to be still and know that You are Our God. Help us to encounter Jesus, our Divine Captain, who is in our boat in the midst of the rise and fall of this pandemic. The wind and the waves around us still know Your voice and name. We bring our fears and tears before You. Teach us to rest in the midst of this storm that will pass because You are with us. Whom or what shall we fear?



### Thought for the day

With Christ in our vessel, surely we can smile at the storm and be the messengers of hope, joy and peace. Remember, we have been engraved, ('tattooed' as it were), in the palm of His hands. How easily we forget the wif of God's presence in our lives, preferring the instant gratifications of our day. Our faithful God is as close as the mere whisper of His name! How can we learn to stay connected 24/7 as we go about the Father's business at home, at school, at work, at play and in community? May we know His power and strength and soar with Him above the storm as we navigate the new normals in this pandemic. And like Noah, may our hearts be reset, rewired and renewed as we stay in conversation and walk with God.



Week 1 Day 5

Prayer focus: God is faithful – God is Sovereign

*For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God. 2 Corinthians 1:20 (NIV)*

### Adoration

Faithful you are, Lord, and faithful you will forever be. All your promises are “Yes” and “Amen”. How marvellous it is that we can trust in the finality of your word. For when you say “Yes”, you mean it through and through. There really is no one like you; the one who has kept every single one of your promises and will continue to do so, even in times of trouble. Like a solid rock, your faithfulness is steadfast and true.

### Confession

Forgive us Lord for our fickle ways where in these volatile times, we have said both “yes” and “no” in the same breath, succumbing to fears, worries and doubts within seconds. Forgive us for our ‘Peter moments’ where we have taken our eyes off Jesus while walking through these stormy seas, flailing about in fear. We are sorry for the times we have fallen away and given up on our faith instead trusting that you always come through, Father. Have mercy on us as we confess our faithlessness O Father.

### Thanksgiving

Thank you Father, that you are a Man of your word. Even during the unpredictability of this pandemic, if there is one thing that we can trust in, it is in your promises. We find comfort and confidence in the countless times you have fulfilled what you set out to do. So, Lord, our confidence is in your faithfulness and we are grateful for the security we find in you.

### Supplication

Help us today to rest in the confidence of your faithfulness. Father, help us truly believe in the sureness of your word; that when you make a promise, you keep it. Amidst the fears, doubts and worries that may weigh us down, help us to simply believe in your “Yes” and “Amen” fulfilled to completion through your son, Jesus Christ. Help us to say ‘Yes’ to your plans even if we may not fully understand.



### Thought for the day

Noah and everyone on the ark must have worried constantly while they waited for the storm to blow over and for the waters to recede. They must have watched in anticipation as the raven Noah sent out flew back and forth with no place to land. Then, again, they waited patiently for the dove to return with signs of life. In the past few months, we may have felt that way, waiting for signs of normalcy. Perhaps as life resumes, it may not be entirely normal. “Will it ever end?” our hearts may cry quietly. Yet, like Noah, may we be so fervent in our faith, knowing that all throughout the rains, God’s protection is so real (How amazing that an entire ark full of humans and animals was sustained for days on end!). Let us place our trust in God knowing that His faithfulness never fails! After all, Noah’s trust in God was proven when the dove returned with an olive branch in its beak and a beautiful rainbow to show that his promises would not just end there. Glory be to God for his unfailing promises!

## Week 2 - God is Faithful – We can TRUST

Trust in the LORD with all your heart  
and lean not on your own understanding;  
in all your ways submit to him  
and he will make your paths straight.  
Proverbs 3:5-6 (NIV)

Trust is an important aspect in all relationships and friendships. When we trust someone, we believe what they tell us, we share with them our secrets, our deepest fears and we look to them for help when we are in trouble.

A story is told of a boy who escaped to the roof of his burning house as the flames engulfed the building and thick black smoke rose all around him. In the midst of the dark smoke, the boy heard his father call out to him from below, "Jump son, jump!" "But Daddy, I can't see you," the boy shouted frantically. "Don't worry, son. I can see you and that is all that matters. Jump and I'll catch you," the father replied. The boy jumped because he trusted that his father could catch him and he was saved.

Trust in God our Heavenly Father is called Faith. In Hebrews 11:6, the bible says "without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him"

To trust God is to believe who God is, what His Word says and to also have confidence in His love and will for us. Proverbs 3:3-5 reminds us not to lean on our own understanding but to trust in the LORD with all our heart. Like the little boy on the roof, relying on our own wisdom is like trying to see through a thick smoke – with very limited vision and understanding of what lies ahead. Instead, we are to trust and have faith in God Almighty, our Heavenly Father who loves us immensely, knows the future and is able to guide and save us in all situations.

In Hebrews 11:7, Noah was commended for his faith and trust in God. "By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family . . . and became an heir of the righteousness that is in keeping with faith".

### Genesis 6-7 (Noah's trust in God)

In Genesis 6, when God told Noah he was going to send a flood, Noah trusted God's words. He did not lean on his own understanding but fully submitted to God's plans when God told him in sunny weather to build a huge ark, miles away from the nearest sea. His neighbours may have thought he was crazy but Noah's trust was borne out of a close friendship and a daily walk with the LORD (Genesis 6:9).

Noah trusted and followed God's very specific dimensions for building the ark for his family and instructions to take male and female pairs of every animal into the ark to keep them safe. Noah trusted God fully - he did not question God but did exactly what God commanded. It must have been scary when the floodgates of heaven burst open and the heavy rains plummeted the roof of the ark. The rising seas gradually lifted the drifting ark high above the tallest mountain tops. Through it all, though Noah had no visibility of what was happening outside and where he was headed to, Noah trusted in God's love for him, His promised word and His power to keep them safe in the ark. Noah's trust was not in vain – God did keep Noah's family and the animals safe in the ark even though all living creatures which move along the earth perished in the flood outside. God is faithful.

### **Living it out (Application):**

Like Noah, we can trust God because God is faithful and His Word is true.

*Though the mountains be shaken,  
and the hills be removed,  
yet my unfailing love for you will not be shaken  
nor my covenant of peace be removed,”  
says the Lord, who has compassion on you. Isaiah 54:10 (NIV)*

Isaiah 54:10 tells us that though the mountains be shaken, God's unfailing love for us will never be shaken and his covenant of peace will not be removed. The usual structures and pillars in our society are being shaken – our jobs, health and medical systems, air travel and even our usual way of worship and church services. But like Noah, let us maintain a daily walk with God that will help us trust Him. Noah found refuge in God's ark.

In Psalm 91 God promises us that God himself will be our Refuge and Fortress – in Him we will find safety and shelter during the storms of life.

To trust God means to have faith and confidence in what we hope for and assurance about what we do not yet see with our physical eyes (Hebrews 11:1) because of who God is. Like Noah and like the little boy on the burning roof, faith means being confident in God's strong love for us and in His plans and will for our future good. Jeremiah 29:11 says "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. We may not know what lies ahead but God knows!

May God give us faith to trust Him every day, for big concerns and small worries too. Trusting God brings peace as we find shelter in His love in the storm and gives us confidence that God will bring forth His promises to answer our prayers! Faith in God gives us confidence that we will see rainbows of God's promises coming through in our storms.

### **Questions to ponder:**

- 1) What are some of your worries today that you are going to trust God with? Write them down on a paper and fold it up.
- 2) What is faith and which bible promise are you trusting God to fulfil in your life? Write it over the folded paper of your worries. God's banner over you is His Sovereign Love. Trust Him.
- 3) Write the bible verse over the folded paper of your worries. God's banner over you is His Sovereign Love. Trust Him.

### **Preparation to teach:**

- Refer to teaching of PowerPoint and Activity Worksheet for Junior and Senior girls.
- Learn the story behind the Hymn "This is my Father's World".
- For the second week of January 2021, please go through the five short devotions.

# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**

*(depth of application can vary for kids and youths)*

### **Ice Breaker -**

Think back 2020, during the COVID-19 pandemic, what worries you the most ?

- I myself got infected with COVID-19
- My family and loved ones got infected with COVID-19
- I cannot enjoy going out in outdoor and going out with friends like before
- I worry about the NEW Norm which I may not get used to
- I cannot go back to physical meet up Church Service

### **Bible Story– Use PowerPoint to teach**

Genesis Chapter 6 & 7 highlighting Genesis 6:20-22 and 7:2-4

Noah in lockdown - Go through this story-telling with Dr Rob James, the Canon Chancellor of Wells Cathedral and let the girls participate along.

<https://www.facebook.com/watch/?v=1084243868627583>

### **Story of the hymn “This is my Father’s world”**

For older girls, share with them the story behind the hymn “This is my Father’s world”.

This famous hymn was written by Rev Maltbie Davenport Badcock and was published in 1901 by his wife after he died. Rev Badcock, who was a minister from Lockport, New York, would often take walks and enjoyed the panoramic vista of upstate New York scenery and Lake Ontario. He would tell his wife that he was “going out to see my Father’s world”.

His poem describes the beautiful nature of God and even children could understand the joy and appreciation for the beauty of our Father’s world.

References :

<https://www.godtube.com/popular-hymns/this-is-my-father-s-world/>

[https://en.wikipedia.org/wiki/This\\_Is\\_My\\_Father%27s\\_World](https://en.wikipedia.org/wiki/This_Is_My_Father%27s_World)

<https://archive.org/details/thoughtsforever00babc/page/180/mode/2up>

### **Social Media Challenge**

This COVID-19 pandemic has caused the whole world taking shelter at homes just like Noah's family took shelter inside the Ark for one whole year. Likewise, we also been hiding for almost a year with lock-downs and minimum movement. As children of God, we should share positivity in Social Media (Twitter, Instagram) with the Word of God and encourage our friends.

#godisfaithful#IamGB

### **Prayer**

In this new year of 2021, I would like to place my trust in you, Lord. Help me to build my faith to trust You and leave my worries and cares at the foot of the Cross, because Jesus, you have overcome death, you are victorious overall. We pray for a better New Norm for this new year for all of us, to live out our life as God wants us to be.



5 things to remember when you have fear during this Pandemic, let your faith arise as you learn to trust God to help all of us through this tough season

**1. Tell God your fear, let Him know that you are worried and concern especially during this pandemic and frequent lock-down.**

*Psalm 34:4-5 I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.*

**2. Fix your eyes on Jesus and let His peace fills you.**

*Isaiah 26:3 You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*

**3. Start small like mustard seed which can grow into a huge tree. Impossible is I'm possible in Christ!**

*Matthew 17:20b Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."*

**4. Have faith in God over chariots and horses!**

*Psalm 20:7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They are brought to their knees and fall, but we rise up and stand firm.*

**5. Be like a tree planted by the water, no fear of heat, leaves are always green.**

*Jeremiah 17:7-8 "But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."*



**God is Faithful based on Noah's Story**

Week 2 Day 1

Prayer focus: God is faithful – We can TRUST

*I sought the Lord, and he answered me; he delivered me from all my fears.  
Those who look to him are radiant; their faces are never covered with shame.  
Psalm 34:4-5 (NIV)*

### Adoration

Father God, You are a powerful God yet also our personal God. You incline Your ears to our prayers and hear the cries of our hearts. You alone are mighty to save. Noah, King David and many of our bible patriarchs trusted you and you delivered them from all their fears.

### Confession

Forgive us for being wise in our own eyes and trusting in our own wisdom instead of seeking your help to solve our problems. We often allow our fears to cloud our vision instead of lifting our eyes in prayer Your love for us and Your great promises.

### Thanksgiving

Thank you that we can turn to you and trust you in our troubles. Even in our darkest moments, You never leave us nor forsake us. You promise that as we trust you, you will bring light and radiance into our situations, our faces will never be covered with shame. All who look at us will see your glory.

### Supplication

Give us faith to trust in you. May faith arise to replace our fears, that we have spiritual ears to hear you talk to us and answer us through your word and spiritual eyes to see the glory of God coming through for us in our situations. Turn our troubles and shame into testimonies of your deliverance and radiance in our lives.



### Thought for the day

God gave Noah faith to overcome the fear of public humiliation and ridicule as he chose to obey the Lord to carry out all the commands. God showed up and be with Noah and protected him and his family. Noah was focused in following God's command. He did not let fear to overwhelm him.



Week 2 Day 2

Prayer focus: God is faithful - We can TRUST

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Isaiah 26:3 (NIV)*

### Adoration

Father God, we thank you that you are faithful God and your faithfulness to us is everlasting and from one generation to another. Your word says that if we put our trust in You, You will give us perfect peace even amidst the stormy journey of dealing with the pandemic.

### Confession

Forgive us Father so often we do not focus on Jesus, the author, the perfecter of our faith, we look at the circumstances around us and we become fearful. We watch in terror how the pandemic has developed and feel terrified, hopeless and so much sorrow about it. When our loved ones are affected by COVID-19, we become anxious and worried.

### Thanksgiving

Thank you God for your promises are sure and true, thank you God you are still sovereign and rules over all. Even Corona Virus cannot stop us from worshipping you and churches are having digital presence globally.

### Supplication

Heavenly Father, help us to turn our eyes upon Jesus, so that the things of earth will grow dim in the light of Your glory and grace. We have the Shalom of Christ in our heart to face the day. Amen.



### Thought for the day

The Hebrew word for peace is Shalom, which is multidimensional. Shalom experienced is multidimensional, complete well-being – physical, psychological, social and spiritual; it flows from all of one's relationships bring put right – with God, with(in) oneself, and with others. We can trust God to bring us through this pandemic and have Shalom in our hearts. Think of how Peter could walk on water when his eyes were fixed on Jesus, the moment he looked at the rough stormy sea, he started to sink. We need to fix our eyes upon Jesus to experience the Shalom of God.



Week 2 Day 3

Prayer focus: God is faithful – We can TRUST

Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." Matthew 17:20b (NIV)

### Adoration

God is great and almighty. When we think that it is impossible, God's word assures us that nothing is impossible with God. Thank you, Lord, that we only need faith as small as a mustard seed and we can say to this mountain, "Move from here to there" and it will move.

### Confession

Forgive our unbelief and our doubt. Help us to cling onto your promises and to have faith like a mustard seed to move mountains for You.

### Thanksgiving

Thank you, God, for moving the "mountains" for us. Thank you for hearing our prayers. Thank you for the confidence you put in our hearts. Thank you for opening our spiritual eyes to see your mighty works. Thank you for helping us to trust you.

### Supplication

Lord, grant us the faith, as small as a mustard seed, help us to learn to trust You more each day. May our faith rise up and be like a tree, tall and rooted in You. Amen.

### Thought for the day

When we face a huge challenge or task before us, we are often motivated to take baby-steps to move forward, it is like growing the faith seed. We start by having faith in God, learning to trust Him, letting go and letting God to take control and we can move on in His will to overcome our challenges and fears.



Week 2 Day 4

Prayer focus: God is faithful - We can TRUST

Some trust in chariots and some in horses, but we trust in the name of the Lord our God.  
They are brought to their knees and fall, but we rise up and stand firm.  
Psalm 20:7-8 (NIV)

### Adoration

O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. The heavens declare the glory of God, and the sky above proclaims his handiwork.

### Confession

Father you have given us this command "You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain." forgive us when we take the name of the Lord in vain.

### Thanksgiving

Thank you Lord for giving us your Holy Spirit. Your Spirit will help us remember your words in the Bible. Thank you that the Spirit will teach us to use the name of the Lord correctly.

### Supplication

Help us O Lord to trust in the name of the Lord and not on chariots or horses or anything man made. Help us to know and be convinced that there is power in the name of Jesus. Let us use the name of Jesus in the proper way that will bring glory to You.



### Thought for the day

What are you trusting when difficulties come your way?

Do you trust your youthfulness?

Do you trust your health or wealth?

How do you view the name of the Lord?

The name of the LORD is a strong tower; the righteous runs into it and is safe. (Proverbs 18:10)  
God has highly exalted Jesus and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-11)  
Let us not misuse the name of Jesus but rather let us lift the name of Jesus high and Jesus will draw all man to Himself.



Week 2 Day 5

Prayer focus: God is faithful – We can TRUST

**“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” Jeremiah 17:7-8 (NIV)**

### Adoration

Jesus to You we lift our eyes. Jesus our glory and our prize. We adore You, behold You, our Saviour ever true. Oh Jesus we turn our eyes to You.

### Confession

Forgive us Father when we doubt your power. Forgive us when we have lost confidence in You. Help our unbelief and increase our faith in You.

### Thanksgiving

Thank you God for these words of comfort in Psalms 62:1 “ My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.” Thank you Lord you are my rock and my salvation. I can have confidence in You because I know you love me and you care for me. I can always depend on you because You are a faithful God.

### Supplication

We have received Christ Jesus the Lord, so help us to walk in him, rooted and built up in him and established in the faith, just as we were taught, abounding in thanksgiving. We must be careful not to let anyone take us captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ.



### Thought for the day

How do I make sure that I will be ever green in my faith and I will always bear fruit for Jesus? Jesus is the true vine, and God the Father is the vinedresser. Every branch that does not bear fruit Jesus takes away, and every branch that does bear fruit Jesus prunes, that it may bear more fruit. We need to abide in Jesus just like the tree planted by the water that sends out its roots by the stream. Apart from Jesus we can do nothing.



## Week 3 - God is Faithful – We can WAIT

I remain confident of this:

I will see the goodness of the Lord in the land of the living.  
Wait for the Lord; be strong and take heart  
and wait for the Lord. Psalm 27:13-14 (NM)

Waiting is hard. Waiting is especially hard in our world today where instant messaging, instant noodles and instant everything is the norm. It is hard to wait for a present you've been wanting to arrive; it's even harder to wait in uncertain times – such as waiting for a loved one to come out of surgery or waiting for the results of a cancer test to come back.

In this pandemic, it is hard to wait in lockdown mode, wondering when the stores and supply chains will reopen, whether our jobs are secure, when we can return to school or church again, when will a vaccine be available and when life can return to normal again.

### Genesis 7:1-8:14 (Noah waited patiently, serving faithfully)

Our lockdowns during this pandemic have been likened to Noah's lockdown in the ark. Contrary to popular belief, Noah was not in the ark for just 40 days. It rained for 40 days and nights, covering the whole earth & the mountains. After the rain stopped, it took another 120 days for the waters to begin to recede before the ark came to rest on Mount Ararat in Genesis 8:4. Then it took another few months for the waters to dry up before Noah, his family and all the other animals could come out of the ark! Noah entered the ark on the 2<sup>nd</sup> month of his 600<sup>th</sup> birthday and he only exited the ark on the 27<sup>th</sup> day of the 2<sup>nd</sup> month of his 601<sup>st</sup> birthday. Noah had been in the ark for 12 whole months, with nowhere to go!

What did Noah do during these 12 months that he was stuck in the ark? Was he just worrying and waiting in the ark? No, Noah did not just sit in the boat and worry about the flood outside. Worry is like a rocking chair – it gives you something to do but gets you nowhere. Instead, Noah and his family busied themselves as they faithfully took care of all the animals in the ark, feeding and tending to them every day. In Genesis 6:21 God had told Noah to take every kind of food to be eaten and store it as food for his family & the animals. It was a huge ark filled with pairs of every kind of animal - how did the food last for 12 months? We're not sure, but as Jesus could multiply 5 loaves and 2 fishes to feed 5000, I'm sure as Noah faithfully took care of the animals, God also ensured they had enough food to last the entire year in the ark.

While Noah waited patiently and served faithfully in the ark as the boat drifted for almost a year, God did not forget Noah (Genesis 8:1). God was at work too. He was taking action to fulfil His promise to Noah. First, God sent a huge wind to cause the large volume of waters to recede. Next, God did not leave Noah without hope. When Noah sent out a raven and a dove from the ark to test for signs of dry ground, initially, they couldn't find a place to land and returned to the ark. But Noah wasn't discouraged – he waited on - on its second trip seven days later, the dove came back with a freshly plucked olive leaf in its mouth, meaning that there were signs of new life as the plants started to grow again! It was God's message of hope, encouragement, and new life to Noah! And at the right time when it was safe, God would command Noah to come out of the ark.

### **Living it out (Application):**

During this time of waiting while our countries are in lockdown or semi-lockdown measures, when GB activities have taken a slow down or a halt, we too can wait patiently like Noah while continuing to serve God faithfully and actively caring for others around us.

In this season of waiting, it may seem like you have been waiting for a long while – we may feel lonely, abandoned or forgotten. But take heart that God has not forgotten us. There are times God may seem silent, but He never forgets us. God is at work in our world and in our lives too like He was for Noah. Often times, God uses the pauses in life to grow and strengthen our faith as we trust Him. Like God sent Noah the sign of the freshly plucked olive leaf from the dove, God will send us signs and reminders that He is lovingly working in our situation. God continues to care and provide for us daily. Just as God caused the flood waters to recede for Noah, God too is at work leading scientists and doctors to discover a new vaccine to combat the virus and He will restore new hope and bring healing into our world in His perfect time.

*Wait for the Lord; be strong and take heart and wait for the Lord. Psalm 27:14 (NIV)*

### **Questions to ponder:**

1) What do you find difficult about waiting? (activity about waiting)

2) How can you actively wait in hope such that you demonstrate faith in God and care for those around you?

Preparation to teach :

- Refer to Teaching PowerPoint and Activity Worksheet for Junior and Senior girls.
- Let the girls sing the Hymn “This is my Father’s world”
- For the third week of January 2021, please go through the five short devotions.



<https://www.pexels.com/photo/clear-glass-with-red-sand-grainer-39396/>

Credit: Pixabay

# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**

*(depth of application can vary for kids and youths)*

### **Ice Breaker -**

- Ask the children / youth to close their eyes for 3 minutes (no peeking!!)
- You'll bring them a surprise / show them something if it's on zoom
- After that, ask:  
Was waiting hard?  
How did you feel about it?  
What was hard about it?

### **Bible Story – Use PowerPoint to teach**

### **Fun Fact –**

Do you know that the Chinese Character for BOAT comprises of 3 words – a vessel with eight people inside ?

### *Reference :-*

Google Chinese Characters in the Bible

<https://answersingenesis.org/genesis/chinese-characters-and-genesis/>



boat



vessel eight people

The Discovery of Genesis, C.H. Kang and Ethel Nelson, p. 55

### **Word Search –**

Let the younger girls do the Word Search

### **Make a Rainbow craft :**

<https://christianpreschoolprintables.com/noahs-ark-craft-spinner-for-kids/>

### **For older girls -**

Discuss how GB can be actively wait in hope during this COVID-19 pandemic such that we can demonstrate faith in God and care for those around us. Choose activities that the girls could participate in, examples, fund raising to buy Food Basket, Preparation of meals to be distributed to those who need them. Always work with the local authority to know the right Standard Operating Procedure (SOP). Remember to post your activities photos in social media with #godisfaithful#IamGB

### **Prayer -**

My dear Heavenly Father, thank you for telling me in your Words that you never leave me alone, You are Emmanuel. Even though I may feel lonely or frustrated in the very unclear future due to the pandemic, may your strength sustain me to look upon & wait in You all the time. I pray that I can wait for your help actively - to keep faith in you, to read and meditate your Words everyday, to keep on praying and caring more about myself, my family and the society too. Father, I would like to learn to trust that I can do all things through Christ who gives me strength, give me courage to take the first step to seek, serve & follow You everyday! I am looking so much forward to live in You with your renewal in my life. May Your spirit always guide and lead me. In Jesus' Name I pray, Amen.

# ACTIVITIES FOR JUNIOR AND SENIOR

**ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**  
(depth of application can vary for kids and youths)

## WORD SEARCH

### GBI - God Is Faithful

H	R	A	I	N	I	N	G	A	N	A	A	C	O
Y	T	T	O	W	K	G	H	O	R	I	I	R	S
S	I	T	T	R	A	R	K	K	R	N	I	L	W
R	L	O	C	K	D	O	W	N	G	A	A	T	O
C	O	V	E	N	A	N	T	A	A	M	O	I	H
E	O	R	L	B	L	A	M	I	I	O	O	T	F
I	I	B	F	S	R	A	I	N	B	O	W	N	C
G	E	N	E	W	Y	A	A	B	A	U	T	U	L
H	N	B	I	Y	T	N	F	I	W	I	A	G	K
T	R	A	S	T	P	O	A	L	A	L	A	P	I
I	M	G	S	W	A	A	B	W	O	Y	R	A	Y
D	T	U	A	O	I	H	N	L	E	O	R	I	T
A	R	M	E	S	I	A	R	P	G	O	D	R	A
T	R	D	F	A	I	T	H	F	U	L	C	I	A

OBEY  
WAIT  
GOD  
LOCKDOWN  
PAIR  
TRUST  
PRAISE  
ARK  
NOAH  
ANIMALS  
COVENANT  
FAITHFUL  
RAINBOW  
FLOOD  
EIGHT  
RAINING

Play this puzzle online at : <https://thewordsearch.com/puzzle/1763027/>



Being **HOPEFUL** while waiting during lockdown

**Those who wait for the Lord will see the goodness of the Lord.**

*I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord. Psalm 27:13-14*

**Beware of being busy for nothing and learn the joy of being present before God.**

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10*

**Noah taught us there is great reward for those to obey the Lord while in waiting.**

*Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12*

**Noah never gave up during the wait, he kept on doing good.**

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9*

**When the wait seems long, we learn to persevere.**

*Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:3-4*

**If you feel anxious during the wait, remember**

*Those who wait on the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31*



**God is Faithful based on Noah's Story**

Week 3 Day 1

Prayer focus: God is faithful – We can WAIT

*Be still, and know that I am God; I will be exalted among the nations,  
I will be exalted in the earth.” Psalm 46:10 (NIV)*

Our dear God, You are omniscient and almighty. You know everything we need and prepare the most suitable things for us. May we follow your plan and prepare ourselves in waiting time. Please forgive us for being impatient to look for answers using our own cleverness. We only focus on ourselves and we only complain but lack of a thanksgiving heart. Please let us know more of Your plan and nurture our hearts in times of waiting. In Psalm 27:14, 'Wait for the Lord; be strong and take heart and wait for the Lord.' Thank you for being our Saviour and being with us all the time. Through waiting, we know that you put the fruits of hope, patience, faith and obedience in our lives even though the result may not be as we have expected. God is already preparing us to accomplish His will. During this pandemic, many of our plans were interrupted. Please give us confidence to trust in you. No matter in what situation, may we have faith and hope. Just like Noah's 'lockdown' in the ark, he still served God faithfully and cared for others around him. May we realize the art of waiting and the rainbow will eventually come.

### Thought for the day

Nowadays, everybody is so busy to strive for their well-being. We always want to 'do something' and forget to take a good rest. Therefore, we should keep asking ourselves, what is the most important thing in my life? Especially in this pandemic, we have more 'me time' because of the lockdown. Why don't we spend some time thinking about God's plan for our life? It is the best time for us to equip ourselves to become a better person, the person that Jesus Christ wants us to be. Be still, and know that He is God.



## WEEK 3 DAILY SHORT DEVOTIONS

### Day 2

Week 3 Day 2

Prayer focus: God is faithful - We can WAIT

*Be joyful in hope, patient in affliction,  
faithful in prayer. Romans 12:12 (NIV)*

Heavenly father, you are the King of kings and the Lord of lords. Your love is great. You alone love us, care about us and you call us to walk with you. We are too busy about our daily lives, our works, sometimes we are blinded by our business and did not notice that you are with us. Please change our hearts and our minds in our prayer-less days. Help us to find You in all things. Let us return to you. Thank you for giving us all that we need. Since the beginning of the pandemic, we have been looking for masks, toilet paper, hand sanitizers and so on, but eventually we got all we need every time. Thank you very much for all you've done. The past one & a half year we have been facing tough moments. Day by day the situation seems to get worse and worse in this society. I was wondering if we will be able to witness to your justice to be done on this land in our lives.

Lamentations 3:32 says for though you send grief, still you will have pity in the full measure of your love. In your mercy, please help us and also our neighbour to go through these days.



#### Thought for the day

God told us to be patient through Noah's story. When the time is right, God will bring us an olive leaf to proclaim that His faith is unchanging. Before that, we have to keep living for him, keep sharing the good news just like Noah kept taking care of all the animals.



Week 3 Day 3

Prayer focus: God is faithful - We can WAIT

**Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 (NIV)**

Our Righteous God, You look into our hearts. You are familiar with all our ways. You know our good, and you know what we face every day. Your faithfulness raises us up from our weariness. Your kindness sustains us to walk Your way. Lord, we are weak in faith that we always focus on the difficulties we face and not Your Almighty power. We just look at what we don't have, but not Your provisions and grace. Forgive us for not remembering that Your grace is sufficient for us. May You Lord forgive our little faith. Please help us to put away our stubbornness and start putting trust in You again. Thank you, Lord for giving us our precious identity as Your children, to work with you – learn to be servant leaders to share Your precious gospel to others. We are not worthy to have all these. May You be our Vision, so that we can persist to do good to others and witness You with the fruits we bear in You. Give us strength to serve you passionately. Give us strength to share Your kindness and faithfulness to those who come into contact with us. Amen.



### Thought for the day

40 days in the ark, Noah did not stop his routine duties. He served with loyalty. In this 'waiting' quarantine period, have you kept your pace to do good to others? Or have you lost confidence in Him? Rebuild your trust in the Lord, wait for His time, 'let's not become discouraged in doing good, for in due time we will reap, if we do not become weary.'



## WEEK 3 DAILY SHORT DEVOTIONS

### Day 4

Week 3 Day 4

Prayer focus: God is faithful – We can WAIT

*Not only so, but we also glory in our sufferings,  
because we know that suffering produces perseverance;  
perseverance, character; and character, hope. Romans 5:3-4 (NIV)*

Dear Lord, the whole world is suffering due to the Covid-19. It affects our daily lives, our relationship with others, and we don't know how long it will last. I ask You to open my heart and my mind to the truth of Your characters, the promise of Your salvation and the comfort of Your presence. Lord, help me to remember that You will protect me no matter what comes my way, You are always by my side, help me to persevere in Your joy and hope. When my circumstances are overwhelming, please make me steadfast in You, and give me boldness to believe in your goodness. Help me to rely on You for everything that I need today. In Jesus' Name I pray, Amen.



#### Thought for the day

God is our protection, our only help in times of suffering, He is powerful and in-charge of everything.

#### Psalm 46:1-3

<sup>1</sup>God is our refuge and strength, an ever-present help in trouble. <sup>2</sup>Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup>though its waters roar and foam and the mountains quake with their surging.



Week 3 Day 5

Prayer focus: God is faithful – We can WAIT

*Those who wait on the Lord will renew their strength.  
They will soar on wings like eagles; they will run and not grow weary,  
they will walk and not be faint. Isaiah 40:31 (NIV)*

My dear Heavenly Father, thank you for telling me in your Words that you never leave me alone, You are Emmanuel and You are with me. Even though I may feel lonely or frustrated in the very unclear future due to the pandemic, may Your strength sustains me. May I look upon You and with confidence that you are with me in this uncertain time. I pray that I will patiently wait for your help. Lord keep my faith in you, help me to read and meditate on your Words everyday. Pray that I will continue to pray and care more for myself, my family and the society. Father, help me to learn to trust that I can do all things through Christ who gives me strength. Lord give me the courage to take the first step to seek, serve and follow You everyday! I am looking so much forward to live in You with the renewed strength from you in my life. May Your spirit always guides and leads me. In Jesus' Name I pray, Amen.



### Thought for the day

Waiting makes us feel anxious, but waiting with hope turns it to one of the most exciting moments to experience God's faithfulness.



## Week 4 - God is Faithful – We can OBEY

*Observe what the Lord your God requires:*

*Walk in obedience to him, and keep his decrees and commands . . .*

*Do this so that you may prosper in all you do and wherever you go. 1 Kings 2:3 (NIV)*

Trust and Obey, for there's no other way,  
To be happy in Jesus, but to Trust and Obey

Trust and Obey – the words of the song ring a familiar tune to many of us who grew up in Sunday School or in GB. Though it is a children's song, the words are rich with meaning. Trust and Obey – these two words cannot be separated. If we say we trust God, we must obey him. Trust without obedience to God's Words shows that we really do not trust God at all.

Faith has two parts – Trust (belief) and action. In James 2, the bible says that faith without works is dead. The evidence of faith or our trust is made complete by our obedience. Noah's evidence of his trust in a faithful God was displayed and brought to fruition when he obeyed God.

Genesis 6:13-7:5, 7:13-24, 8:6-19, 9:1-7 (Noah obeyed all that God commanded him)

Noah first obeyed God when God gave him instructions to build the ark and then to take his family and all the animals into the ark to keep them safe during the flood. Then, through the entire "lockdown" in the ark, Noah did not act out of his own will or human impatience to decide when to come out of the ark. Even when Noah saw positive signs from the dove and signs of dry land, Noah obediently waited for God's next instructions. Finally, when the waters had completely dried out on the 27<sup>th</sup> day of the 2<sup>nd</sup> month of his 601<sup>st</sup> birthday, God told Noah and his family to step out of the ark into a new normal, a brand-new world!

In Genesis 8:15-17 we read, Then God said to Noah, "Come out of the ark, you and your wife and your sons and their wives. Bring out every kind of living creature that is with you—the birds, the animals, and all the creatures that move along the ground—so they can multiply on the earth and be fruitful and increase in number on it."

It must have been a spectacular sight as Noah, together with 7 family members, followed by all the animals and birds came out of the ark, one kind after another in their pairs, two by two! They stepped out for the first time in 12 months onto dry land and a brand-new world!

Next, we read in Genesis 9:1-7 that God gave them new instructions for living. Previously, God had given Adam and Eve green plants for food (Genesis 2:9,16), but here, God told Noah that now, everything that lives and moves will be food for them. They were permitted to eat meat and from then on, man moved from being vegetarian to omnivores, and this is why we can enjoy our beef burgers and chicken stews today. But God also gave Noah boundaries – such as they must not eat live or raw meat with lifeblood still in them, for hygiene and sacred reasons.

Noah exhibited obedience which God used to bring his faith to completion. Noah first obeyed God when God gave him instructions to build the ark and thus, God was able to keep Noah's family and the earth's animals safe during the flood. Now when the earth had dried up, God told Noah to come out of the boat into a new normal, fill the earth and care for it - and gave him a new dietary rules and other laws, Noah obeyed too.

Noah's obedience to God's authority and sovereign plan over his life brought safety, direction and blessings to his life and those around him too.

### Living it out (Application):

Some of us may ask – why do I need to obey God instead of just doing what I like or think is best?

Firstly, while it is our duty to obey authority, our obedience to God goes beyond the obligations of authority. God is our Heavenly Father who loves us immensely and wants the best for our lives. He is not some authoritarian dictator who wants us to burden or control us with unnecessary commands. God desires a relationship with each one of us borne out of trust and love. Just like how Noah walked with God, trusted God and obeyed him, we are to do likewise too.

Secondly, God is our Creator who has the wisdom to guide us on how we should live, what works best and what brings us joy and happiness in this life and in eternity. When we trust God's wiser and further perspective better than our own, obedience will bring us into God's care and better plans - like it did for Noah. God would never tell us to do anything that would be to our detriment. Obeying God's commands help us arrive at His best plans for our lives.

Thirdly, we obey God because we love him. When we disobey our earthly parents, we grieve them and make them sad. Likewise, our disobedience hurts God for it shows that we do not love nor trust Him. John wrote, 'This is love for God: to obey his commands' ([1 John 5:3](#)) Obedience demonstrates our faith and love for God.

As Noah stepped out of the ark into a brand-new world, many familiar things had changed or were gone. But one thing had not changed- God. God is the unchanging and faithful one who had protected them and in the new normal, Noah and His family continued in faith and obedience to follow God's new instructions for living – to grow his family, rebuild community and steward His creation.

Life in this pandemic has taken us unexpectedly into new places and new things like having to forgo meeting our friends physically but to meet online through zoom instead. It has also brought us new challenges such as the cuts in food supply chains, loss of jobs and increased responsibilities of parents to work from home and teach their children at the same time. GB officers will have to think of new ways to teach and care for our girls. Can we trust God who best knows what lies ahead and obey Him when He gives us new directions for life in a new normal?

In this season, the forms by which we run our programmes may have to change and we may also need to press some re-set buttons as we settle into a new norm, but at the heart of it, the focus of what we do in GB does not change. We continue to seek, serve and follow Christ and help girls become true followers of the LORD Jesus Christ through reverence, self-control and a sense of responsibility to find true enrichment of life. As a GB family, let us obey God in all the new things He is calling us to do

– that we might be servant-shepherds to our girls and servant-leaders to serve and bless the communities God has placed us in.



<https://pixabay.com/photos/bible-ark-noah-archenoah-ship-1138240/BibleArkNoah>

In Isaiah 43:9, God says, “See, I am about to do something new – you’ll see rivers in the desert and streams in the wilderness.” So as we obey God in a new normal, we know that this will not be a fruitless season – God will bring about something new in our lives and our GB communities.

See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the wilderness  
and streams in the wasteland. Isaiah 43:19 (NIV)

As Noah waited, he sent out the dove when the waters were receding to find signs of life and perhaps it's no co-incidence that the first sign of new life after the flood was a freshly plucked olive leaf that the dove brought back to Him. In Psalm 52:8, the psalmist writes, 'I am like an olive tree, flourishing in the house of the LORD.' Olive trees are hardy – they are drought-disease-fire resistant. Let us be like the olive tree that flourishes in God's courts even in hard times.

Living in God's courts with God as our King, Heavenly Father and Creator means to live in joyful obedience to the One who knows all things and is guiding us into His best plans for our lives.

### **Questions to ponder:**

1) Discuss what does it mean? Faith = Trust (belief) + action.

With the pandemic, what are ways you have learnt to obey the instructions and SOP set by the government and health authority?

2) Share what you have learnt to do during the pandemic lockdown. Examples: New Hobby, Cooking, Baking

3) Recall a time when disobedience brought sorrow and trouble. Recall a time when you have obeyed God or your parents and the joy it brought. Share it with your friends.

Preparation to teach:

- Refer to Teaching PowerPoint and Activity Worksheet for Junior and Senior girls.
- Check out the experiments to make rainbow indoor
- For the fourth week of January 2021, please go through the five short devotions.

# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**

*(depth of application can vary for kids and youths)*

### **Ice Breaker**

#### **SONG**

O is for Obey,  
O is for Obey,  
Obey is doing what we should,  
O is for Obey!  
(Sung to the tune of Farmer in the dell).

#### **Listening and Obeying**

Have the children stand facing front (north) - blindfolded / close their eyes.

Read from the Wright family story (also in slides)

<https://www.cdc.gov/healthyschools/shi/pdf/training-manual/wrightfamily.pdf>

Each time they hear the word “right”, they turn right by 90 degrees.

When they hear the word left, they turn left by 90 degrees

Aim at the end of the game, remove the blindfold and see if everyone is facing the same direction.

Lesson: Obeying: following instructions

(Test the game yourself –if everyone did it right, they should be facing West at the end of the game.)

#### **Make a Rainbow**

Watch the following link and guide the girls to make rainbow indoor.

**5 Ways to make a Rainbow. Science Experiments You Can Do At Home**

<https://www.youtube.com/watch?v=dIdE-pqYqbs&t=48s>

<https://www.rookieparenting.com/make-your-own-rainbow-science-experiment/>

<https://www.childrensmuseum.org/blog/saturday-science-make-a-rainbow>

### **PRAYER**

Hold our hands heavenly Father as we walk through this treacherous path. Like Noah, help us always to obey whatever you want us to do. Help us to obey not only when it is easy to do so but also when it is difficult and uncomfortable for us. Help us to be obedient to the government you have placed us in. Please guide our leaders as they make the protocols to address our present predicament. Please bless the GB organisation all over the world. May we continue to be your instruments of your peace and love.

In Jesus' Name, Amen.



Obeying God brings blessings in life!

**When we obey God, God will prosper us.**

Observe what the Lord your God requires: Walk in obedience to him, and keep his decrees and commands . . . Do this so that you may prosper in all you do and wherever you go. 1 Kings 2:3

**It takes a strong and courageous person to obey God.**

*Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:7-8*

**There is blessing in obedience.**

*Blessed are all who fear the Lord, who walk in obedience to him. Psalm 128:1*

**Love compels us to obey.**

*Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. John 14:23*

**When the Holy Spirit speaks to us, we obey and answer to the prompting.**

*I will hasten and not delay to obey your commands. Psalm 119: 60*

**Be transformed by the renewing of our mind.**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2*



Week 4 Day 1

Prayer focus: God is faithful – We can OBEY

*'Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.'* Joshua 1:7-8 (NIV)

### Adoration

Heavenly Father, there is none like you. We praise you for everything that You are in our lives. You are our faithful Father, our generous Provider and our strong Protector. Truly, we can rely on You in every circumstance in our lives.

### Confession

Forgive us, Father, for being disobedient so many times. We allow our selfish selves to take over our hearts. Many times, we choose to disobey our parents, we choose to disobey the authorities, we choose to disobey You. We fail to keep your Word in our hearts. We know that You are faithful, yet we live unfaithful lives. Help us, Father, to exhibit your faithfulness so we can please and honor You all the time.

### Thanksgiving

Thank you, Father, for your promise that if only we could keep your commandments, we could be prosperous and successful. Thank you for keeping us and our loved ones safe from the pandemic. Truly, our hearts are filled with thanksgiving as we acknowledge your faithfulness in the midst of our adversities.

### Supplication

Please continue to look after us, Father. In you alone, there is complete protection. Teach us to number our days so that we may apply hearts unto wisdom. Grant upon us our daily needs. Keep our minds and hearts sound in these perilous times. Give us the willpower to obey your commands. Let our obedience be an inspiration to others so they can follow You also.



### Thought for the day

Our God is faithful. He has shown this attribute, in ways that cannot be counted, in the Bible and in our lives. He is our unchangeable God. He remains and will remain faithful until the end of the ages. How can we show our faithfulness to Him?



Week 4 Day 2

Prayer focus: God is faithful – We can OBEY

*Blessed are all who fear the Lord, who walk in obedience to him. Psalm 128:1 (NIV)*

### Adoration

We praise you heavenly Father because you are our God who is all-powerful. You can take full control of everything that happens in our lives. We adore you for the matchless love you have given us, your only Son Jesus Christ. You are our God that doesn't change and your compassion never fails.

### Confession

We confess to you our sins. We have not been good stewards of your creation. We are the cause of too much pollution in our environment. We failed to pray diligently for our government leaders.

### Thanksgiving

We are thankful that you are our God who has loved us with an everlasting love. Thank you for the blessed assurance that nothing can separate us from your love. Thank you for keeping us safe from COVID-19. Thank you for supplying our need in these trying times. Thank you that GB is still active in spite of the difficult working environment. Thank you for the opportunity that we can reach out to other people in need not only physically but most importantly spiritually as well.

### Supplication

Hold our hands heavenly Father as we walk through this treacherous path. Like Noah, help us always to obey whatever you want us have to do. Help us to obey not only when it is easy to do so but also when it is difficult and uncomfortable for us. Help us to be obedient to the government you have placed us in. Please guide our leaders as they make the protocols to address our present predicament. Please bless the GB organisation all over the world. May we continue to be your instruments of your peace and love.

In Jesus' Name, Amen.



### Thought for the day

Obedience always brings blessings.



Week 4 Day 3

Prayer focus: God is faithful – We can OBEY

*Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. John 14:23 (NM)*

### Adoration

Dear God, you are an awesome loving God. You have assured us of your love over and over. Thank you for your Son Jesus who died on the cross for our sins – the ultimate manifestation of your love. You alone is worthy of our praises, of our worship, of our adoration.

### Confession

Search our hearts, Oh God. Give us a complete check. Examine our thoughts and cleanse us from all unrighteousness. You are love but oftentimes, we fail to show love to others. You are love, yet, we closeout ourselves and think that we cannot receive love from others. Forgive us, dear God, for not remembering that you are love.

### Thanksgiving

Thank you, dear God, for your immeasurable love for us. Your love has kept Noah and his family safe from the flood, we are confident that your love, too, will keep us safe from this pandemic that so worries everybody. Thank you, dear God, that despite the lockdown, we could still feel and enjoy the love of our family and friends. Thank you that we still have a way to communicate distant loved ones through the technology now.

### Supplication

Lead us to stay confident in your love, dear God. Make us vessels of your love. In this time of the pandemic, let your love be the language of our being. Help us to radiate your love at the cross so that our lights could shine brightly among men and glorify only You.



### Thought for the day

Our God has loved us in reckless abandon, we should obey Him in reckless obedience. May His love make us walk on the water wherever He leads us.



Week 4 Day 4

Prayer focus: God is faithful – We can OBEY

*I will hasten and not delay to obey your commands. Psalm 119: 60 (NIV)*

### Adoration

Our loving heavenly Father, we praise and magnify Your name in the midst of us today for You are our Great and Faithful God who loved us and protected us in so many ways.

### Confession

As we come before Your throne of grace, we are humbling ourselves, acknowledging that we are all sinners and without You, we can do nothing. Forgive us from all our sins so that we will be worthy to come before You this time.

### Thanksgiving

We thank you Oh God, for inspiring us with Your Word. Thank you for the life of Noah who has shown obedience to you. We know that it was not easy but thank you that through his life, we have learned that we can also obey you as our response for Your faithfulness.

### Supplication

We pray dear God, that in this time of pandemic and almost the signs of end times are already here, may we hasten to obey your commands. May we put burden in our hearts to obey what has commanded us to do; that is to share the Gospel to every creature so that when the end is here, we will rejoice with You. May we feel the urgency of your calling and we could share how good and faithful You are, if we only we put our trust in You. May we feel the joy and happiness as we do the task given to us until the day of Your coming. Be with us God and may in everything that we do, could bring honor and glory to you name.

### Thought for the day

Obey without delay. When we delay to obey, it is also disobedience.



Week 4 Day 3

Prayer focus: God is faithful – We can OBEY

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 (NIV)*

### Adoration

Heavenly Father, You are perfect. Your magnificence is shown in your creation – the universe and the earth speak of Your glory. Your faithfulness is great and your love is everlasting. You are Alpha and Omega. Nothing can stand against You. You are our Elohim who breathed the very soul into our being. You are the Source of great love and compassion. Thank you for being everything that You are in our lives.

### Confession

Examine us, Heavenly Father. We have been unfaithful. Forgive us from thinking that we could just simply shake off your commands and follow the ways of the world. We have disobeyed you many times by reading bad books, listening to worldly tunes, spending more time in the internet and playing online games more than reading your Word, listening to Your music and doing your work. Forgive our indolence, also, Heavenly Father. Many times, we'd rather sit around and do unproductive activities.

### Thanksgiving

Thank you for your promise "Ask and shall be given unto you, seek and ye shall find, knock and it shall be opened unto you." You give us everything that we need. You have opened the doors of the heavens to give us blessings that we are not worthy of. Blessing that only come from you – love of family and friends, peace that passeth all understanding, immeasurable compassion. Thank you, Father, for remaining who You are.

### Supplication

We ask these of Thee Father, continue to cover us in Your palms for protection – from the pandemic and from the evil wiles of the world. Make us remember all the time that You have called us to be the salt and light and as Your children, we have to provide flavour and beam to the world. These times are very dark. The pandemic worries us. Many are lost. We knock unto your door, Father, open your gates, pour blessings upon us and free us from worry. We seek your face, Father, make it shine upon us so that we can rest in your tender love and care. Help us, Father, to carry Your will in obedience with the banner of Jesus our Savior going before us.



### Thought for the day

God has called us to be the Salt and Light of the earth. Just as Noah has found favour in God's eyes, we can find favour in God's eyes by being what he has called us to be. We cannot step out in obedience to His will if we don't know what He has called us to do. Do you know what God has called you to do? You can find a quiet place and earnestly ask Him now.

## Week 5 - God is Faithful – We will PRAISE Him

Let everything that has breath praise the Lord.

Praise the Lord! Psalm 150:6 (NIV)

The bible is full of exhortations of praise. There are so many praise and thanksgiving scriptures written to praise God. Psalm 150 tells us to praise God in His mighty heavens, to praise Him for His surpassing greatness, with singing, dancing, pipes and cymbals! Everything that has breath is to praise the LORD!

Yet, way too often, daily struggles and the worries of life crowd out our praise, allowing roots of grumbling in our hearts to snuff out the seeds of gratitude and thanksgiving. Too easily, we forget to praise God and that is when our small problems loom big and our big God appears small in our eyes.

Let us see how Noah's act of praise and heart of gratitude brought God's pleasure and blessing into his life and ours too.

### Genesis 8:20 –9:17 (Noah's praise brought God's blessings)

Just as God did not forget Noah, Noah too remembered God. The first thing Noah did when he emerged from the ark was to praise God. Noah built an altar and sacrificed offerings to the LORD. The Lord smelled the pleasing aroma and vowed to show mercy and common grace to all mankind. The LORD was pleased with Noah's worship and He gave Noah and us the Rainbow as a sign of His everlasting covenant of love. In Genesis 9, God said, "This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come: I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. . . Never again will the waters become a flood to destroy all life. Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."

And the rainbow remains to this day, a covenant of God's love and promises to us and a beacon of hope to many during the storms of life.

### Living it out (Application):

Psalm 22:3 says God inhabits the praises of His people, that means God "dwells" in our atmosphere of praise. Praise is powerful – it is not only an expression of our thanks to God, but praise brings the Presence and power of God into our situations.

Firstly, praise lifts our spirits to focus on the greatness of God and not on ourselves or our problems. Praise magnifies God in our lives and when we sing of His greatness and set our hearts on Him, that's where our problems become smaller in the light of His glory and the darkness of despair is replaced by faith.

Secondly, praise turns our hearts away from complaints and grumbling and opens our eyes blessings unseen. When we take on an attitude of praise and worship, we begin to see what God is already doing in our lives. We are reminded of His unfailing love for us. God knows all that concerns us and is divinely working behind the scenes to bring us out of our situations and into His promises. "Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy." Psalm 103:2-4 (NIV)

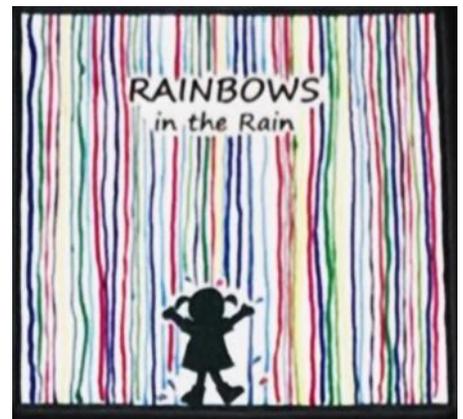
Thirdly, praise not only pleases God but also renews and refreshes our spirits. Praise which brings God's Presence into our lives fuels our joy. "In His presence, there is fullness of joy." Psalm 16:11 (NIV)

Lastly, praise paves the way for God's power to make miracles happen. When Paul and Silas were wrongfully imprisoned in Acts 16:25-26 (NIV) "About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened." In the middle of their worship, God brought about their rescue through a violent earthquake – such that even the jailer and his household came to believe.

So, in the midst of our storms, even in this pandemic with the suffering and loss around us, let us offer to God our sacrifice of intentional praise (even when we do not feel like praising God), faithfully worshipping Him and lifting our eyes to see His greatness and our lips to proclaim His love. Praise not only honours God and lifts our spirits, but also brings God's Presence, Power and deliverance into our lives.

At GB Singapore's 90<sup>th</sup> anniversary, GBS published a book called Rainbows in the Rain. It's an inspirational drawing and testimony to encourage us that even in this storm, we will see rainbows of God's promises coming through the rain drops as we dance and sing in the shelter of His care. Let everything that has breath praise the LORD.

Praise the LORD!



### **Questions to ponder:**

- 1) Share your favourite praise song and why it's meaningful for you. What attribute of God in the song speaks to you?
- 2) Share an experience of when you allowed praise to replace your worries and trouble. How did it change you? How did you see God's hand at work in your circumstances as you praise Him?

### **Preparation to teach :**

- Refer to Teaching PowerPoint and Activity Worksheet for Junior and Senior girls.
- Prepare the materials to make musical instruments and get the girls to ready the materials earlier
- For the fifth week of January 2021, please go through the five short devotions.

# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**

*(depth of application can vary for kids and youths)*

### **ACTIVITY FOR JUNIORS: Let us make Musical Instruments**

#### **1) Let us make Musical Instruments**

Steps:

- 1) Divide the GB girls into groups who will make different types of musical instruments.
- 2) Once finished, have the girls use the instruments to play according to the rhythm of the song that the class will sing together.
- 3) Let the different groups exchange the instruments that they have made, so as to learn from each other (with COVID, wind instruments may either be left out, OR made by everyone).

#### **1.1) Wind Instruments**

##### **A Pan-Flute**

Equipment:

- i. 1 inch x 6 inch (or 2.5 cm X 15 cm) hard poster paper for each GB girl
- ii. Cut straws in following lengths:
  - 7 inches (17.5 cm)
  - 6 inches (15 cm)
  - 5 inches (12.5 cm)
  - 4 inches (10 cm)
  - 3 inches (7.5 cm)
  - 2 inches (5 cm)-Give 1 set of the above sizes per 1 GB girl (total 6 tubes)
- iii. Cut yarn of 2 ½ feet (or 75 cm) in length for each GB girl
- iv. Prepare magic colors, art glue, hole punches, rulers, scissors, pencils

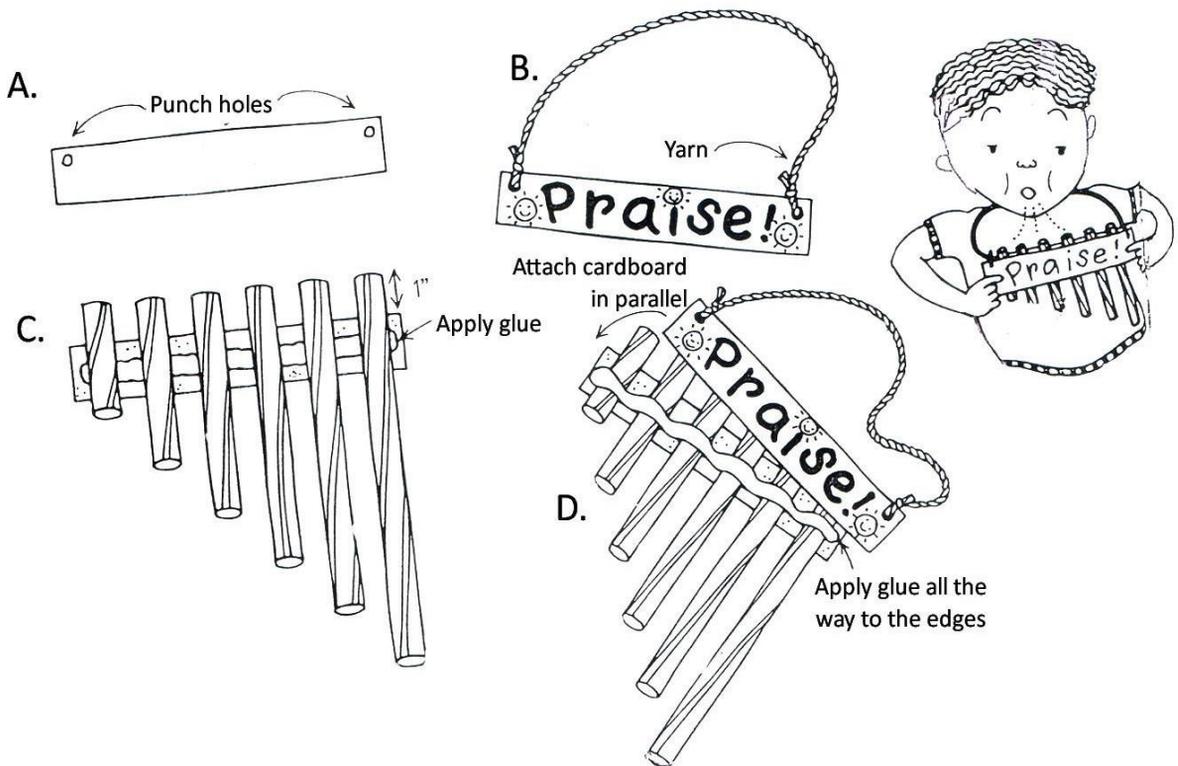
Method:

1. Punch holes at both ends of the rigid poster paper (as shown in Figure A).
2. Insert the yarn and tie both ends (Figure B)
3. Decorate or draw pictures and write the words "Praise" (as shown in figure B), and keep it aside first.
4. Apply glue in the middle and along the length of the another sheet of rigid cardboard paper (Figure C)
5. Arrange the cut straws on the cardboard, in order from short to long, by having them protrude out of the cardboard about 1 inch (2.5 cm) (as in the Figure C)
6. Apply glue to the center of the entire strip (as in the figure D)
7. Attach the decorated cardboard paper carefully over the straws, in parallel to the cardboard paper below. (Officer is to help the girls at this stage)
8. When dry, play the instrument by blowing about 1 inch (2.5cm) away, at the tubes. Do not blow near or close to the tubes. Compare the sounds produced by each length of the tube.

# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION** (depth of application can vary for kids and youths)

### **ACTIVITY FOR JUNIORS: Let us make Musical Instruments**

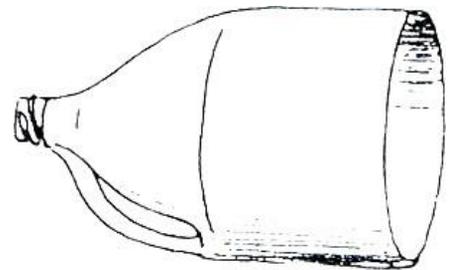


### **B. Horn**

**Equipment:** Plastic bottle, scissor

**Method:**

- (1) Cut the end of the plastic bottle
- (2) Purse the lips and blow on the bottle's opening



# ACTIVITIES FOR JUNIOR AND SENIOR

## ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION

(depth of application can vary for kids and youths)

### 1.2) Percussion Instruments A Drum

Equipment:

- i. Metal box or big biscuit tin
- ii. Decorative coloured paper
- iii. Branches or sticks
- iv. Rags or old unused cloths

Method:

- (1) Put the rags / cloths into the tin box and cover the lid. This gives the sound a deeper tone
- (2) Use the decorative coloured paper to wrap around the tin box
- (3) Use the twigs or sticks to hit and make sounds



### B. Tambourine

#### 1) Using Paper Plates

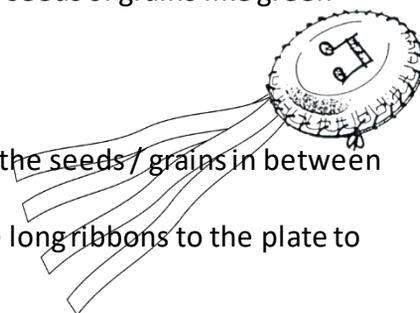


Equipment:

2 paper plates per YMB boy, stapler or use of thread and needle, seeds or grains like green beans, peanuts etc, ribbons colour pencils.

Method:

- 1) Take the 2 paper plates and attach them together, but adding the seeds / grains in between to make sounds.
- 2) Have the GB girl decorate the paper plate first and attach the long ribbons to the plate to make it colourful.

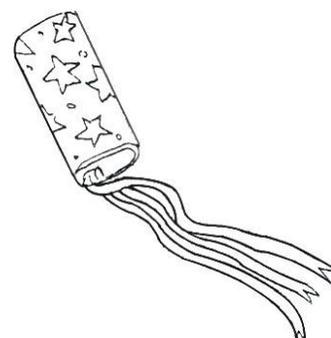


#### 2) Using Empty Can Drinks

Equipment: 1 empty drink can per GB girl, seeds or grains, scotch tape, coloured paper, ribbons

Method:

- (1) Wrap the can with coloured paper
- (2) Add seeds/grains into the can to make the sounds and tape the opening with scotch tape
- (3) Attach the ribbons so that it sways when moved



# ACTIVITIES FOR JUNIOR AND SENIOR

## ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION (depth of application can vary for kids and youths)

### ACTIVITY FOR JUNIORS: Let us make Musical Instruments

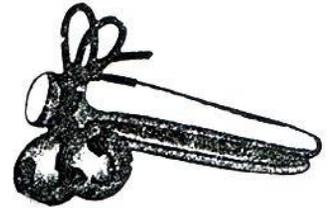
#### 2) Shaker Instruments

##### A. Jingle bells

**Equipment:** Wooden dolly cloth pegs, small jingle bells, string

Method:

- 1) Tie the bells onto the head of the dolly pegs, so that it will make a sound when shaken.

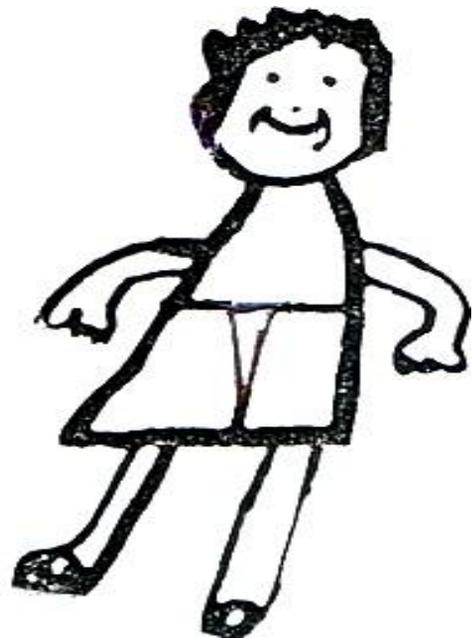
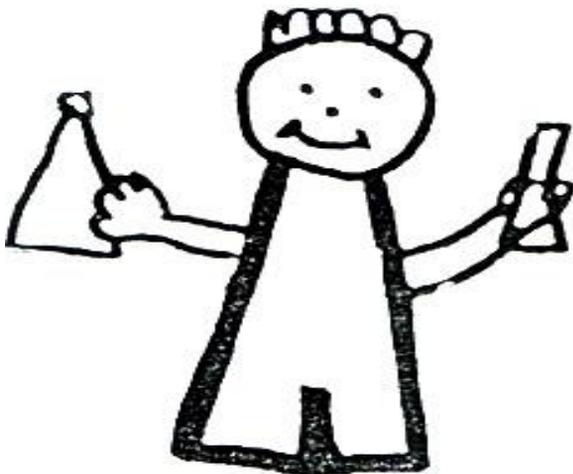
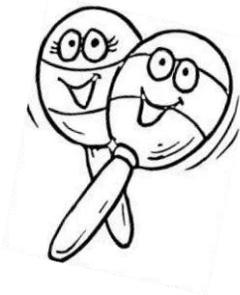


##### B. Maraca

**Equipment:** Tall plastic bottles such as ketchup bottles, grains, beans, macaroni, masking tape

Method:

- 1) Add the grains, beans or macaroni into the bottle.
- 2) Wrap the tape around the lid and about half-way up the bottle to enable easier handling and grip on the bottle.
- 3) Shake the bottle as you would the maraca instrument.
- 4) When shaking the maraca, the girl may do marching on the spot to help keep timing.



# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**

*(depth of application can vary for kids and youths)*

### **ACTIVITY FOR JUNIORS: Let us make Musical Instruments**

#### **2) Activity “Let’s Praise the Lord”**

Equipment: All the musical instruments that have been handmade by the members

Method:

1. Teach One praise song

e.g. Amen, Praise the Lord

<https://www.youtube.com/watch?v=XJFmyvVEKCw>

<http://www.songlyrics.com/psalty-ernie-rettino/amen-praise-the-lord-lyrics/>

AMEN, PRAISE THE LORD

Chorus :

Amen, praise the Lord

Amen, praise the Lord

Glory hallelujah, Praise the Lord!

I'm gonna jump down, turn around,

Touch the ground, and praise my Lord!

I am the way, the truth, and the life

I am the way, the truth, and the life

No man cometh unto the Father but by me.

I'm gonna jump down, turn around,

Touch the ground, and praise my Lord!

Chorus

Marvel not, ye must be born again

Marvel not, ye must be born again

Marvel not, ye must be born again

I'm gonna jump down, turn around,

Touch the ground, and praise my Lord!

Chorus

Suffer ye the little children to come unto me,

Suffer ye the little children to come unto me,

And forbid them not, for such is the Kingdom of Heaven

I'm gonna jump down, turn around,

Touch the ground, and praise my Lord!

Chorus

Repeat Chorus

# ACTIVITIES FOR JUNIOR AND SENIOR

## **ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION**

*(depth of application can vary for kids and youths)*

1. Beat / blow to the rhythm of the song using the instrument that the GB girl did herself
2. When the girl is able to do it well, let them exchange their instruments with each other (EXCEPT FOR BLOWING INSTRUMENTS DUE TO COVID PRECAUTIONS)
3. Evaluate the activity with the girls

Reference:

- 1) Kingdom Crafts for Kids by Kim Sullivan Fiano, Gospel Light, Ventura CA 93006
- 2) How To Do Bible Learning Activities Book 1 Grades 1-6 by Barbara J. Bolton
- 3) The One Year Bible Story Book by Virginia J. Muir, Tyndale House Publishers Inc.

## **ACTIVITY FOR SENIOR GIRLS (YOUTHS)**

Song: <https://www.youtube.com/watch?v=WGrOIRO8oqs>

(How Great is Our God + How Great Thou Art by Chris Tomlin)

<https://www.youtube.com/watch?v=LdFdoWlyUDA>

(Blessed Be Your Name: Artist Newsboys)

## **Game: Charades**

- 1) Divide the girls into teams. Each team not more than 10 girls
- 2) The Teams could either rotate the 'Actress' (i.e. the one appointed to help team guess the words) or have a permanent person.
- 3) Actresses are allowed to speak and act but not allowed to say the word that the team is guessing
- 4) Each word or phrase chosen from the table below is cut into equal numbers for each team
- 5) Officers are assigned to each team to hand the word / phrase to the 'Actress' and keeps count of correct guesses
- 6) Reflection: It is amazing how many words can be used to praise and encourage others... try using them in the coming week to people we know

# ACTIVITIES FOR JUNIOR AND SENIOR

## ACTIVITY FOR JUNIORS and SENIORS: LIFE APPLICATION

(depth of application can vary for kids and youths)

### ACTIVITY FOR SENIOR GIRLS (YOUTHS)

<b>Words of Praise</b>		
Great!	Phenomenal!	Superb!
Cool!	Thumbs Up!	Excellent!
Unbelievable!	Terrific!	You've Got It!
Way To Go!	Marvellous!	Outstanding
Amazing!	Bravo!	Unique!
Breath-taking!	Wonderful!	Exceptional!
Good Work!	Sensational!	You're Special!
Stupendous!	Awesome!	Fantastic
Good For You!	Good Sport!	Very Good!
How Artistic!	Super Job!	A+
Great Answer!	Well Done!	You're Inspiring!
You're Tops!	You Go The Extra Mile!	Hooray
You're #1!	Wow!	High Five!
Remarkable!	You're A Shining Star!	You're Getting Better!
Winner!	You're Super!	Great Idea!
5 Star Work!	Sweet!	Spectacular Work!
You're The Greatest!	Genius!	Extraordinary!
You're Sharp!	Congratulations!	That's Incredible!
Thank You For Caring!	Impressive!	You Can Do It!
You're So Kind!	Champ!	Great Effort!
Magnificent!	Clever!	Way To Go!
Outstanding Effort!	Stunning!	Talented!
Beautiful!	You're An Angel!	Right On!
Perfect!	A Job Well Done!	You're A-OK!
Nice !	Radical!	I Love It!
Incredible!	Wonderful!	Brilliant!
Great Job!	Spectacular!	Keep It Up!
That's Very Kind!	I Like It!	Incomparable!
You Rock!	Resourceful!	Good Leadership!
Good For You!	Courageous!	That's The Way!
Super Duper!	Lovely!	Alright!
Hats Off To You!	Good Try!	Top Notch!
Masterpiece!	Great Enthusiasm!	Delicious!



How to maintain a heart full of praise during this pandemic lock down?

**Our breath is precious gift from God, we breath and live and have our being.**

Let everything that has breath praise the Lord. Praise the Lord! Psalm 150:6

**Think of how our Almighty God was able to reset the Earth after the enormous Flood, He surely can and will reset my life no matter what I have been through.** *Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. Psalm 95:2-3*

**Amazing love! How can it be, that thou, my God, should die for me! God's love is better than life!**

*Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. Psalm 63:3-4*

**Gratitude is an attitude that chooses to praise God from our hearts. Gratitude is a posture of worship and praise in our life.**

*Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. Colossians 3:16*

**Proclaim God's goodness and greatness, people are hearing our voices and observing our actions. Be sure to keep our speech and actions pure.**

*Give praise to the Lord, proclaim his name; make known among the nations what he has done, and proclaim that his name is exalted. Isaiah 12:4*

**Called to be a chosen generation. If I am what God says I am.... How should I be living my life?**

*But you are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that you should show forth the praises of him who has called you out of darkness into his marvellous light. 1 Peter 2:9*



**God is Faithful based on Noah's Story**

Week 5 Day 1

Prayer focus: God is faithful – We will PRAISE Him

*“Let us come into his presence with thanksgiving;  
let us make a joyful noise to him with songs of praise!  
For the Lord is a great God, and a great King above all gods.” Psalm 95:2-3(NIV)*

### Adoration

Dear God,

You are worthy of praise because you are a great God above all others and yet You faithfully and unflinchingly care for me, as insignificant and limited as I am.

### Confession

I am sorry that many times I make decisions and act as if I was god, and did not even make any efforts to pause and listen to you in before I think or act. Please forgive for the many times I have lived a bad testimony because of this.

### Thanksgiving

Thank you that when I come to you in repentance, you always give me another chance. So I will make a joyful noise, praising you and tell others of what a great God you are!

### Supplication

Please always hold my hand and pick me up when I fall, but more than that, help me avoid temptations and deliver me from evil situations.



### Thought for the day

*The God who was able to Reset the Earth after the enormous Flood, can and will reset my life no matter how destroyed it might have been*



# WEEK 5 DAILY SHORT DEVOTIONS

## Day 2

Week 5 Day 2

Prayer focus: God is faithful - We will PRAISE Him

*"Because your love is better than life, my lips will glorify you.  
I will praise you as long as I live, and in your name I will lift up my hands." Psalm 63:3-4 (NM)*

### Adoration

Dear Father in heaven, how wonderful to be loved by you. You are so powerful, all knowing and Your presence is everywhere and no creature can hide from You. Yet you tenderly care and love me, as a Good Shepherd to the vulnerable lamb.

### Confession

I am sorry that I have shunned your love for me and turned to other things and people to get my love and affirmation, rather than to you

### Thanksgiving

Thank you for reminding me that Your love for me, exceeds even LIFE and all its glory. That to be IN YOUR LOVE is better than life. As I understand Your great love you have for me, I can't help but praise You and will make You known to all around me.

### Supplication

Lord, I can never love others the way you do, until I know how much you love me and assimilate that to my life. Help me understand. (Pray for a specific situation)



### Thought for the day

*What will it take for me to understand that God's LOVE is better than all life has to offer?*



Week 5 Day 3

Prayer focus: God is faithful - We will PRAISE Him

*Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. Colossians 3:16 (NIV)*

### Adoration

Dear God, our hearts are filled with gratitude when we reflect on the infinite wisdom of Your plans for mankind, by having Jesus come as our Saviour to save us from our degradation.

### Confession

We confess that we are sinful and have gone astray from Your will for our lives, bringing pain, sicknesses and death.

### Thanksgiving

Thank you for sending Jesus as the peacemaker, to lead us back to You, so that we can live in harmony with You and with our fellow men.

### Supplication

Bind us together as Your children to remind and warn each other to live wisely, through reading the Bible and the Holy Spirit's prompting.



### Thought for the day

*Think about what is the main message of Christ to me and the world.*

*Have I been reading God's word faithfully so that the message of Christ will dwell in me?*



# WEEK 5 DAILY SHORT DEVOTIONS

## Day 4

Week 5 Day 4

Prayer focus: God is faithful – We will PRAISE Him

*“Give praise to the Lord, proclaim his name;  
make known among the nations what he has done,  
and proclaim that his name is exalted.” Isaiah 12:4 (NM) (also read whole Chapter 12)*

### Adoration

Dear Lord, when I think about it, there is really no one greater than You. Creation and the whole Universe shouts Your greatness, from the tiniest living cell to the largest mountain ranges, we all give you praise for how wonderfully made everything is.

### Confession

I am sorry that many times I forget that I am the created and You are the Creator. How often I make the mistake that everything should revolve around me and what I want, rather than seek after You and what You have planned for me, which unknown to me is actually 100 times better for me.

### Thanksgiving

Thank you that even though I have made you angry through my wrong thinking and actions, Your anger lasts only for a while. On the contrary, You comforted me and helped me, so I know I can trust You without fear.

### Supplication

Dear God, be gracious to me and help me when I sin against You and my fellowmen. Help me to be like You, showing kindness and humility instead of being prideful and wanting to be right all the time.



### Thought for the day

*When we proclaim God's goodness and greatness, people are hearing our voices and observing our actions. Be sure to keep our speech and actions pure.*

What has Christ done for me that I can share with my friends and relatives?



Week 5 Day 5

Prayer focus: God is faithful – We will PRAISE Him

*But you are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that you should show forth the praises of him who has called you out of darkness into his marvellous light;" 1 Peter 2:9 (NM)*

**Adoration**

How amazing Lord, that You would consider me as chosen, royalty, a priest, holy and special!

**Confession**

I confess that on my own I am none of that. Forgive me when I do not live out to be the chosen generation, the royal priesthood and the peculiar people.

**Thanksgiving**

Thank you for bringing me out of deep darkness to live with You in the light.

**Supplication**

Help me to be the kind of person that You want me to be : A special, chosen one, a princess, a priest, a holy person, living in the light of God's commands



**Thought for the day**

*If I am what God says I am... How should I be living my life?*

