

JOURNEY THROUGH THE BIBLE

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1 David tells us in Psalm 139 that we are fearfully and wonderfully made, and that we are so precious to God that if we were to count His thoughts toward us, they would be more the sand - and there is a lot of sand in the world! We are always on His mind! God knows when we are asleep and when we are awake, where we are going, and where we have come from. God knows everything about us, and loves us!

As you read this month, be mindful of the many ways David mentions how God is merciful toward us.



DAILY READING

1	Psalm 119:121-128	
2	Psalm 119:129-136	
3	Psalm 119:137-144	
4	Psalm 119:145-152	
5	Psalm 119:153-160	
6	Psalm 119:161-168	
7	Psalm 119:169-176	
8	Psalm 121:1-8	
9	Psalm 124:1-8	
10	Psalm 125:1-5	
11	Psalm 126:1-6	
12	Psalm 127:1-5	
13	Psalm 128:1-6	
14	Psalm 130:3-8	
15	Psalm 135:1-7	
16	Psalm 135:8-14	
17	Psalm 135:15-21	
18	Psalm 136:1-5	
19	Psalm 136:6-11	
20	Psalm 136:12-16	
21	Psalm 136:17-21	
22	Psalm 136:21-26	
23	Psalm 138:1-8	
24	Psalm 139:1-6	
25	Psalm 139:7-12	
26	Psalm 139:13-18	
27	Psalm 139:19-24	
28	Psalm 141:1-4; 8-10	
29	Psalm 143:7-12	
30	Psalm 144:9-13	

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THINK ABOUT THIS:

A network of nerves sends messages back and forth from the brain to different parts of the body. These messages speed along the nerves at about 400 thousand mph!

MY BIBLE NOTES:

Place completion
sticker here

MY PLACE WITH JESUS JOURNEY THROUGH THE BIBLE OLD TESTAMENT, YEAR 4

Completion Form

In the beginning God created...cheese puffs, soda, candy bars, and ice cream? No, God created foods like strawberries, carrots, bananas, broccoli, and plums—a rainbow of colors, flavors, textures, and nutrients. Several places in the Bible God gave dietary instruction to His children (Leviticus 11, Deuteronomy 14) and promised them that if they followed His instruction, they would enjoy a life of happiness and health free from sickness (Exodus 15:26). The phrase “You are what you eat” has been proven time and again, such as in the story of Daniel (Daniel 1:8–20).

It’s important to follow the manufacturer’s instructions if you want to keep a car running without problems. The same goes for our bodies. In order for us to remain in optimum condition without sickness, God created us to run on a certain type of fuel.

This month, we are going to focus on eating as healthy as possible. We are going to eat a rainbow!

In addition to your regularly balanced diet, be sure to include fruits and vegetables from the color category listed below. Don’t forget to include whole grains, seeds, and nuts.

- Week 1** Red fruits and vegetables
- Week 2** Orange fruits and vegetables
- Week 3** Yellow fruits and vegetables
- Week 4** Green fruits and vegetables
- Week 5** Blue/Purple fruits and vegetables



I HAVE COMPLETED THE MY PLACE WITH JESUS
JOURNEY THROUGH THE BIBLE #39 OLD TESTAMENT



Name: _____ Age: _____

Address: _____

Parent/guardian signature: _____

- By checking this box, I consent to allow My Place With Jesus to use my challenge entry for publication in print or for posting online.

Send in this Journey Through the Bible completion form to receive your next completion sticker!

(Completion stickers available only to residents of the continental United States.)

Mail a copy to: My Place With Jesus
P.O. Box 6, Chattanooga, TN 37401

OR

Email a digital copy to: msmelissa@myplacewithjesus.com

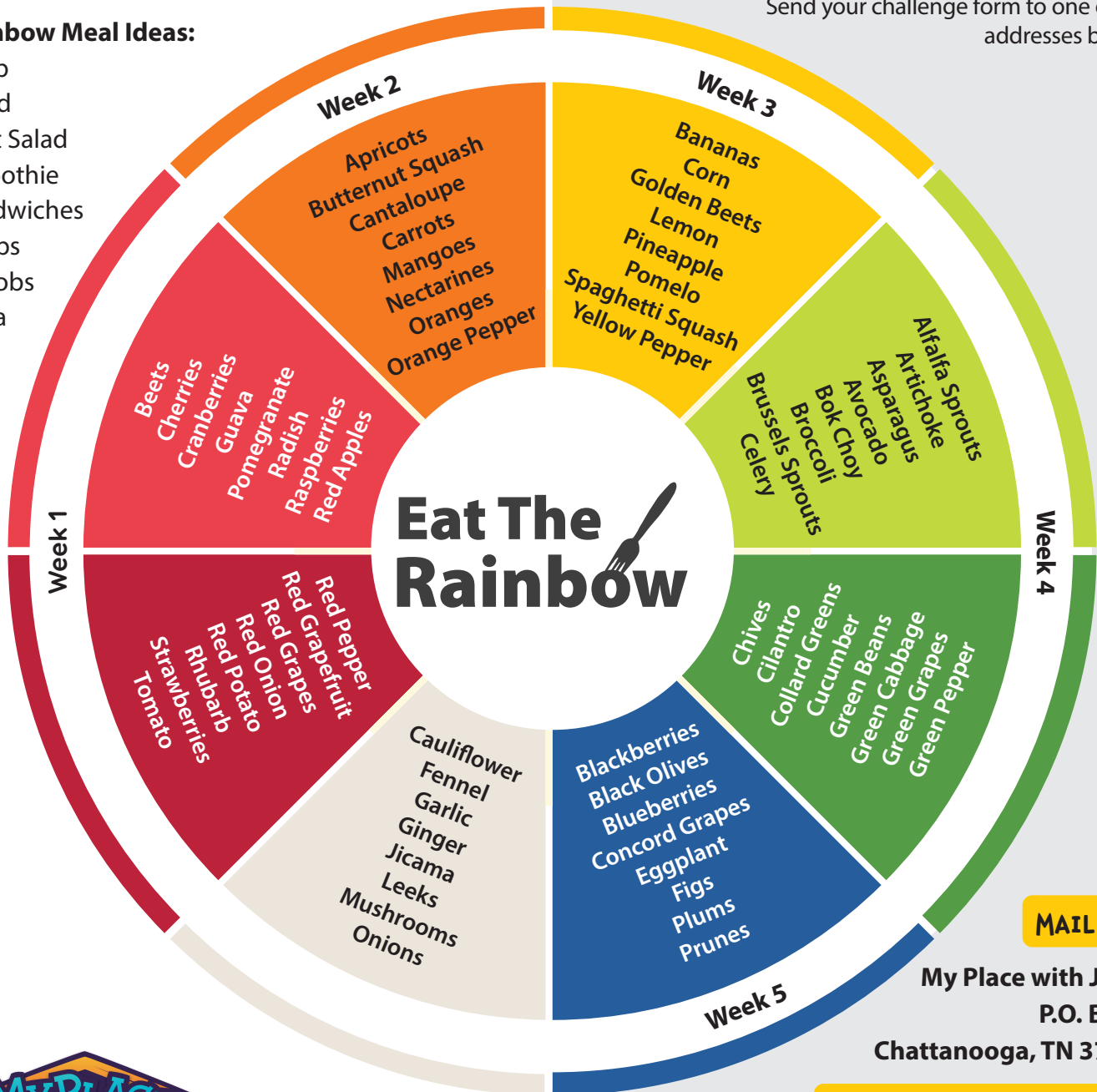
MY PLACE WITH JESUS EAT THE RAINBOW CHALLENGE

Food Rainbow Chart

The provided Food Rainbow Chart and Table of colorful foods will help you plan which fruits and vegetables you would like to include in your diet for the following weeks. Post the Food Rainbow Chart and Table on your refrigerator. At mealtimes circle the fruits and vegetables you are eating that match the color of the week. Write down any that might not be listed.

Rainbow Meal Ideas:

- Soup
- Salad
- Fruit Salad
- Smoothie
- Sandwiches
- Wraps
- Kabobs
- Pizza



I HAVE COMPLETED THE MY PLACE WITH JESUS EAT THE RAINBOW CHALLENGE.

CHILD'S NAME: _____

PARENT/GUARDIAN SIGNATURE: _____

Send your challenge form to one of the addresses below.

MAIL TO:

My Place with Jesus
P.O. Box 6
Chattanooga, TN 37401

OR SCAN AND E-MAIL TO:

msmelissa@myplacewithjesus.com



MY PLACE WITH JESUS EAT THE RAINBOW CHALLENGE

Food Rainbow Table

Circle the fruits and vegetables in each color column you have eaten for the week. Add any other fruits or vegetables you don't see listed.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	White/Brown	Other Foods
Red	Orange	Yellow	Green	Blue/Purple		
Beets	Apricots	Bananas	Alfalfa Sprouts	Blackberries	Cauliflower	Grains:
Cherries	Butternut Squash	Corn	Artichoke	Black Olives	Fennel	Barley
Cranberries	Cantaloupe	Golden Beets	Asparagus	Blueberries	Garlic	Brown Rice
Guava	Carrots	Lemon	Avocado	Concord Grapes	Ginger	Buckwheat
Pomegranate	Mangoes	Pineapple	Bok Choy	Eggplant	Jicama	Millet
Radish	Nectarines	Pomelo	Broccoli	Figs	Leeks	Oats
Raspberries	Oranges	Spaghetti Squash	Brussels Sprouts	Plums	Mushrooms	Quinoa
Red Apples	Orange Pepper	Yellow Pepper	Celery	Prunes	Onions	Rye
Red Pepper	Papaya	Yellow Squash	Chives	Purple Cabbage	White Peaches	Legumes:
Red Grapefruit	Peaches	White Grapefruit	Cilantro	Purple Grapes	Potatoes	Black Beans
Red Grapes	Persimmons		Collard Greens	Purple Yams	Parsnips	Garbanzo Beans
Red Onion	Pumpkin	_____	Cucumber	Raisins	Turnips	Kidney Beans
Red Potato	Tangerines	_____	Green Beans	_____	_____	Navy Beans
Rhubarb	Sweet Potato	_____	Green Cabbage	_____	_____	Lima Beans
Strawberries	_____	_____	Green Grapes	_____	_____	Pinto Beans
Tomato	_____	_____	Green Pepper	_____	_____	Red Beans
Watermelon	_____	_____	Kale	_____	_____	Nuts:
_____	_____	_____	Kiwi	_____	_____	Almonds
_____	_____	_____	Lettuce	_____	_____	Brazil Nuts
_____	_____	_____	Lime	_____	_____	Cashews
_____	_____	_____	Mustard Greens	_____	_____	Hazelnuts
_____	_____	_____	Parsley	_____	_____	Peanuts
_____	_____	_____	Spinach	_____	_____	Pecans
_____	_____	_____	Swiss Chard	_____	_____	Pistachio Nuts
_____	_____	_____	Zucchini	_____	_____	Walnuts
_____	_____	_____	_____	_____	_____	Seeds:
_____	_____	_____	_____	_____	_____	Chia Seeds
_____	_____	_____	_____	_____	_____	Flax Seeds
_____	_____	_____	_____	_____	_____	Pumpkin Seeds
_____	_____	_____	_____	_____	_____	Sesame Seeds
_____	_____	_____	_____	_____	_____	Sunflower Seeds

