

YISHKENI BOOKS NEWSLETTER

What's inside this issue:

FOR PARENTS:

THIS MONTH'S FAMILY DEVOTIONAL BASED ON FAT KAT WILL HELP YOU EXPLORE THE SPIRITUAL ROOTS OF HEALTH AND WELLNESS. LEARN HOW PAT AND LAZ'S TRIP TO MONTE SANO MOUNTAIN SHOWS US THAT OUR BODIES ARE GOD'S SACRED TEMPLES.

-  BIBLICAL IDEAS ABOUT HEALTH—LOOK AT 1 CORINTHIANS 6:19-20 AND WHAT IT REALLY MEANS TO RESPECT GOD WITH OUR BODY.
- 5 PRINCIPLES THAT WILL CHANGE YOUR LIFE: FROM KNOWING WHAT TO EAT TO HAVING THE STRENGTH TO SERVE
- FAMILY DISCUSSION QUESTIONS: QUESTIONS THAT MAKE YOU THINK ABOUT KNOWLEDGE, FRIENDSHIP, AND MAKING HEALTHY CHOICES
- 4-WEEK FAMILY CHALLENGE: FUN THINGS TO DO THAT CAN CHANGE HOW YOUR FAMILY THINKS ABOUT HEALTH AND WELLNESS



FOR KIDS:

THIS MONTH, DIVE INTO FAT KAT WITH PAT AND LAZ! KIDS WILL EXPLORE HEALTHY LIVING AND FRIENDSHIP THROUGH:

-  "THE HEALTHY MOUNTAIN" YOUTH DEVOTIONAL—LEARN HOW OUR BODIES ARE GOD'S SPECIAL TEMPLES (GREAT FOR AGES 9-15)
-  CREEK STONE PAINTING CRAFT—CREATE PAINTED STONES WITH BIBLE VERSES
-  FUN ACTIVITIES—FAT KAT WORD SEARCH AND ADVENTURE MAZE
-  CHARACTER SPOTLIGHT—MEET PAT & LAZ FROM PINHOOK CREEK
- PLUS OUR JEMIMAH JOPE GIVEAWAY AND "BETWEEN THE PAGES" PODCAST NEWS!

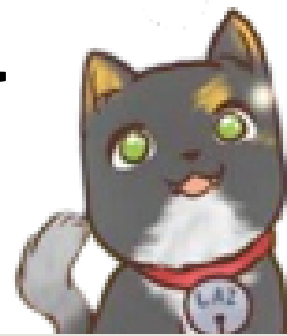
HELLO FROM YISHKENI BOOKS



Join Our Growing Garden! The Yishkeni Books family is blooming with readers who love faith-filled stories. Share your favorite moments from our books, tag us in your reading adventures, and connect with other families on Facebook and Instagram @yishkenibooks. Together, we're planting seeds of faith, one story at a time!

BOOK AND CHARACTER SPOTLIGHT

FAT KAT



FAMILY ACTIVITY IDEAS

Healthy Choices Challenge: Just like Pat learned from Matt, urge your family to make one healthy choice every day for a week. This could mean eating well, taking vitamins, working out outside, or drinking more electrolyte water.

Active Outdoor Adventures: Go outside and play, run, and do things together that God created our bodies to accomplish.

Huntsville History Hunt: You may learn about the history and monuments of your own community, much like Fat Kat does with the Hunt Brothers and local landmarks in Huntsville, Alabama.

Faithful Friend Appreciation: Just like Laz is devoted to Pat, have each family member write a note to a friend or family member who has always been there for them.

Creation Care Project: Show others how to spend time outside by doing it yourself. Spend time outside together, cleaning up a park or creek near your home, and talking about how taking care of God's creation is like taking care of our bodies.

Pet Care Wisdom: Talk about how taking care of your pets' health (providing them the correct food, exercise, and vitamins) may teach us how to take care of our own bodies as God's temples.

BOOK & CHARACTER SPOTLIGHT

This month we're going to explore Fat Kat! This moving story shows Pat and her loyal cat, Laz, learning crucial lessons about making good choices and living a healthy life on the picturesque Monte Sano mountain in Huntsville, Alabama.

Fat Kat teaches kids (and reminds us grownups) about:

- Making wise choices means learning to believe what God says above what we want.
- Making healthy choices—knowing that our bodies are God's temples.
- Faithful companionship: The significance of having loyal friends who are there for us.
- Taking care of God's creation and our community is called environmental stewardship.
- Discernment and moderation—making choices that are fair in all parts of life.



UPCOMING EVENTS

JEMIMAH JOPE GIVEAWAY COMING SOON!

Jemimah Jope has arrived and we're ready to celebrate! Make sure you're following us to enter our exciting giveaway - you won't want to miss this heartwarming adventure with you.

THE YISHKENI PODCAST IS HERE!

We had amazing success with our first podcast episode! Join us for our next "Between the Pages" episode on August 3rd. Make sure to tune in for inspiring conversations and behind-the-scenes stories!

VERSE TO REMEMBER

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." - 1 Corinthians 6:19-20 NIV

Family Reflection: How can we honor God through the choices we make about food, exercise, and rest? What does it mean that our bodies are temples where God's Holy Spirit lives?

BOOK AND CHARACTER SPOTLIGHT

FAT KAT



FAMILY DISCUSSION QUESTIONS FROM FAT KAT

About Wisdom and Discernment:

- Matt teaches Pat essential things about what she should and shouldn't eat. How can we teach our kids to ask for beneficial advice when they need to make decisions about food and other things?
- What does it mean to trust God's guidance instead of just what we think we know?
- How can we assist our kids in learning to make good decisions about what they eat, what they do for fun, and who they hang out with?

About Taking Care of Our Bodies:

- Pat knows that "eating the fat water kat" is bad for her health. How can we talk to our kids about how the Holy Spirit lives in our bodies?
- How can our family show God respect by the choices we make about food and exercise?
- How can we appreciate God's good blessings and still make smart, healthy choices?

About Faithful Companionship:

- Laz stays with Pat through thick and thin. What can we learn about how important it is to have faithful friends?
- How do we teach our kids to be good friends who are loyal, helpful, and trustworthy like Laz?
- What traits should we search for in friends who will help us make excellent decisions?

About Learning from Your Mentors:

- Matt appears as a wise "fisher of men" who can help Pat. How can we assist our kids in seeing and learning from godly people in their lives?
- What does it mean to have a heart that is open to learning, like Pat showed?
- How can we show our kids how to be successful students and effective instructors at the same time?

About Moderation and Balance:

- The story shows that modesty and moderation are unusual yet important virtues to have. How can our family use biblical moderation in the choices we make every day?
- What does Paul mean in 1 Corinthians 6:12 when he says not to let anything "dominate" you?
- How do we teach our kids comprehend the difference between enjoying what God has given them and letting it control them?



BOOK AND CHARACTER SPOTLIGHT

FAT KAT



FAMILY DISCUSSION QUESTIONS FROM FAT KAT CONTINUED

About Active, Healthy Living:

- How can we help our kids understand playing outside and being active as part of God's plan for their bodies?
- What does it mean to provide our bodies the right kind of food and supplements when we need them?
- How can we show our kids that taking care of their mind, body, and spirit helps them serve God and other people better?

About Environmental Stewardship:

- God's creation can be seen in the magnificent environment of Monte Sano ("healthy mountain") and Pinhook Creek. What does taking care of God's creation have to do with taking care of our bodies?
- How might we learn more about God's Creation by interacting with the real world?
- How can our family make choices that are good for our bodies and God's creation?

About Simple Pleasures & Contentment:

- Pat enjoys doing simple things like fishing with Laz. How can our family learn to enjoy the small things and the quiet times?
- What can we learn from how content Pat is with her quiet life?

About Making Difficult Choices:

- Pat has to make the tough choice to put the fat kat back instead of eating it. What can we do to help our kids get ready to make tough but right choices?
- What does it mean to put your health first over what you desire right now?
- How can we assist our kids in making choices that are wise but not always what everyone else wants?



MONTHLY DEVOTIONAL

THE HEALTHY MOUNTAIN: GOD'S DESIGN FOR WHOLE-PERSON WELLNESS



Biblical Principles of Health and Wellness

1 Corinthians 6:19–20 NKJV

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

More Than Being Physically Fit:

We often miss the deeper biblical truth about taking care of our bodies because our culture is so obsessed with looks and health trends. The idea that our bodies are temples is more than simply a pleasant metaphor; it's a basic truth that should change how we think about all aspects of health and wellness. It's not about getting the perfect body or following the current diet trend; it's about knowing that our bodies are hallowed places where the Holy Spirit lives. God has built a foundation for health that includes our whole being—body, mind, and spirit. For example, the lovely Monte Sano mountain (which means "healthy mountain") is the backdrop for Pat's journey in *Fat Kat*.

The Foundation: Our Bodies Are Holy Places (1 Corinthians 6:19–20)

This important passage changes the way we think about taking care of our bodies. Paul isn't using a metaphor; he's saying something true about the spirit. We now have the same Holy Spirit that flooded the temple in Jerusalem. This truth should affect every choice we make about what we eat, how much we exercise, how much we sleep, and even what we think.

For Parents: How can we assist our kids in understanding this deep truth? It begins with teaching kids that their bodies are sacred sanctuaries they must care for. Every choice they make about food, movement, and rest affects the temple where God lives.



Biblical Principles That Change How We Think About Health:

1. WISDOM IN CONSUMING (1 Corinthians 6:12 NKJV) "All things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be dominated by anything."

Paul's idea of Christian freedom has a direct effect on how we eat, and what we eat. We are free in Christ, but real freedom includes choosing choices that are good for our bodies and honor God. This means being smart about the things we eat, thinking about vitamins and supplements when they are helpful, and knowing that eating well helps us serve God by keeping our minds and bodies clear.

Family Application: Instead of just asking, "Is this allowed?" teach your kids to inquire, "Will this choice help my body serve God better?" Help children realize that some meals and nutrients provide them energy for service, while others may make it harder for them to think clearly or have the energy to do good things.



MONTHLY DEVOTIONAL

THE HEALTHY MOUNTAIN: GOD'S DESIGN FOR WHOLE-PERSON WELLNESS



2. TRAINING AND DISCIPLINE (1 Timothy 4:7–8 NIV) "Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Paul acknowledges that physical training has value while emphasizing that spiritual training is paramount. This text doesn't make physical fitness less important; it only puts it in the right light. Outdoor play, physical adventures, and frequent movement can help with spiritual discipline and joy in God's creation.

Family Application: Help your children see physical activity not as vanity, but as training that builds character. Physical activity, whether it's playing outside, doing tasks around the house, or running with pets, teaches you how to stick with things, set goals, and take care of God's gift of strength and energy.

3. SELF-CONTROL AND MODERATION (Philippians 4:5 KJV) "Let your moderation be known unto all men. The Lord is at hand."

Moderation in the Bible doesn't mean being average; it means staying away from excesses that can lead to idol worship. Extreme behaviors, like obsessively dieting or completely ignoring your health, frequently show that you have the wrong priorities. Balance in our food, exercise, rest, and even the supplements we take is part of true wellness.

Family Application: Be an example and demonstrate how to make healthy decisions about food, exercise, and health. Don't make food the enemy in either direction—too much or too little—or make exercise a punishment. Instead, show how moderation lets us enjoy God's gifts while keeping our minds on eternal things.



4. STRENGTH FOR SERVICE (Proverbs 31:17 NIV) "She sets about her work vigorously; her arms are strong for her tasks."

The Proverbs 31 woman's physical strength isn't for show. It's for service. She can do her job well since she is very strong. We must be able to love and serve God and other people better if we take care of our bodies by eating well, getting enough exercise, and making good choices.

Family Application: Make a connection between physical health and service opportunities. Teach your kids that eating well, taking vitamins when needed, playing outside, and being active will help them be better at helping others, whether that's helping elderly neighbors, doing mission work, or just having the energy to be there for family and friends.



MONTHLY DEVOTIONAL

THE HEALTHY MOUNTAIN: GOD'S DESIGN FOR WHOLE-PERSON WELLNESS



5. REST AND RESTORATION (Mark 6:31 KJV) "Come ye yourselves apart into a desert place, and rest a while."

Jesus even knew that he needed to relax and get better physically. We frequently think of rest as sloth in our productivity-obsessed world, yet the Bible says that it is vital for spiritual health and long-term service. This involves getting enough sleep, spending time in nature in solitude, and having quiet times to think.

Family Application: Ensure that your family gets enough sleep and time to relax. Make sure your schedule has both active outdoor time and quiet time. Tell your kids that rest isn't something they have to earn; it's part of God's plan for people to thrive.

The Deeper Spiritual Lessons:

STEWARDSHIP INSTEAD OF OWNERSHIP:

When we see our bodies as temples, we go from ownership to stewardship. We don't own these bodies; God has given them to us to take care of. This way of looking at things impacts how we choose what to eat, how to be active, and how to be healthy.

Worship through health:

When done with the proper heart, every healthy choice becomes an act of worship. Eating healthy foods, taking vitamins that are beneficial to you, exercising outside on a regular basis, and getting enough sleep are all ways to show thanks and respect for God's gift of life.

WHOLE HEALTH:

Biblical well-being isn't just about being physically healthy; it also includes being mentally, emotionally, and spiritually healthy. We need to pay attention to all areas of our humanity since we are not separate parts but whole beings. Good nutrition helps you think clearly, being outside makes you happy, and being physically healthy lets you serve others spiritually.

JOY IN GOD'S DESIGN: God made our bodies so that they may move, enjoy His creation, eat healthy food, and have fun with physical activity. When we live an active, healthy life with thankfulness, we are participating in the delight of God's plan for human life.

Practical Family Devotional Activities:

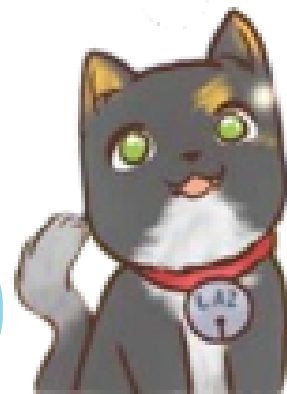
Week 1: Temple Assessment: Talk as a family about how we are taking care of our bodies as God's temples right now. What changes could you make that would glorify God more? Think on your total health, including your diet, exercise, sleep, and more.

Week 2: Gratitude for Bodies Every day: Thank God for something your body can do. Instead of focusing on how they look, help kids see their bodies as gifts. Be thankful for the vitality you get from nutritious food and the fun you have playing outside.



MONTHLY DEVOTIONAL

THE HEALTHY MOUNTAIN: GOD'S DESIGN FOR WHOLE-PERSON WELLNESS



Week 3: Service Through Strength: Use your physical skills to help other people in some way. You may help your elderly neighbors with yard work, lift heavy things for them, go on a charity walk, or play with youngsters in a way that encourages them to move.

Week 4: Rest and recuperate by doing things: To practice biblical rest, spend time outside in nature, do family devotions outside, or just be active together in nature without any distractions like technology.

Questions that help you have a deeper family conversation:

1. What does it mean for us to think about eating, exercising, resting, and getting enough nutrition if our bodies are God's temples?
2. What is the difference between taking care of our bodies because we are vain and doing it as a kind of worship?
3. How can we convince our kids to eat healthy foods based on how they feel about themselves instead of how they look?
4. The Bible tells us to be sensible about how much we eat, take supplements, and work out. What does that mean?
5. How do the choices we make for our health as a family show how much we love God and want to help others?
6. How may being physically active and spending time outside help us be more spiritually disciplined and happy?
7. How can we show our kids that taking care of their pets' health is just as important as taking care of their own self?



Closing Prayer

Heavenly Father, thank You for giving us these wonderful bodies and for letting us enjoy moving, eating well, and living an active life. Please let us view them as holy places where Your Spirit lives. In everything we do, from what we eat to how we walk to what supplements we take to how we rest, please help us make choices that make You happy. Please help us find the right balance between being vain and disregarding things, and don't let us go too far in any direction. Let's base our approach to health and well-being on appreciation, stewardship, and service instead of fear or pride. Use our strength and energy to help others and make Your name outstanding. Help us enjoy being outside, being active, and taking care of the bodies You've given us.

In Jesus, Amen.

KIDS CORNER

NEWSLETTER

August, Issue 2



WELCOME TO YOUR AUGUST ADVENTURE, YOUNG EXPLORERS!

Hey there, great kids! Are you ready to go on another great adventure with your Yishkeni friends? This month, Pat and her cool cat friend Laz are taking us on a trip to the amazing world of Fat Kat!

👉 Secrets of keeping healthy and strong that are cool What it means to be a good friend What God wants us to do with the amazing bodies He given us!

Put on your explorer hat, get ready for an adventure, and let's do this month's really cool activities together! Pat and Laz are so excited to tell you their story! 🎉



MEET THE CREEK CREW: PAT AND LAZ!

Prepare for a fun time by the water! Pat is a smart girl who loves spending time on adventures by Pinhook Creek, and her best buddy Laz (a super cool cat!) goes everywhere with her. They go on adventures on Monte Sano mountain, which means "healthy mountain," they are about to receive some lessons that will change their lives.

What Pat and Laz Teach Us:

🧠 Making smart choices means learning to trust what God says instead of just doing what we want.

💪 Body Care: Knowing that our bodies are like wonderful homes for God to live in

🐱 Best Friend Power: Having friends who are always there for us no matter what

🌍 Creation Helpers: Looking after God's wonderful world and our neighborhoods

⚖️ Balance Masters: Making the right decisions in all area of our lives

YOUR FAMILY'S GREAT ADVENTURES!

 Can your family become healthy heroes, just like Pat learned from knowledgeable Matt? For a whole week, choose one amazing option every day. You may eat a delicious apple, take your vitamins, play outside, or drink a lot of water.

 Outdoor Explorer Mission: Get outside and let your body do what God created it to do: run, jump, climb, and play! Your body was made to go on adventures!

 Community Detective Game: Be like Pat and explore Huntsville as a history detective! What interesting sights and stories can you find in your own town?

 Friendship Appreciation Station: Laz is always there for Pat, which is what real friends do. Make a personal remark or picture for someone who is always there for you.

 Creation Care Heroes: Put on your superhero capes and help God's creation! Pick up trash by a creek, clean up a park, and talk about how taking care of nature is like taking care of your health.

 Pet Care University: Teach your pets about health if you have them! Find out how feeding them well, giving them exercise, and giving them vitamins may help you learn how to take care of your own great body!



III YOUR BODY IS A WONDERFUL GIFT FROM GOD!

"So God created mankind in his own image, in the image of God he created them; male and female he created them." - Genesis 1:27 NIV

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." - Psalm 139:14 NIV

 Family Time to Think:

- What can we do to thank God for the wonderful bodies He gave us?
- How can we honor God by taking care of our bodies?
- Why do you think God wants us to be active and eat well?
- How does taking care of our bodies show that we love God and our families?



Between the Pages



🎉 EXCITING NEWS ALERT!

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THE JEMIMAH JOPE GIVEAWAY IS HERE!

The wait is over—Jemimah Jope has arrived! Follow us on Facebook to learn how to enter and win. You definitely don't want to miss out on this amazing prize!

🎧 AWESOME PODCAST ADVENTURE!

Our first "Between the Pages" podcast was incredible! Join us for episode #2 on August 3rd—it's going to be filled with fun stories and cool secrets about the books!

THE HEALTHY MOUNTAIN: GOD'S AMAZING PLAN FOR YOU!

A Special Devotional for Young Explorers

"Your body is like God's special house! He lives there through His Holy Spirit. You were bought with a price, so honor God with your body!" - 1 Corinthians 6:19-20 (Kid Version)

☀️ MORE THAN JUST LOOKING GOOD

Hey awesome kids! Did you know that taking care of your body isn't about looking perfect or being the strongest kid in class? It's SO much cooler than that! God designed your body to be His special house just like how Pat explores the beautiful Monte Sano mountain (which means "healthy mountain"), we get to explore what it means to take care of the amazing body God gave us!

This isn't about:

- ✗ Being perfect
- ✗ Looking like someone else
- ✗ Following crazy diet trends
- ✗ Comparing yourself to others

This IS about:

- ✓ Honoring God with your choices
- ✓ Having energy to help others
- ✓ Feeling strong and happy
- ✓ Taking care of God's gift to you

🏠 YOUR BODY = GOD'S SPECIAL HOUSE

Imagine if God asked you to take care of His most precious house. You'd want to keep it clean, safe, and beautiful, right? Well, guess what - He DID ask you to do that! Your body is that special house!

What does this mean for YOU?

Every choice about food matters

How you move and play matters

Getting enough sleep matters

Even what you think about matters

For Growing Kids: As your body changes

and grows (hello, puberty!), remember that

God is the architect of those changes.

Every awkward phase, every growth spurt,

every new thing happening - God designed

it all perfectly for YOU.

"Be strong and of
a good courage;
be not afraid."
- Joshua 1:9 KJV



THE HEALTHY MOUNTAIN: GOD'S AMAZING PLAN FOR YOU! continued

🍏 5 BIBLICAL PRINCIPLES THAT WILL CHANGE YOUR LIFE

1. SMART CHOICES (1 Corinthians 6:12)

"I can do anything, but not everything is good for me. I won't let anything control me."

Kid Translation: Just because you CAN eat that entire bag of chips doesn't mean you SHOULD! Real freedom means making choices that help your body serve God better.

Try This: Before eating or drinking something, ask: "Will this give me energy to do good things, or will it make me feel sluggish and grumpy?"

2. TRAINING YOUR BODY (1 Timothy 4:7-8)

"Train yourself to be godly. Physical training helps some, but godliness helps in every way!"

Kid Translation: Exercise isn't punishment - it's training! Just like athletes train for sports, we train our bodies to serve God better.

Try This: Find physical activities you LOVE! Dance, bike riding, swimming, hiking, playing with pets - movement should be FUN, not a chore!

3. BALANCE IS KEY (Philippians 4:5)

"Let everyone see that you're reasonable and balanced."

Kid Translation: Don't go crazy in either direction! Don't obsess over food, but don't completely ignore your health either.

Try This: Practice the "80/20 rule" - make healthy choices 80% of the time, and don't stress about the other 20%!

4. STRONG FOR SERVICE (Proverbs 31:17)

"She works hard and her arms are strong for her tasks."

Kid Translation: We take care of our bodies so we can help others better! When you're healthy and strong, you can serve God and people in amazing ways.

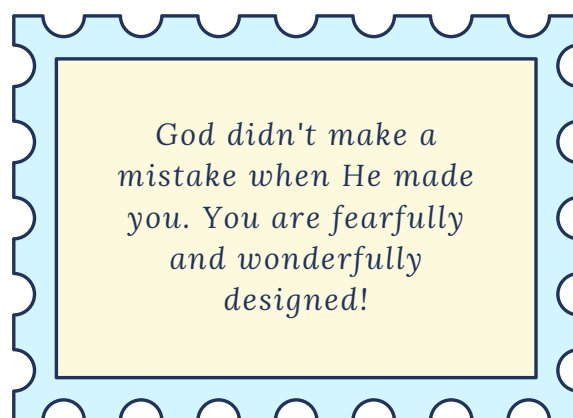
Try This: Connect your health to helping others. "I'm eating this apple so I'll have energy to help my little brother learn to ride his bike!"

5. REST IS IMPORTANT (Mark 6:31)

"Come away and rest for a while."

Kid Translation: Even Jesus needed breaks! Rest isn't lazy - it's part of God's design for you to recharge.

Try This: Create a bedtime routine that helps you wind down. Your growing body NEEDS sleep to be awesome!



THE HEALTHY MOUNTAIN: GOD'S AMAZING PLAN FOR YOU! continued

🧐 THE DEEPER STUFF (Because You're Smart!)

YOU'RE THE CARETAKER, NOT THE OWNER:

Your body isn't really "yours" - it's on loan from God! You're like the caretaker of something super precious.

EVERY HEALTHY CHOICE = WORSHIP:

When you choose water over soda, go for a walk instead of staying inside all day, or get enough sleep - you're actually worshipping God! Cool, right?

WHOLE-PERSON HEALTH:

God cares about your body, mind, emotions, AND spirit. They're all connected! Eating well helps you think clearly, exercise makes you happier, and being healthy helps you serve others.

JOY IN MOVEMENT:

God designed your body to MOVE and have fun! Running, jumping, playing - these aren't just activities, they're ways to celebrate the amazing body God gave you.

🎯 WEEKLY FAMILY CHALLENGES

Week 1: Temple Check-Up

Family discussion: How are we taking care of our bodies as God's temples? What's one thing each person wants to improve?

Week 2: Gratitude Challenge

Every day, thank God for something your body can do. "Thank you, God, that my legs can run!" "Thank you that my hands can hug people!"

Week 3: Service Through Strength

Use your physical abilities to help someone. Carry groceries, play with younger kids, help with yard work, walk a neighbor's dog.

Week 4: Rest and Recharge

Plan family time in nature without phones or distractions. Go for a hike, have a picnic, or just sit outside and talk.



💡 DISCUSSION QUESTIONS FOR FAMILIES

- What's the difference between taking care of our bodies to show off vs. taking care of them to honor God?
- How can we make healthy choices without becoming obsessed with being "perfect"?
- What does "balance" look like in our eating, exercise, and rest?
- How do our health choices affect our ability to help others?
- Why do you think God wants us to enjoy being active and spending time outside?
- How can taking care of our pets teach us about taking care of ourselves?

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."
- 1 Corinthians 10:31 KJV

🙏 PRAYER FOR YOUNG HEARTS

Dear God, thank You for this amazing body You gave me! Help me remember that it's Your special house, and I want to take good care of it. When I'm tempted to make unhealthy choices, remind me that I want to honor You. When I feel bad about how I look, help me remember that You made me perfectly. Give me wisdom to eat foods that fuel my body, to move in ways that are fun, and to rest when I need it. Help me use my strength and energy to help others and make You smile. Thank You for designing me exactly the way I am! In Jesus' name, Amen.

Help Pat and Laz get to their favorite Fishing Spot



What to do
with the fat kat?

Fat Kat Word Search

V M O U N T A I N N W C J Q R W Y
N A I F U A C M N W G B G I N G J
E L J R B L D N Y Y I G U X T A Q
Y T X I C C P V Z H J S U T H C I
G V I E F X H Y E X E T D N A U F
I O I N E I Z P O N V A Q O N Q H
L Q C D W T A I J K T R L Q M S K
S O H S K L O S F T R U S T U A F
D A I H O I U Q W M U H R Y H E X
J K H I N H I I E R W L X E Z Y P
W O M P D H O N V I U A T K F W O
H A N U T R I T I O N P D N A I H
Z G F O U T D O O R S T N L I S Q
N F I S H I N G N Q G F R G T F I
K G W Z Q I F S Z O I D J A H V K
F Q F G Q A Y W I P Z F C A I P M
Y B D D C B E X E R C I S E F L W

FRIENDSHIP
ADVENTURE
TRAIL

EXERCISE
FAITH
FISHING

WISDOM
HEALTHY
MOUNTAIN

TRUST
OUTDOORS
NUTRITION



Just like Pat learned to trust God's wisdom by the creek, these painted stones can remind us of God's promises wherever we place them! Hide them around your neighborhood for others to find, just like Pat would want to share God's love with everyone she meets!

Age Range: 4+ (with adult help for cutting)

Time Needed: 45-60 minutes (plus drying time)

Mess Level: Medium

CREEK STONE PAINTING CRAFT

🎯 SIMPLE STEPS:

Step 1: Prepare Your Stones

- Clean stones with soap and water
- Let them dry completely
- Choose the smoothest side for your main design

Step 2: Plan Your Design

- Lightly sketch your verse with pencil
- Choose short, powerful verses that fit your stone size
- Plan color scheme (light background, dark text works best)

Step 3: Paint the Background

- Paint the entire stone with your chosen background color
- Let dry completely (15-20 minutes)
- Add a second coat if needed

Step 4: Add Your Bible Verse

- Use pencil to lightly write your verse
- Paint over with contrasting color or use permanent marker
- Add decorative elements (flowers, crosses, hearts)

Step 5: Seal Your Creation

- Let paint dry completely (1-2 hours)
- Apply clear acrylic sealer if stones will go outdoors
- Let cure for 24 hours before handling

🎨 WHAT YOU'LL NEED:

- Smooth, flat stones (collected from creeks, rivers, or craft stores)
- Acrylic paints (various colors)
- Fine-tip paintbrushes (sizes 2, 4, and 6)
- Black permanent markers (fine and ultra-fine tip)
- White paint pen or marker
- Pencil (for sketching)
- Paper towels
- Water cups
- Acrylic sealer/varnish (optional, for outdoor use)
- Newspaper or plastic tablecloth

BIBLE VERSES FOR THE STONES:

"Be strong and of a good courage"
- Joshua 1:9

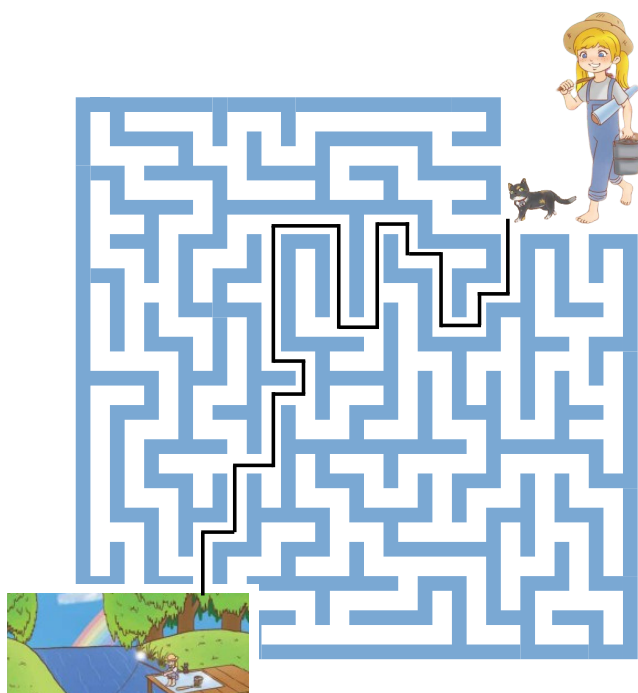
"The Lord is my shepherd" - Psalm 23:1

"I can do all things through Christ"
- Philippians 4:13

"Trust in the Lord" - Proverbs 3:5

"Be still and know that I am God"
- Psalm 46:10

PUZZLE ANSWERS



PG 14

Fat Kat Word Search

V	M	O	U	N	T	A	I	N	N	W	C	J	Q	R	W	Y
N	A	I	F	U	A	C	M	N	W	G	B	G	I	N	G	J
E	L	J	R	B	L	D	N	Y	Y	I	G	U	X	T	A	Q
Y	T	X	I	C	C	P	V	Z	H	J	S	U	T	H	C	I
G	V	I	E	F	X	H	Y	E	X	E	T	D	N	A	U	F
I	O	I	N	E	I	Z	P	O	N	V	A	Q	O	N	Q	H
L	Q	C	D	W	T	A	I	J	K	T	R	L	Q	M	S	K
S	O	H	S	K	L	O	S	F	T	R	U	S	T	U	A	F
D	A	I	H	O	I	U	Q	W	M	U	H	R	Y	H	E	X
J	K	H	I	N	H	I	I	E	R	W	L	X	E	Z	Y	P
W	O	M	P	D	H	O	N	V	I	U	A	T	K	F	W	O
H	A	N	U	T	R	I	T	I	O	N	P	D	N	A	I	H
Z	G	F	O	U	T	D	O	O	R	S	T	N	L	I	S	Q
N	F	I	S	H	I	N	G	N	Q	G	F	R	G	T	F	I
K	G	W	Z	Q	I	F	S	Z	O	I	D	J	A	H	V	K
F	Q	F	G	Q	A	Y	W	I	P	Z	F	C	A	I	P	M
Y	B	D	D	C	B	E	X	E	R	C	I	S	E	F	L	W

PG 15

MESSAGE FROM PAT

Hey there, amazing friends! Just like Laz and I learned by Pinhook Creek, the best adventures happen when we trust God's plan for our lives. Remember - your body is God's special gift to you, so take care of it with healthy choices, outdoor fun, and lots of rest. You're braver than you believe and stronger than you think! Keep exploring God's beautiful world!



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