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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

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!).

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

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.

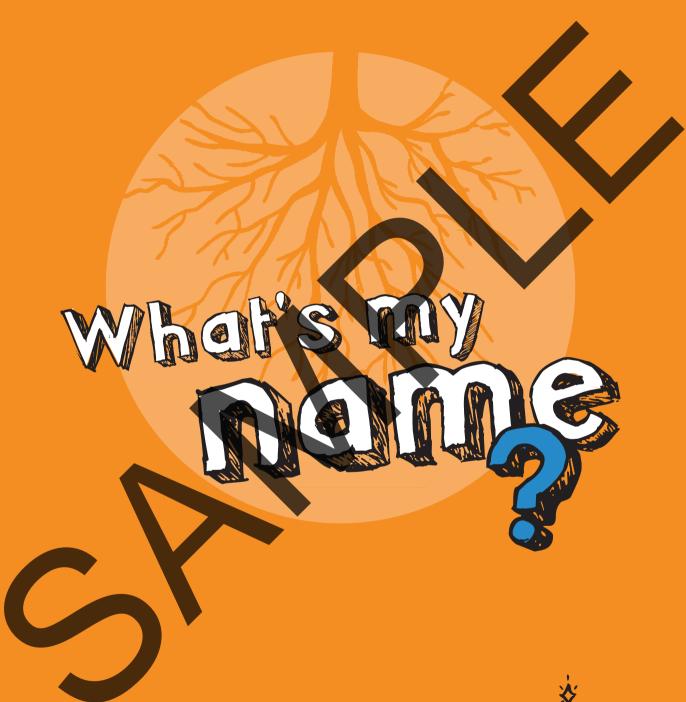
139 means we need to look for the big number 139; we call it chapter 139.

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

CE CONFENIS

What's my name?	7
What's my journey?	13
What do I feel?	17
How do I see myself?	23
Who's around me?	29
What's around me?	35
What do I value?	4
can I be brave?	49
What does the future hold?	55
Where now?	6







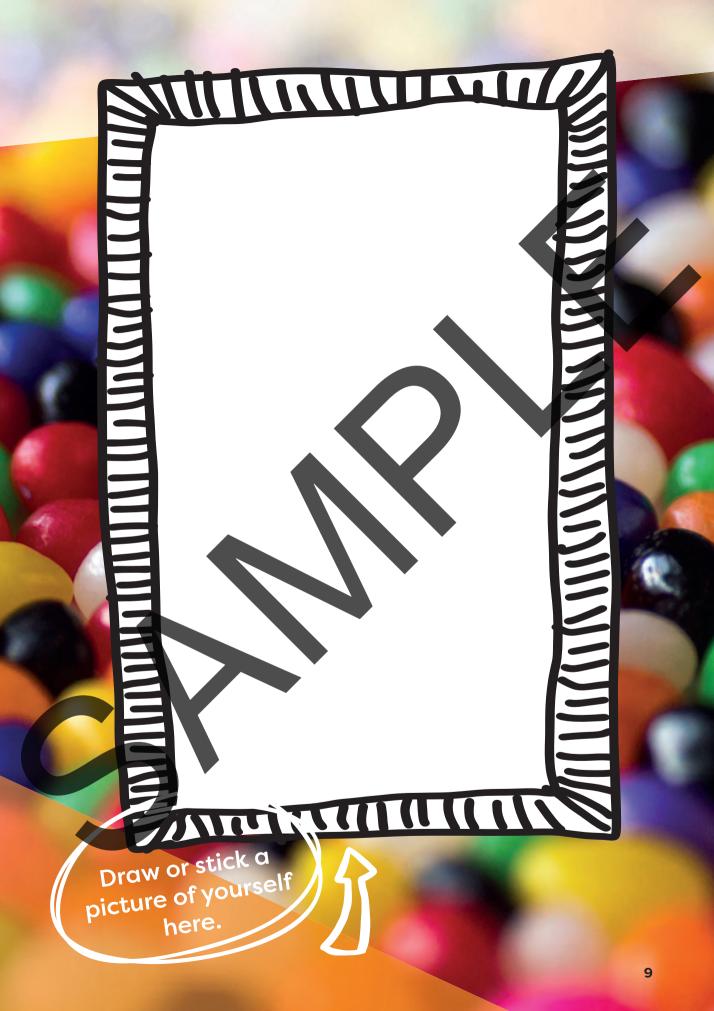
Who em 12

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.



There's no one like you!

4	What do you like most ab	oout yourself?	
0	What are you really goo	d at?	he will be called Immanuel, which
	If you could change on you, what would it be?	e thing about	means 'God is with us'." Matthew 1:23
	If you could be an an	imal, what would	0,0 111
	it be?	nily had to describe what would they be?	Ann A
	you in three words,	nily had to describe what would they be?	
	10	00000	