

I, the Lord... **will hold your right hand**

Isaiah 41 v 13

Our hands can do many different things. We can put food in our mouths and wash ourselves; we can greet people with a wave and open doors; some people even speak with their hands. Look at how many bones there are in one hand and how intricately designed they are. God has made them perfectly for us.

Unjumble these words to find more things we can do with our hands.

tinap a picture

witer a story

dolh a brush

worht a ball

paly the piano



Read 1 Samuel 25 to learn about **Abigail**, who used her hands and her quick mind to save people's lives. Describe Abigail's actions:

What do you think would have happened if Abigail had not done these things?

David blessed Abigail for her wise advice and for preventing him doing something he would have regretted later. What we do is very important too. What should be our guide for life?

Make sure you read it regularly and put it into practice with God's help!

If you are a believer, think about something you could do to serve the Lord.

If you are not yet a believer, pray to the Lord to change you so that you are safe for eternity and your life will be made useful to Him.

Abigail crossword clues

ACROSS

1 Nabal's wife

5 Abigail packed up 200 loaves of this for David and his men

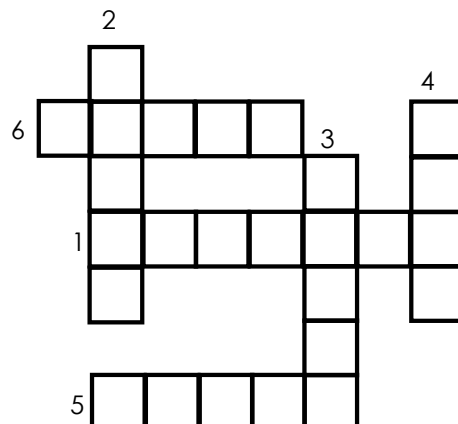
6 When Nabal died, David asked Abigail to him

DOWN

2 Abigail's husband

3 The man who asked for food

4 David was going to do this to all Nabal's men



I, the Lord...will hold your right hand

Isaiah 41 v 13

Hands are so important. We need each finger.

Without them we cannot –

w _ _ _ _ ,

h _ _ _ ,

w _ _ _ or

p _ _ _ _

Thank God for our hands

Missing words:

paint

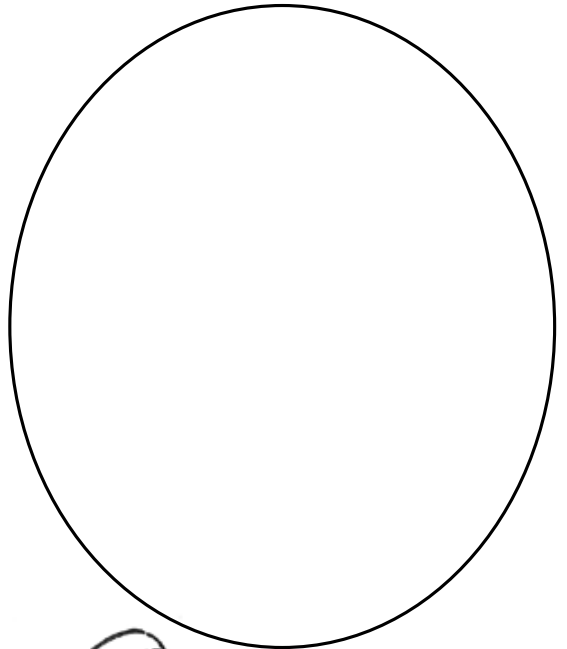
write

hold

wash



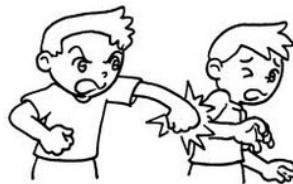
Draw a picture of yourself helping someone with your hands.



- ✓ Tick the good things we can do with our hands
✗ Cross the bad things



Make a thank you card



Punch someone



Help Granny make a cake



Do the washing up



Throw things at others

Jesus healed a man with a paralysed hand so he could work again. When we become Christians our lives become useful for the Lord and others.