

STAY ALERT

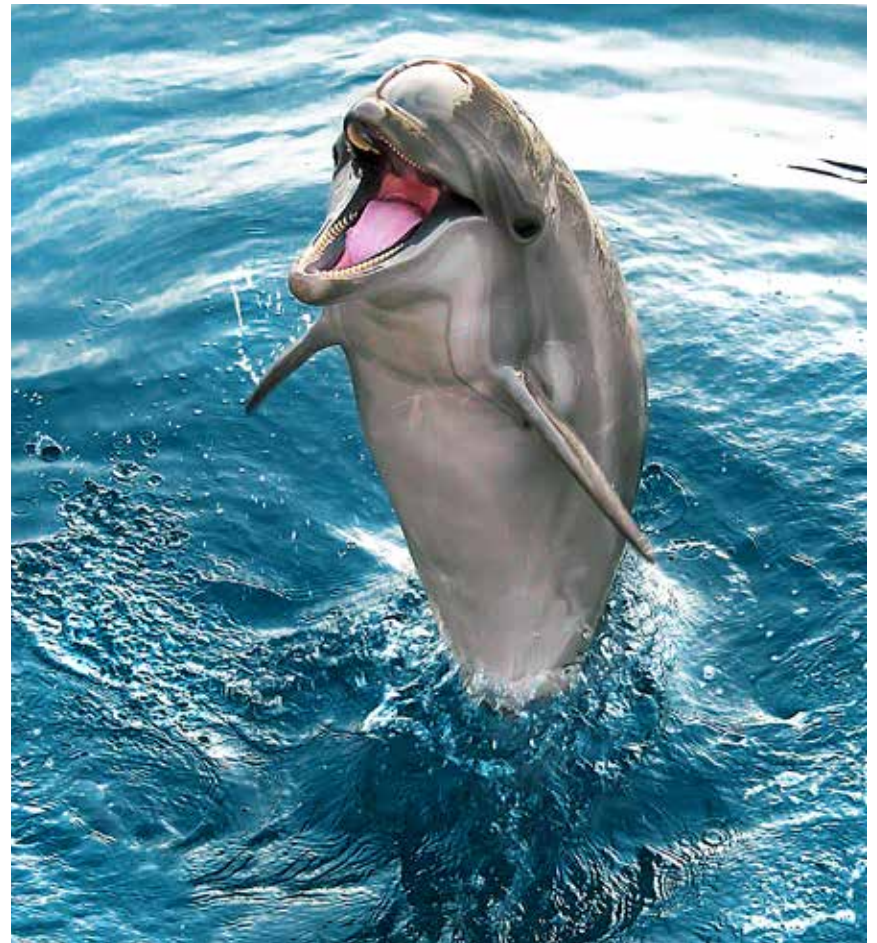
"Watch therefore, for you do not know what hour your Lord is coming." Matthew 24:42

Have you ever tried going to sleep while keeping one eye open? We can't sleep like that since we naturally want to close both eyes when we are tired. But the dolphin often sleeps with one eye open. It can do this because only one side of its brain rests at a time.

Why do you think God made the dolphin like that? First of all, this plan allows one side of its brain to stay awake while the other side sleeps. Then it can always pay attention to what is happening and keep watching out for enemies. Also, the dolphin doesn't breathe automatically without thinking like you do. It must come up to the surface of the water to breathe, and it must choose when to do so. That's why part of the dolphin's brain needs to stay awake. If it closed both eyes and went completely to sleep, it wouldn't come up for air at the right time, and it would drown.

In the Bible verse today, we are reminded to keep watch and stay alert all the time. This means that we should not ever forget about Jesus. All day long we should be thinking about getting ready for His coming. We should constantly watch out for temptation, and we should continually pray to Jesus, asking for His help and thanking Him for His blessings.

YOUR TURN: Why do you think we so easily forget about Jesus during the day?



SILENT POWER

“In quietness and confidence shall be your strength.” Isaiah 30:15

Did you know that some of the most powerful things in nature are also the quietest? Think about it.

Gravity is a strong force that keeps things down on the ground and controls the world as it moves around the sun at a tremendous speed. Yet it doesn't make a sound.

The light of the sun is another powerful force. It shines across millions of miles of space, all the way to earth, bringing with it enormous amounts of heat and light and energy—enough for all the plants and animals. But did you ever hear light making any noise?

Wind is so powerful it can push tall trees over and heap up giant waves in the ocean. We might think we can hear wind; but really, we only hear whatever the wind moved—like the leaves of a tree or a wind chime.

These three things show us that we don't need to be loud to be strong. Can you think of any other examples from nature?

Being quiet is good sometimes. But keeping quiet when you want to speak takes a lot of power and strength and practice. If you ask Jesus, He will show you how you can use quietness to work for Him.

YOUR TURN: Think about a time you said something when you should have been quiet. What rule from the Bible can you practice next time? James 1:19. Will Jesus help you if you ask Him?

