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belongs to



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In this journal you'll see quite a few references to the Bible. If you want to, you can look up these references for yourself in a Bible of your own. If you don't have a Bible and would like one, feel free to ask the person who gave you this journal and they should be happy to help. Or, there are plenty of free Bibles online.

How to find things in the Bible

Sometimes, you'll see a Bible verse written like this: Psalm 139:14. Here is how you tell which verse to read:

The Bible is split into two sections (the Old Testament and the New Testament). These two testaments are split into books (the Old Testament has 39 books; the New Testament has 27). The books are split into chapters (the biggest book, Psalms, has 150 chapters!) and those chapters are split into verses (the longest chapter is Psalm 119 with 176 verses!).

Psalm means we need to look for the Bible book of Psalms. If you are not sure where this is, look for the contents page near the beginning of the Bible.

Psalm 139:14


139 means we need to look for the big number 139; we call it **chapter 139**.

14 means we need to look for the little number 14; we call it **verse 14**.



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FOR WE ARE GOD'S
MASTERPIECE. HE HAS CREATED
US ANEW IN CHRIST JESUS,
SO WE CAN DO THE GOOD
THINGS HE PLANNED FOR US
LONG AGO.

Ephesians 2:10 (NLT)

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What's my
name?



Who am I?

What makes you who you are?

Is it your name, the colour of your hair, the food you like, what your friends and family say about you? Or is there more to it?

Write your name in the banner and decorate it.

What does your name mean? If you don't already know, see if you can find out and write it here.

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Draw or stick a
picture of yourself
here.



There's no one like you!

What do you like most about yourself?

What are you really good at?

If you could change one thing about you, what would it be?

If you could be an animal, what would it be?

If your friends or family had to describe you in three words, what would they be?

“... he will be called Immanuel, which means ‘God is with us.’”

Matthew 1:23

