

# Lunch Box Notes

A Resource for Parents from  
your Church's Student Ministry



Dear Parents,

The morning rush before school is full of daily routines and a bit of chaos. But in the midst of the madness lies an opportunity for you to offer a regular infusion of faithful encouragement.

This resource is designed to help you offer a daily note of encouragement to your teenager. We'll help you get started by giving you a note with a verse for 100 days. You can tweak the note, add what you want to say to it, and give it to your teenager.

Here are some different ways you can offer the note to your teenager in a creative way:

- \* Put it in their lunch box each day
- \* Write out the note and stick it to their bathroom mirror
- \* Slide it under their pillow
- \* Text it to them each day
- \* Stick it in an envelope and hand it to them as they leave for school

We hope that this resource makes it a bit easier for you to invest in your relationship with your teenager. If we help you pass down faith to your teenager, then we have scored a huge win towards the mission of our ministry.

If you need any questions about this resource feel free to contact us.

Student Ministry Team

# Confidence

Today is God's gift especially for you, that is why it is called "the present". Unwrap it slowly and see what He has for you.

Psalms 18:24 "This is the day the Lord has made;  
We will rejoice and be glad in it."

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Even though I am not going to school with you today, God is. He is walking the hallways with you! He is in every classroom. He is there through the high and lows of today!

Psalms 139:7 "Where can I go from your Spirit? Where can I flee from your presence?"

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Be confident today-I am confident in who God is creating you to be. Go through your day today with confidence that God is with you and I am praying for you!

Psalms 71:5 "For you have been my hope, Sovereign Lord, my confidence since my youth."

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You are blessed! Trust God today in everything you do, whatever you say, and whomever you are with.

Jeremiah 17:7 "But blessed is the one who trusts in the Lord, whose confidence is in him."

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You are strong and competent. Don't let anyone tell you anything different. God has given you strength and the ability to do anything! I love you! Have a great day!

II Corinthians 3:4-5 "Such confidence we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God."

# Worry/Anxiety

You look great today! Don't worry so much about what you are wearing or how you look. Life is more than clothes, food, or what you look like!

Matthew 6:25-26 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

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Don't waste your time worrying about the things you can't control. God is in control of your whole day. You really can't change anything by worrying. You will only ruin your day!

Luke 12:25 "Who of you by worrying can add a single hour to your life?"

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All that stuff you are worrying about, just pray and let God have it. Think about the good stuff that you can be thankful for today instead!

Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

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God sees inside your heart and mind. He knows what you are anxious and worried about, even before you say it out loud. Just let it all go and give over your thoughts to Him!

Psalms 139:23 "Search me, God, and know my heart, test me and know my anxious thoughts."

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God and I both care for you so very much. If you start feeling anxious today, remember that! Throughout the day just throw all your anxiety on God and tonight when you get home share with me about your day!

I Peter 5:7 "Cast all your anxiety on him because he cares for you."

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Look for someone today that needs cheering up and find a way to say something to encourage him or her! You never know how far your kind words may go in helping someone else!

Proverbs 12:25 "Anxiety weighs down the heart, but a kind word cheers it up."

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God is with you today; so don't be worried about that test. He will help you to do great. I know you have studied hard, so just relax, and do your best!

Isaiah 41:10- "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand"

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## Prayer

Take a moment at your locker or at lunch today to pray. It will make your day better. Know that I am praying for you too!

Psalms 6:9 "The Lord has heard my cry for mercy; the Lord accepts my prayer."

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I know you had a rough day yesterday. Today will be better. I am praying for you that you will have a better day!

Psalms 32:6- "Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them."

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Remember you don't even have to pray out loud or speak a word, God knows exactly what is on your heart. He is watching over you today!

Romans 8:26- " In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

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I am praying for you today that you will remember everything you are learning. God has given you a bright, intelligent mind!

Ephesians 1:18 "I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people"

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The school year is almost over!! It has been a great year. Keep up the great work and stay focused!

I Peter 4:7 "The end of all things is near. Therefore be alert and of sober mind so that you may pray."

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Do your best today! I will be stopping throughout my day, whenever I think about you, to pray for you!

II Thessalonians 1:11 "With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith."

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Today is going to be an awesome day! No matter what happens. God has got your back and He will help you through whatever comes your way!

I Thessalonians 5:16-18 "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

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Stay focused today! Live in ways that honor God today. No matter what is going on, remember you are walking the hallways with God at your side!

Galatians 5:25 "Since we live by the Spirit, let us keep in step with the Spirit"

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Make this a "Whatever" day. When someone says "whatever" Think about this verse...

Philippians 4:8 "Whatever is true, whatever is noble, whatever is right whatever is pure, whatever is lovely, whatever is admirable – If anything is excellent or praiseworthy- think about such things."

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Keep your focus today. Know that the things you are going through are just temporary! God is working in you for an eternal purpose!

II Cor. 4:18 "We fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal"

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# Sports/Extra-Curricular Activities

Stay strong in the game today, you can do it. I will be cheering you on!

Philippians 4:13 "I can do all things through him who strengthens me."

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This is the big game day! You have the ability and power that only God gives. I am so excited to see you out there today!

Isaiah 40:31 "But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

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I am so proud at how hard you have been practicing. It is really showing up in how much you are improving. I know you are going to win today!

1 Timothy 2:5 "Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules..."

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Remember it is just a game. I know you have put a lot of hard work in so far this season. Just remember you are competing for more than a win or a loss!

1 Corinthians 9:25-27 "All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step..."

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You seemed pretty wiped out from practice yesterday. I know the coach was hard on you. You are showing great discipline not just physically, but spiritually as well!

Hebrews 12:11 “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.”

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# Teachers/Authority

Remember to show your teachers respect today. They deserve it and they are working hard to teach you what you need to know!

1 Peter 2:17 “Show proper respect to everyone”

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Listen to your teachers today. They are training you for more than the test. They are training you for life!

Luke 6:40 “A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher”

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Obey your teachers today and stay out of trouble! Listen to what they have to say!

Proverbs 5:13-14 “I would not obey my teachers or turn my ear to my instructors. And I was soon in serious trouble in the assembly of God’s people.”

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Your teachers are smarter than you think they are. Learn from their wisdom. Have a great day in your classes!

Proverbs 13:14 “The teaching of the wise is a fountain of life, turning a person from the snares of death.”

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It is not the school that assigned your teachers to you; it is actually God! Respect their authority, because it is from God!

Romans 13:1 “Let everyone be subject to the governing authorities, for there is no authority except that which God has established.”

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I know it is easy to complain, but God has placed your teachers in your life for a reason!

Romans 13:2 “Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.”

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Christ has given you some great teachers this year! Take a moment to thank them for the hard work they are doing this year. I am sure they would love to hear a thank you!

Colossians 2:10 “...and in Christ you have been brought to fullness. He is the head over every power and authority.”

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We all have to listen to somebody! Teachers are the people you need to be listening to today. Make sure you are paying attention in class today!

Matthew 8:9 For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.”

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Be encouraging to your teachers today! You don't even need to say a word. Your actions and respect speak louder than your words!

1 Timothy 2:2 "... kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness..."

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## Bully/Bullying

I know you have been having a hard time. Instead of reacting the way I know you want too. Try praying for them instead!

Matthew 5:44 "But I tell you, love your enemies and pray for those who persecute you."

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I know you are feeling hurt right now. You are feeling like it is time for some payback. Let God handle it. I will be praying for you today!

Leviticus 19:18 "You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the Lord."

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Walk away from it. I know today is going to be hard. Just keep your distance. Why not react differently and show love instead of more negativity?

Romans 12:19-20 "Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord.' To the contrary, if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head."

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God is with you today. Don't be afraid. Remember what we talked about. Be strong and courageous today!

Deuteronomy 31:6 "Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

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I know there has been some nasty stuff being said and done around school because people know you're a Christian. God will bless you for staying faithful!

Matthew 5:11 "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account"

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## Friendships/Relationships

Be a person of peace today! Don't be a person of hate, envy and jealousy.

Proverbs 14:30 "A heart at peace gives life to the body, but envy rots the bones"

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I am praying you find some great friends this year at your new school!

Proverbs 17:17 "A friend loves at all times, and a brother is born for a time of adversity."

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I am so happy to be getting to know your friends. I am proud of you for being such a good friend and choosing such great friendships!

Ecclesiastes 4:9-10 "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"

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There are some people in your school that need someone to be their friend and show them some love. Be a person that is a friend to everyone!

John 15:12 "My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends...."

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Friends either make you sharp or make you dull. Let God help you find some people that make you better.

Proverbs 27:17 "As iron sharpens iron, so one man sharpens another."

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## Self-Image

God is sculpting and making you the person He wants you to be! I am proud of the person you are becoming!

Isaiah 64:8 "You, Lord are our Father. We are the clay, you are the potter"

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Your body is the temple of God. Use it today to worship Him in everything you do and say!

I Corinthians 6:19 "Do you not know that your bodies are temples of the Holy Spirit"

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God knew you and loved you long before I knew you and loved you! You are His amazing creation!

Psalms 139:13 "You created my innermost being, you knit me together in my mother's womb"

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You are created in God's image. Don't let anyone or anything make you forget that!

Genesis 1:26 "So God created man in his own image, in the image of God he created him; male and female he created them."

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Hair, make up, jewelry, or even your clothes don't make you who you are. It is your beautiful heart for God that makes you who you are.

1 Peter 3:3-4 "Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious"

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## Joy/Happiness/Fun

There is a difference between being happy and having joy. Happiness is temporary and based on circumstances. Joy is eternal and is based on God.

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

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Rejoice for the day that God is giving you today! Respond back to God with joy over and over again about your blessings!

Philippians 4:4 "Rejoice in the Lord always; again I will say, Rejoice."

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I hope God fills your day with good stuff. Enjoy your day and whatever God brings at school today!

Romans 15:13 "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

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I know you are feeling under the weather today and you really didn't want to go to school today. Still try to have a good day!

Proverbs 17:22 "A joyful heart is good medicine, but a crushed spirit dries up the bones. "

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Just wanted to let you know how proud I am of you and that being your parent gives me joy! I love you! Have a day overflowing with blessings!

II Corinthians 7:4 "I am acting with great boldness toward you; I have great pride in you; I am filled with comfort. In all our affliction, I am overflowing with joy."

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## Knowledge/Studying/Grades

Learn something new today. We will talk tonight over dinner. Try to remember one thing new you learned today to share with us!

Proverbs 2:10 "For wisdom will enter your heart, and knowledge will be pleasant to your soul."

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Remember the things you are studying are important, even if it doesn't seem like it right now. Everything you learn today has value!

Proverbs 8:10 "Choose my instruction instead of silver, knowledge rather than choice gold.."

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Listen and learn today! Do your best, that is all I expect from you! I hope your day is wonderful!

Proverbs 18:15 "The heart of the discerning acquires knowledge, for the ears of the wise seek it out."

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Good luck on your science test today! Remember everything you are studying is just another way to get to know God better!

Psalms 19:2-3 "The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge."

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I am so proud of your great grades this year. You are honoring God with your hard work and effort this year!

Proverbs 1:7 "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction"

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Take your time today to make sure to listen in class. Give it your all and don't be afraid to ask questions if you don't understand something. There is nothing wrong with asking for help or asking a question!

Proverbs 2:2 "...turning your ear to wisdom and applying your heart to understanding..."

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# Witness/Sharing Faith

Your school is a mission field. It is your opportunity to share your faith and God's love with others!

Mark 16:15 "Go into all the world and preach the gospel to all creation"

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I am so excited for the opportunities God has given us this year as a family to be a witness to your teachers and your friends!

Proverbs 20:7 "The righteous lead blameless lives; blessed are their children after them"

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Be willing to let God use you today to be a witness. He has sent you to your friends and teachers as His representative!

Isaiah 6:8 "I heard a voice for the Lord saying, 'Whom shall I send and who will go for us' And I said ' Here am I, send Me' "

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Be willing to share your faith with someone this week. You don't have to have all the answers, just share what you know.

1 Peter 3:15 "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have"

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# Words/Gossip

Remember the things you say about others are powerful. Be a part of the solution, not the problem, when it comes to gossip!

Proverbs 26:20 "Without wood a fire goes out; without gossip a quarrel dies down"

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Think before you speak today. It is better to take a minute to think about what you are going to say before you say it!

Proverbs 29:11 "A fool gives full vent to their rage, but the wise bring calm in the end"

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Say something nice to 5 people today! Let your mouth and actions speak loud all day long!

Psalms 37:30 "The mouths of the righteous utter wisdom, and their tongues speak what is just."

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Choose your words wisely today. Make sure whatever you say today is helpful and not hurtful!

Ephesians 4:29 "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."

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I want us be able to talk and be honest with each other. I don't want any secrets between us! Remember I love you and am willing to listen to whatever you have to say!

Proverbs 11:13 "Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered."

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**Don't speak evil of anyone today! Stay out of the gossip and drama that goes on!  
Show everyone respect with your words today!**

**Titus 3:2 "To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people."**

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## **Serving Others**

**Who can you serve this week? Look for someone that could use some help and serve them, even if you don't feel like it!**

**Philippians 2:3-4 " Value other above yourself, not looking to your own interest but each of you to the interests of others"**

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**Forgive and forget! Sometimes the best way to serve someone is loving them and forgiving them!**

**I Corinthians 13:5 "Love is not self-seeking, it is not easily angered, keeps no records of wrongs"**

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**Live out what we have been studying at church this week! Be a doer this week. Find something you can do that will put hands and feet to what we have been hearing!**

**James 1:22 "But be doers of the word, and not hearers only, deceiving yourselves."**

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**Make this a day that everything you do is done with the love of God in it!**

**I Corinthians 16:14 "Let all that you do be done in love."**

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Reflect Christ today by serving others. I know it is difficult to do, but lets think of some ways we can both serve the people we come in contact with this week!

Mark 10:45 "For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many."

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## Temptation/Hard Situations

I am praying for you as you walk the halls and hang out with your friends. I know you face a lot of temptations. Just remember to stop and pray if you feel like you might be a bad situation!

Matthew 26:41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

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Be on guard this week. I know some people at school are doing stuff they shouldn't. Be strong in what you believe and stand up for what you know is right!

I Corinthians 16:3 "Be on your guard; Stand firm in the faith"

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Put on the full armor of God today as go through your day! Satan loves to attack and trip us up as Christians. God will protect you!

Ephesians 6:13 "Put on the full armor of God, so that when the of evil comes, you may be able to stand your ground"

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Don't get overwhelmed today with all the stuff that is going on at school this year. Be willing to stand up for what is right!

Romans 12:21 "Do not be overcome by evil, but overcome evil with good"

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As you eat your lunch take a minute to pray for the rest of your day so you are ready to face it with God!

Matthew 26:41 "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

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Give your day over to God-don't try to face temptations on your own. God will defend you and protect you!

James 4:7 "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

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## Wisdom/Choices

You are going to face choices today. Use God's word as your spiritual glasses to look at each choice through!

Proverbs 17:24 "A discerning person keeps wisdom in view"

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Make a choice to be holy in all that you do. At school that means you might need to make a choice to do something different than everyone else around you!

1 Peter 1:15 "Just as the one who called you is holy, be holy in all you do"

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You are really growing up. God is really filling you with wisdom. I am proud of the wise choices you are making!

Luke 2:40 "The child (\*Jesus) grew and became strong; He was filled with wisdom, and the grace of God was on him"

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If you come to a choice today and you are not sure what to do, remember to stop and ask God for His wisdom!

James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

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We are halfway through the school year! Let's start the countdown to summer!

Psalms 90:12 "Teach us to number our days, that we may gain a heart of wisdom"

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Respecting God and yourself is the start of growing up and being smart! Be a "smarty pants" today and follow God as you go through your day!

Psalms 111:10 "The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding..."

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## Food/Lunch

As you enjoy your sandwich, remember to also feed yourself spiritually today! Did you have time to do your devotions?

Matthew 4:4 "Man shall not live on bread alone, but on every word that comes from the mouth of God"

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I packed you a bottle of water, as a reminder that you have the "living water" of God flowing in you!

John 7:38 "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them"

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Even the lunch you are about to eat is an act of worship. Remember even eating this lunch can bring God honor!

I Corinthians 10:31 "So, whether you eat or drink, or whatever you do, do all to the glory of God."

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Glad you are eating your lunch and you found this note! Remember even though we enjoy eating, our life is more than just the physical. It is also about the spiritual!

Romans 14:17 "For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit."

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I packed you some fruit today as a reminder to show off some of the "Fruit of the Spirit" today!!

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

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Choose who you sit with at lunch wisely! Be careful with the conversations you have and what is being said about others as you sit and enjoy your food!

Psalms 1:1-2 "Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;"

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I packed you some fruit today as a reminder to stop and give God thanks for providing for you!

Hebrews 13:15 "Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name."

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Enjoy your lunch! Just like you are tasting and enjoying your food, the Bible says we can "taste and see" how great God is!

Psalms 34:8 "Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!"

Here is a package of salt as a reminder to “season” the words you say today with God’s love and grace!

Colossians 4:6 “Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.”

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Here is an apple to remind you of how proud I am of you and that God is proud of you too!

Psalms 17:8 “Keep me as the apple of your eye; hide me in the shadow of your wings..”

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Here is a bottle of water. It is a quick reminder that some day we will be in heaven together drinking from the river of life that flows from the throne of God!!

Revelation 22:1 “Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb”

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