



Flight Plan

1

Read Matthew 8:8-9

Day 1

Do you know what a matryoshka doll is? You might have seen one and just not known the name. It's a little wooden doll from Russia that has other smaller wooden dolls that rest inside it. (See the picture.) Try to make your own nesting dolls, but instead of using dolls, find something around your room or house, like plastic containers from the kitchen, or toy blocks and boxes. See how many you can fit inside.

Authority sometimes looks like this, doesn't it? There might be one person in charge of everything—they're like the biggest box or container you used. But even though the next person down might not have as much authority as the first person, that second person still has authority over those people underneath her. The centurion in Matthew understood this concept of authority and realized that the person with the most authority (the biggest box) was Jesus! That meant that Jesus had all the power to heal anyone under His authority—all the way down to the centurion's servant!

THANK God for taking care of everyone under His authority—in other words, all of us!



Matryoshka Dolls



Day 2: Read Ecclesiastes 11:5

How much do you know about your own body? See how many of these you get right:

1) How many bones does an adult human have?
a.) 74 b.) 206 c.) 429

2) How many times does your heart beat in one day? _____

3) Who has more bones in their neck: a human or a giraffe? _____

4) If your small intestine wasn't looped back and forth upon itself, how long would it be?
a.) 2-4 feet b.) 8-10 feet c.) 18-23 feet

5.) How fast do you think the air from your sneeze can travel through the air?
a.) 10 miles per hour b.) 100 miles per hour c.) 50 miles per hour

How did you do? Even if you got all these right, there's still so much we don't know about how our bodies work—after all, even scientists and doctors are still learning about our bodies every day! But there is someone who knows every single thing about your body, and that's the One who made you—God! And because of that, there's no one else who deserves more respect from us than our Creator!

ASK God to help you grow in your respect for Him.

Answers: 1) b 2) Over 100,000 3) Trick question: each have seven! 4) c 5) b



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1

Read Isaiah 40:25-26

You'll need to wait until it's dark outside to do today's activity. Even better, go out while it's getting dark. Notice how as the blue sky turns black and the stars slowly start to appear. Try and find some constellations, like Cassiopeia (shaped like a capital W) or Cepheus (shaped like a house). Try counting the stars you see! How many stars do you think exist?

In our galaxy alone, scientists estimate there are about 200 BILLION stars. And our galaxy is one of at least 100 billion, possibly one of 1 TRILLION galaxies out there.

There are so many stars that the best that scientists can do is guess their number, but the God who created them knows exactly how many there are and has names for each of them. There truly is no one equal to God—He deserves all of our respect!

LOOK for examples of God's power and creativity throughout the day, and tell Him how amazing He is when you do!



Day 3

Day 4

Read Revelation 4:11

Have you ever made something for someone else—like cookies or a cake? You don't make it just so they'll thank you and tell you how delicious it is, but it sure is nice to hear those things, isn't it? And that's just a dessert! Can you imagine how happy it makes God to hear that we love the things He's made?

When your mom, dad, or another adult makes dinner for you tonight, thank them for their effort. Then talk about who REALLY made your food—who created the vegetables, fruits, grains, and, yes, even animals—that give us the energy and nutrients we need. If God can make all of that, and make us, we can trust Him to help us, guide us, provide for us, and lead us. That's a God worth respecting!

KNOW that God is in control of everything!