



Stewardville

Children's Church  
ISSUE 21

# Daily Times

## IT DOES A BODY GOOD

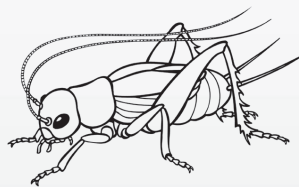
### TODAY'S ISSUE

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GOOD FOR THE BODY  
YOUR FORECAST  
SPORTS ROUNDUP

-2-  
NEWS, JOKE  
COMICS  
ACTIVITY

### YOUR FORECAST

We will be experiencing "Indian summer" today. Sorry, I know you were anxious to wear your new reindeer earmuffs and socks.

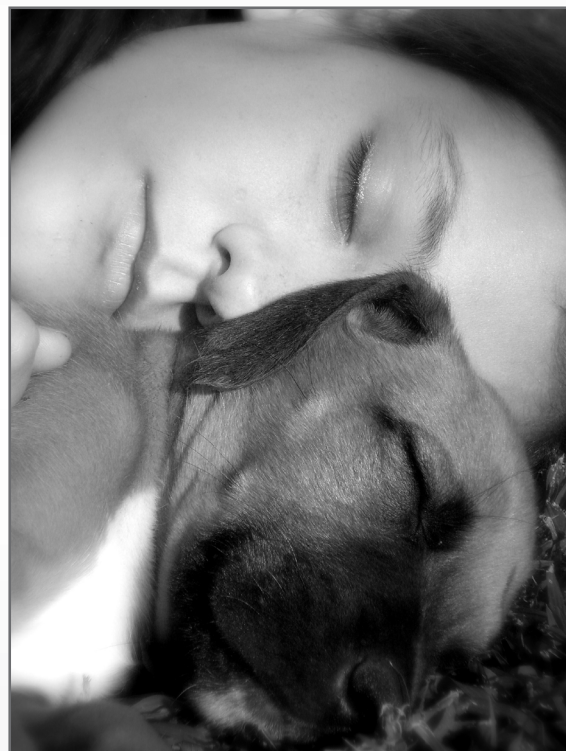


### Sports Roundup

Stewardville is officially a world record holder. Yesterday, 569 people got together and told the same joke. The record was set after none of them could tell it right. Their next record attempt will be to see if one of them can come up with a joke that makes someone laugh.

The average person spends about one third of their life sleeping. So it must be a really important thing! The question is "Why do we need to sleep so much?" Through science we have learned that our body needs sleep to rejuvenate. It helps our brain work better. Sleep is also necessary for our body to fight off illnesses. God even created the Sabbath as a "day of rest." People will often try to get away without sleeping as much as they need to. For some reason, we think that we know what is better for us than our Creator. The body has built-in mechanisms to let us know when we are tired, hungry, full, thirsty, sick, and many other functions. So why fight against it? People often forget that total dependence on God is the true key to happiness. The next time you are on the computer, or hanging out with your friends, remember and listen to your body. God created it to tell you what you really need. The fun will be there another day. Be a good steward of your body today!

*By Scoop, staff reporter*



### 1 Corinthians 6:19

"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?"



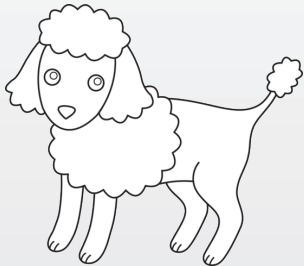
## ANNOUNCEMENTS



## NEWS

**Fill in the Blank**

The Stewardville Daily Times is proud to introduce a new section to its paper. It's called "Fill in the Blank." Fill in the correct answer to the popular song, and you are eligible to win a prize. Here is today's song: Happy birthday to you! Happy birthday to you! Happy birthday to you! Happy birthday dear \_\_\_\_! Happy birthday to you! (Please submit your answer by singing it to the editor, Mr. Write.)

**JOKE**

What dogs love to take baths?

Shampoodles

**STewardShip JACK & Friends**

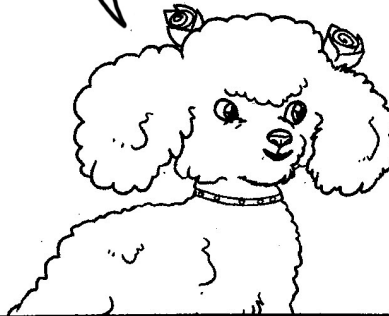
I have to take a bath, trim my nails, brush my fur...

Actually, those are all the things I want to do today.

McDoggie, everyone needs to take care of their body!

It sounds like you have a busy week planned, Fifi.

I'm glad I'm a boy.



**ACTIVITY:** Find the 10 words listed below. These words help us appreciate how special and unique our bodies are and how God wants us to take care of them.

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

BODY

SLEEP

HEALTHY

WATER

REST

EXERCISE

REJUVENATE

CREATED

DEPENDENCE

COMPLEX