

**LOCKDOWN FAITH**

**KIDS  
JOURNAL**



**NAME**

Hi Guys & Girls of the World,

I am sure some of you are not happy to be in a LOCKDOWN in your country. As I write this page, I am also in LOCKDOWN for 14 days due to the fact I have just returned from international travel.

You would rather be out in the streets playing with friends, catching up at a local mall or even sitting in a classroom among your friends. That may not happen for a while. SO WHAT DO YOU DO while in this Lockdown as a family?

You could just SHUTDOWN and complain and mope or you could do something AMAZING. This Lockdown does not need to be your Shutdown. Right where you are, God has promised to be with you.

This series on LOCKDOWN FAITH is going to be a journey into a number of Bible People who were also in LOCKDOWNS that they never asked for. How did they get through their lockdown? What can we learn from them in our lockdown?

These pages in this Journal are for you express your thoughts, prayers, questions and also grow in your Faith with God. There are a lot of people of all ages around the world praying for you and your family. You are not alone. You may be restricted but you are not alone.

God Bless You and your family

Pastor Shane Cooke  
AND Kids Ministry Leaders around the World.

# FOR A HEALTHY YOU AND YOUR FAMILY

## Practicing Healthy Habits

It's hard to miss the news headlines that are everywhere or the Centres for Disease Control and Prevention (CDC) updates about a wide-spreading pathogen, the coronavirus known as COVID-19. With travel restrictions to almost every nation of the world and health officials advising the public to practice social distancing, many people are concerned about how contagious this virus is and what they can do to prevent themselves from getting sick.

### Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

### Maintain social distancing

Maintain at least 1.5 metre (4.92 feet) distance between yourself and anyone else especially those who are coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

### Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Everywhere we look we are being encouraged to Practice Healthy Habits particularly those that will help contain the virus.



## Teaching your Family washing their hands with a Worship song

[https://www.youtube.com/watch?v=IhEGTXpWtil&feature=youtu.be&fbclid=IwAR2KDffMvtLy8W4PsrkgBjvI7Ogne\\_HkGC0W6bltul3Cf6wUJHai6Ydjchc](https://www.youtube.com/watch?v=IhEGTXpWtil&feature=youtu.be&fbclid=IwAR2KDffMvtLy8W4PsrkgBjvI7Ogne_HkGC0W6bltul3Cf6wUJHai6Ydjchc)

### Lyrics:

I am in You  
You are in me  
You make me holy  
You make me clean  
I know my body  
Is the temple of the Lord  
Jesus where You live  
Sickness must flee

In this journal we have given you a whole lot of creative different ways to learn Lockdown Stories. You will find Doodling pages where you can express your thoughts, prayers, ideas and more. There are pages for you to cartoon the stories using speech bubbles. There are pages for everyone. In each lesson there are a number of Bible verses to read and memorise along with certificates of completion.

The Purpose of each page is to help you connect with the lesson in a way that you would enjoy. Our prayer is that you will be Blessed and GROW in your Faith Journey.

Have you ever had your batteries go flat on your electronic devices? Maybe in the middle of an important assignment that you needed to complete but there was not enough battery life and so it just died. It needed RECHARGING to get the power back.

The same is true in our Faith Journey. It is possible to have our MEMORY BANKS EMPTY of God's Goodness. You will never Praise and Worship God if your Memory Banks of God's Goodness are empty. We will never say "THANK YOU" if we don't REMEMBER WHY we should be thankful.

Psalm 145: 7 says "They shall eagerly utter the MEMORY of YOUR GREAT GOODNESS. And will shout joyfully of Your Righteousness"

It is important that our Memory Banks are REFUELLED so we can Shout it out to everyone HOW GOOD GOD has been to us. WHAT makes God Good?

You will see an "A-Z of God's Goodness in my life" Spend some time each day thinking of all the GOODNESS of God in your life and your family. Fuel up your memory. Using the alphabet, begin to write down under each letter what is Good about God in your life. Write them down. You do not need to complete it all in one day. It may take you a number of days or even weeks. That is alright. As one comes to your mind, write it down under the right letter of the alphabet. As this list grows, these will be the things you will use as language to praise and worship God with. The Bible says we Enter His Gates with THANKSGIVING and His Courts with PRAISE. If you have nothing to be THANKFUL for, You will NEVER PRAISE GOD.

You will discover there are SO MANY THINGS that make God GOOD in our lives. Through these lessons you will learn more. Each time just keep writing them down and DO NOT forget to PRAISE.

# LOCKDOWN FAITH

# The PATHWAY OF WORSHIP

## WORSHIPPERS OF THE KING



### THE TABERNACLE PATTERN OF WORSHIP

Psalm 145: 7

They shall eagerly utter the

M \_\_\_\_\_ of Your

Great G \_\_\_\_\_

And will shout joyfully of Your righteousness.

JAMES 1:17

"EVERY GOOD AND PERFECT GIFT IS FROM ABOVE, COMING DOWN FROM THE FATHER OF THE HEAVENLY LIGHTS, WHO DOES NOT CHANGE LIKE SHIFTING SHADOWS."

OUR THANKSGIVING ARE THE LOGS THAT CAUSE THE FIRE OF PRAISE TO BURN



### REFUELING OUR MEMORY BANKS

HERE'S HOW:

ABUNDANT GOODNESS OF GOD

IF YOU WANT TO REMEMBER GOD'S GOODNESS

### WHAT MAKES GOD GOOD?

Make an A-Z LIST of GOD'S GOODNESS in your LIFE (Use the A-Z List page to write)

WHEN OUR MIND AND HEART ARE FILLED WITH GOD'S GOODNESS



WE WILL GIVE

T



think

you got this

BIG THINK

WHO?

Exodus 15:11

---



---



---

ANSWER

---



**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**

**FuelUp**  
YOUR MEMORY



**ABUNDANT  
GOODNESS OF GOD**

**ENTER HIS GATES**



**A**

**B**

**C**

Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet

---

---

---

---



# LOCKDOWN FAITH

# The PATHWAY OF WORSHIP

## WORSHIPPERS OF THE KING

## MY ALPHABET OF GOD'S GOODNESS

**Fuel up**  
YOUR MEMORY



**ABUNDANT  
GOODNESS OF GOD**

ENTER HIS GATES



**D**

**E**

**F**

Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet

---

---

---

---

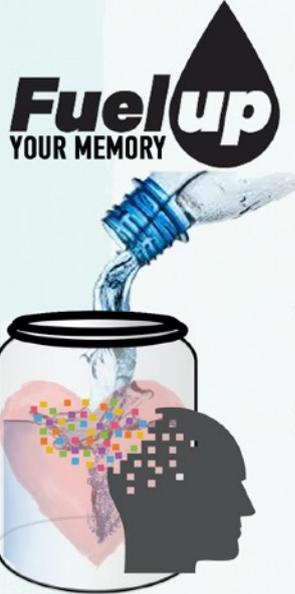


**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**



**ABUNDANT  
GOODNESS OF GOD**

**ENTER HIS GATES**



**G**

**H**

**I**

**Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet**

---

---

---

---

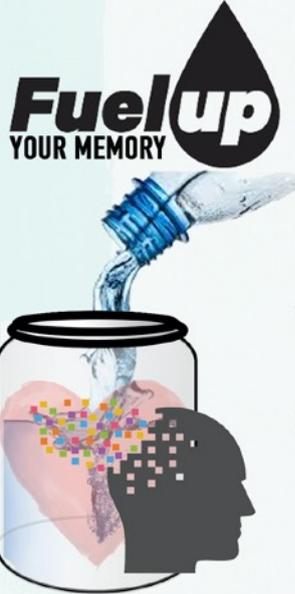


**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**



**ABUNDANT  
GOODNESS OF GOD**

**ENTER HIS GATES**



**J**

**K**

**L**

Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet

---

---

---

---



**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**

**FuelUp**  
YOUR MEMORY



**ABUNDANT  
GOODNESS OF GOD**

ENTER HIS GATES



**M**

**N**

**O**

Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet

---

---

---

---



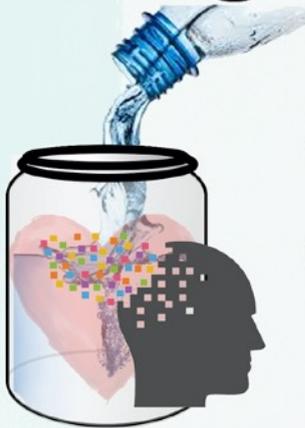
**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**

**FuelUp**  
YOUR MEMORY



**ABUNDANT  
GOODNESS OF GOD**

**ENTER HIS GATES**



**P**

**Q**

**R**

Write a **HEART PRAISE** for **TWO** of the Good Things of God in your Life  
From your Above Alphabet

---

---

---

---

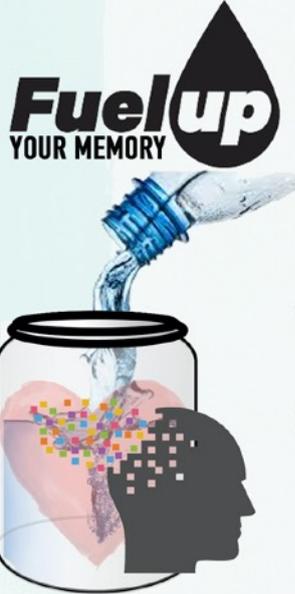


**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**



**ABUNDANT  
GOODNESS OF GOD**

**ENTER HIS GATES**



**S**

**T**

**U**

**Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet**

---

---

---

---

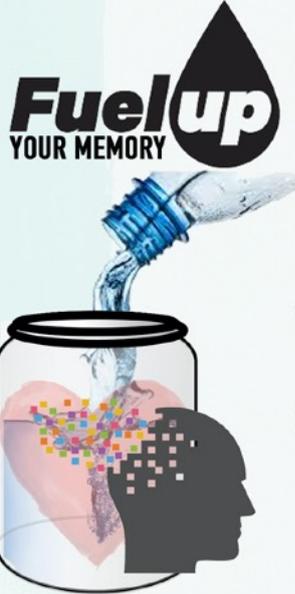


**LOCKDOWN FAITH**

**The PATHWAY  
OF WORSHIP**

**WORSHIPPERS OF THE KING**

**MY ALPHABET OF GOD'S GOODNESS**



**ABUNDANT  
GOODNESS OF GOD**

**ENTER HIS GATES**



**V**

**W**

**X**

**Write a HEART PRAISE for TWO of the Good Things of God in your Life  
From your Above Alphabet**

---

---

---

---



# LOCKDOWN FAITH

# The PATHWAY

# OF WORSHIP

## WORSHIPPERS OF THE KING

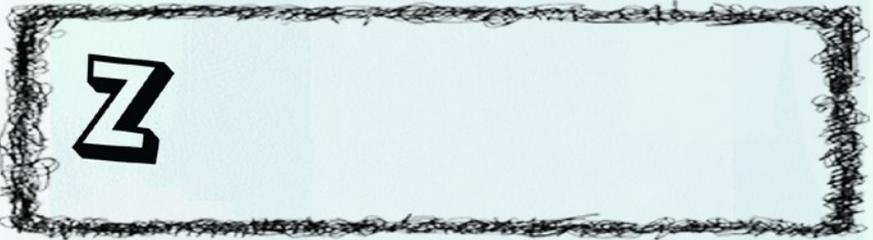
## MY ALPHABET OF GOD'S GOODNESS

**Fuel up**  
YOUR MEMORY



**ABUNDANT  
GOODNESS OF GOD**

ENTER HIS GATES



### PSALM 107:8

"THAT ALL MEN WOULD PRAISE THE LORD FOR HIS GOODNESS AND FOR HIS WONDERFUL WORKS TO THE CHILDREN OF MEN."

### JUDGES 8:4

THE CHILDREN OF ISRAEL DID NOT REMEMBER THE LORD THEIR GOD, WHO HAD DELIVERED THEM OUT OF THE HAND OF ALL THEIR ENEMIES ON EVERY SIDE;

**RECORD  
RETRIEVE  
REMEMBER**



# LOCKDOWN FAITH

This **LOCKDOWN STINKS**. Right Now everywhere in the world **EVERYONE** is in **LOCKDOWN**. I can hear some of you already saying "I'm Bored. I can't see my friends. When can I go back to school? When will things go back to **NORMAL**? You are in good company.

**DID YOU KNOW?**

There are a number of people in the Bible who found themselves in a **LOCKDOWN**. None of them would have asked for the Lockdown **YET** it was a turning point that made all the difference in their lives.

A **LOCKDOWN** is being Confined which means Limited, Cramped, Restricted, may I **ADD** "Not going anywhere soon"

Let us look at **HOW** each of the people in the Bible reacted when they found themselves in a **LOCKDOWN**.

The story is told about two people who were locked up in a prison. As they both sat there looking out the window: **ONE SAW** the **BARs**. He only saw that he was locked away and could not go anywhere. The **OTHER SAW BEYOND THE bars** and **SAW** the **STARs** outside. Two people in the same Lockdown yet they had very different out looks. Our **ATTITUDE = our ALTITUDE**.

We are going to learn that even though the people in the Bible found themselves in a Lockdown, they **SAW BEYOND**. We are going to learn that a **LOCKDOWN** does not mean we are **LIMITED** or **RESTRICTED**. God has an **AMAZING** way to do some **INCREDIBLE** things even when it looks so bad and hard **IF WE ALLOW HIM TO**. Are you ready for the Journey of **LOCKDOWN FAITH**? You will **SURPRISED** what you can **DO** in a **LOCKDOWN**.



Psalm 34:1

WHAT ATTITUDE does the Bible say we should have?

B at A times  
P A  
on my lips



DRAW a PICTURE of yourself **BLESSING** and **PRaising GOD**

A **LOCKDOWN** does not mean you **SHUT DOWN**. This is your time to **SHINE** for **JESUS**. Look beyond the **BARs** and **SEE HOW GOD WILL USE YOU**. **SAY THIS VERY LOUD** "This **LOCKDOWN** Will not be **MY SHUTDOWN**"

A **LOCKDOWN** is **NOT SHUTDOWN**

**W** ORSHIPPERS  
ARRIORS  
ITNESSES



# LOCKDOWN FAITH

# PAUL AND SILAS

**Acts 16:16-40**

As a family you are going to join Paul and Silas in their Lockdown Prison. WHY did they end up in prison?



Paul and Silas were doing a good thing. They were sharing the GOOD NEWS about Jesus and this made a lot of people Angry and very mad. ONE BIG Event happened Read vs 16-24

As a result, they ended up in LOCKDOWN in a prison. It was a BAD day. WELL those around Paul and Silas thought it was a bad day BUT NOT them.



**Psalm 28:7**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**What happened because of Paul & Silas Lockdown?**  
Read vs 30-32

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DID YOU KNOW?**

**How can you PRAISE GOD?**

ONE WAY is by SINGING just like Paul and Silas did.

Did you know that there are SEVEN (7) Hebrew Words that help us understand HOW we can Praise and Worship God? LOOK OUT FOR THEM in these lessons

**What did Paul and Silas DO?**  
Read vs 25

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Take a Photo of Yourself and Family in chains SINGING Praises to God

**WHAT DID GOD DO?**  
Read vs 26-27

**A LOCKDOWN is NOT SHUTDOWN**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**W** ORSHIPPERS  
ARRIORS  
ITNESSES



# LOCKDOWN FAITH

# PAUL AND SILAS

## ICE CREAM IN A BAG



When Paul and Silas were in the prison there was a great shaking that happened by an earthquake and something great came from it. They were released from their Lockdown. Enjoy your "GREAT SHAKING" as your family make Ice Cream in a Bag.

### What do we learn from Paul and Silas in Lockdown?

God is in control. God can make great things happen, in **HARD PLACES** even in **LOCKDOWNS**.

We don't have to be afraid, because God sees us and cares about us right where we are.

That no matter where we're placed, God is still working on our behalf!!! So for that we can Praise Him and share Him so He can set others free!

How is our lockdown like the time Paul and Silas spent in prison?

How does our house feel to you right now like a jail house or a praise house?

**WHAT CAN YOU DO to CHANGE IT?**  
(Hint: **WHAT** did Paul & Silas **DO**?)

**W**ORSHIPPERS  
ARRIORS  
ITNESSES

What can you worship and praise God for today?

In this lockdown our house could start to feel like a jail but we can turn it into a house of praise

We might not see our house physically shake **BUT PRAISE CAN SHAKE OFF** fear and anxiety

**YOUR LOCKDOWN is NOT YOUR SHUTDOWN**

# HALLAL

## MEANS

TO SHINE, TO BOAST  
TO RAVE,  
TO CELEBRATE  
TO BE CLAMOUSLY  
FOOLISH

DID YOU  
KNOW?

Psalm 113 - 118 are known  
as the HALLAL Psalms

EXTRAVAGANT  
OR CRAZY  
PRAISE

IS THAT BECAUSE  
GOD LOVES

## CRAZY PRAISE

## REASONS

### 4 CRAZY PRAISE

Isaiah 45:5

He is the ONLY \_\_\_\_\_

Nehemiah 9:6

God is \_\_\_\_\_

1 John 4:16

God is \_\_\_\_\_

Deuteronomy 7:9

God is \_\_\_\_\_

Psalm 62:7

God is our \_\_\_\_\_

Psalm 23:1-3

God is our \_\_\_\_\_

Psalm 77:14

God is a \_\_\_\_\_

### BIBLE EXAMPLE

2 Samuel 6:14-16, 20-23

King David

WHAT DOES  
CRAZY PRAISE

### LOOK LIKE

Lifting Hands

Waving Hands

Jumping

Twirling

Dancing

Shouting

## WORD WATCHER

Read EACH of the following Bible  
verses to learn more about HALAL

Psalm 113:1-3

Psalm 150:1

Psalm 149:3

Psalm 148:2; 7-10

Take a selfie or have  
someone take a photo  
of you praising God with  
"HALAL"

HALLELUJAH

PRAISE THE

LORD

MEANS

COMES FROM

HALAL

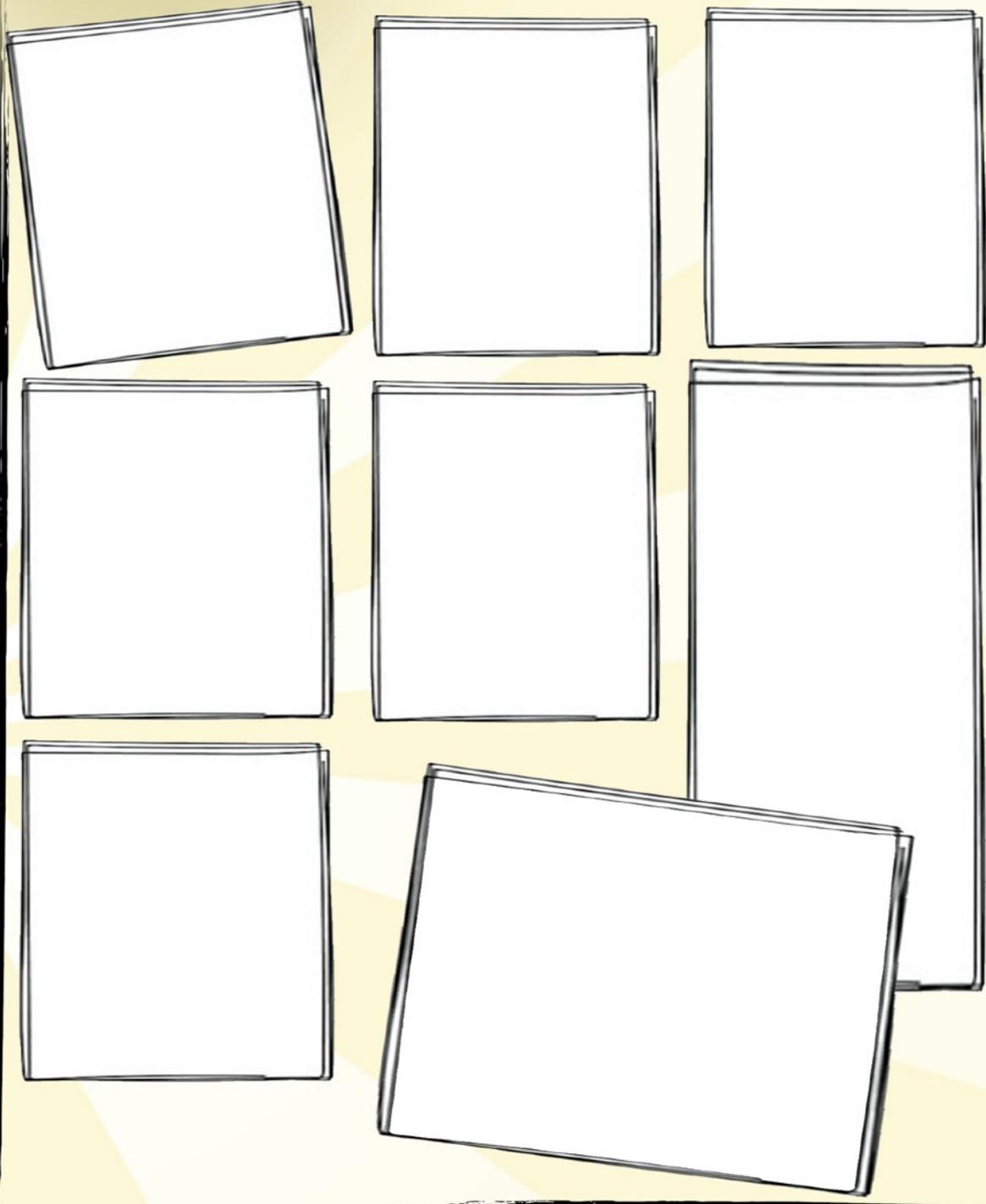
27

X IN BIBLE

CRAZY  
PRAISE

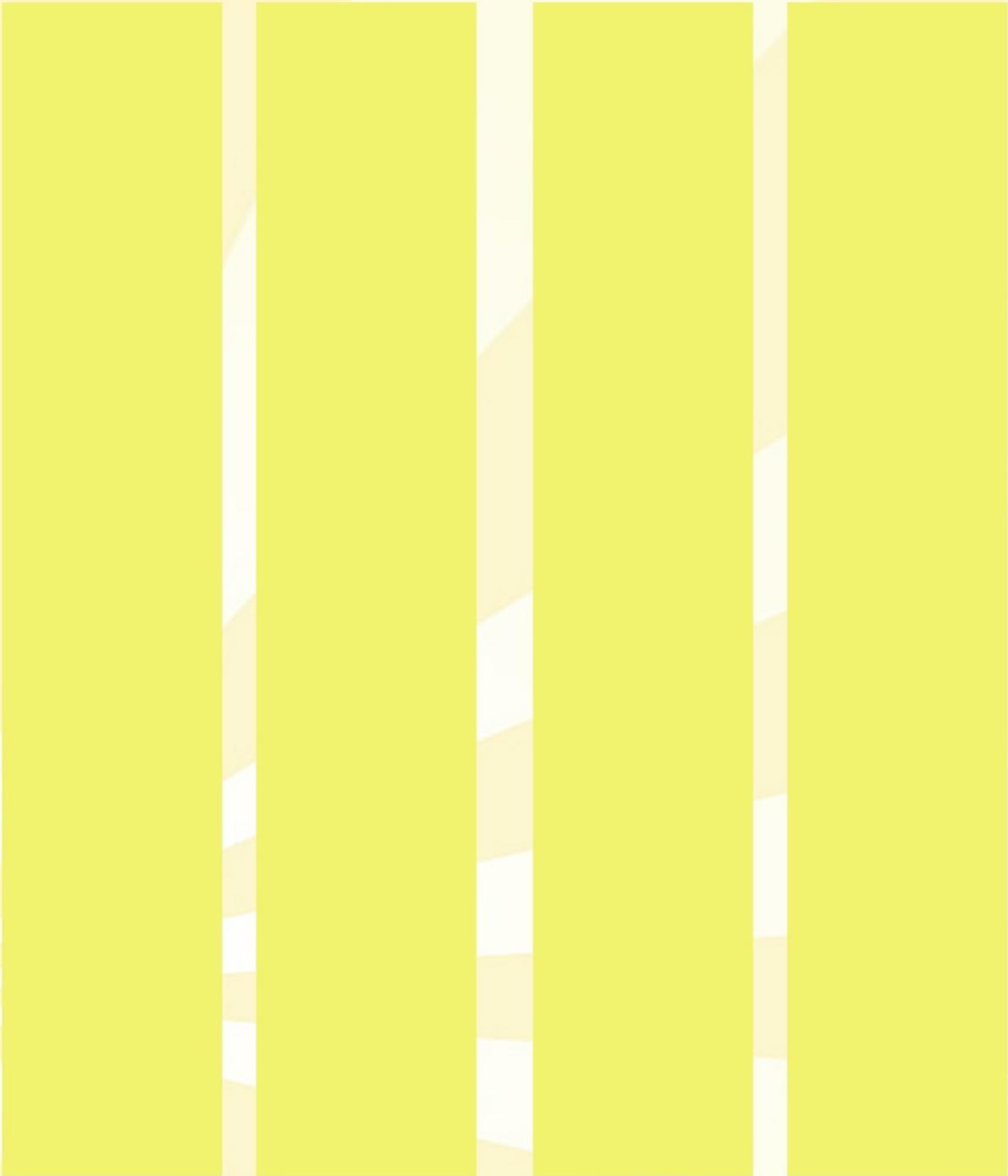


# DRAW THE STORY



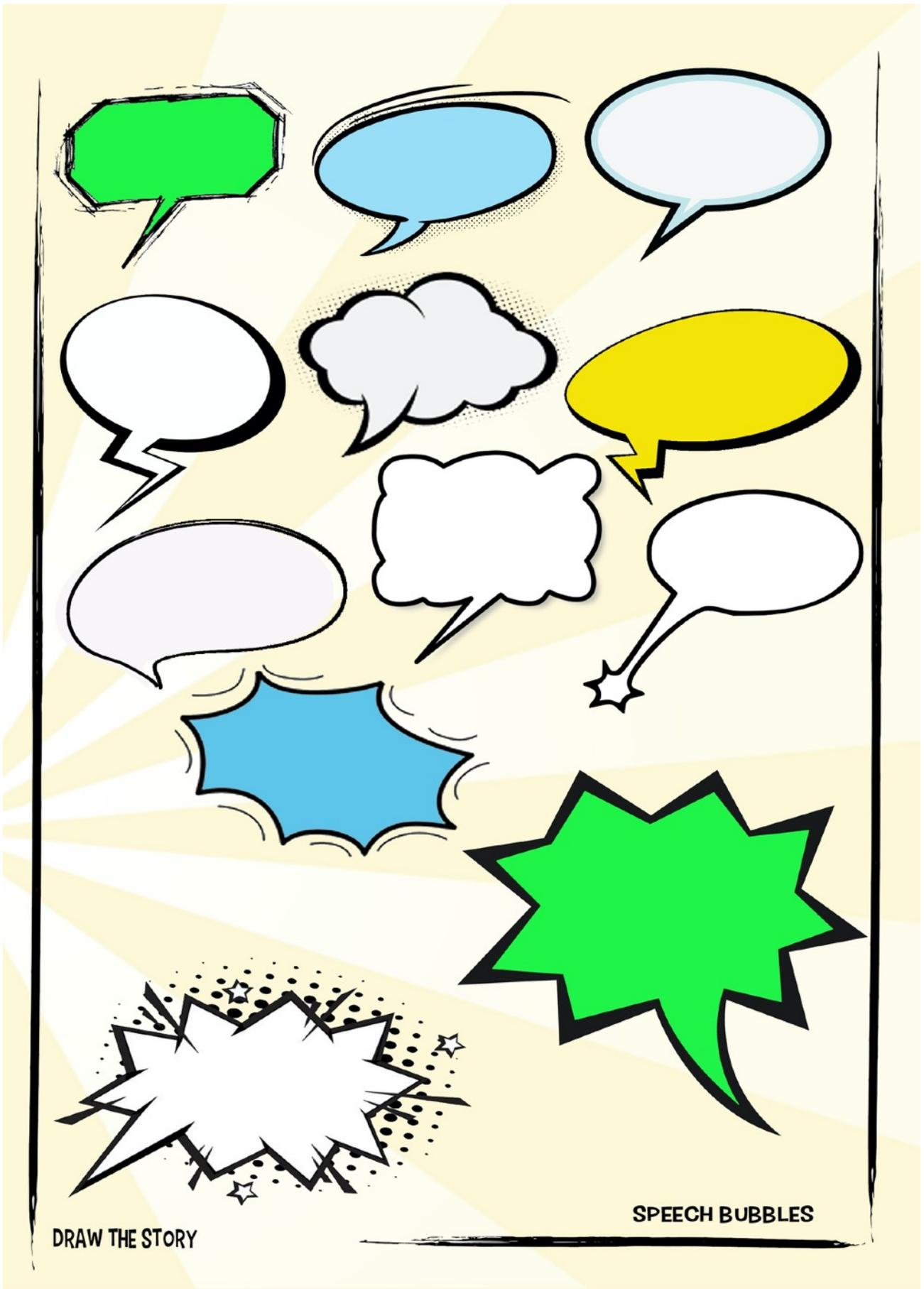


Lesson #1



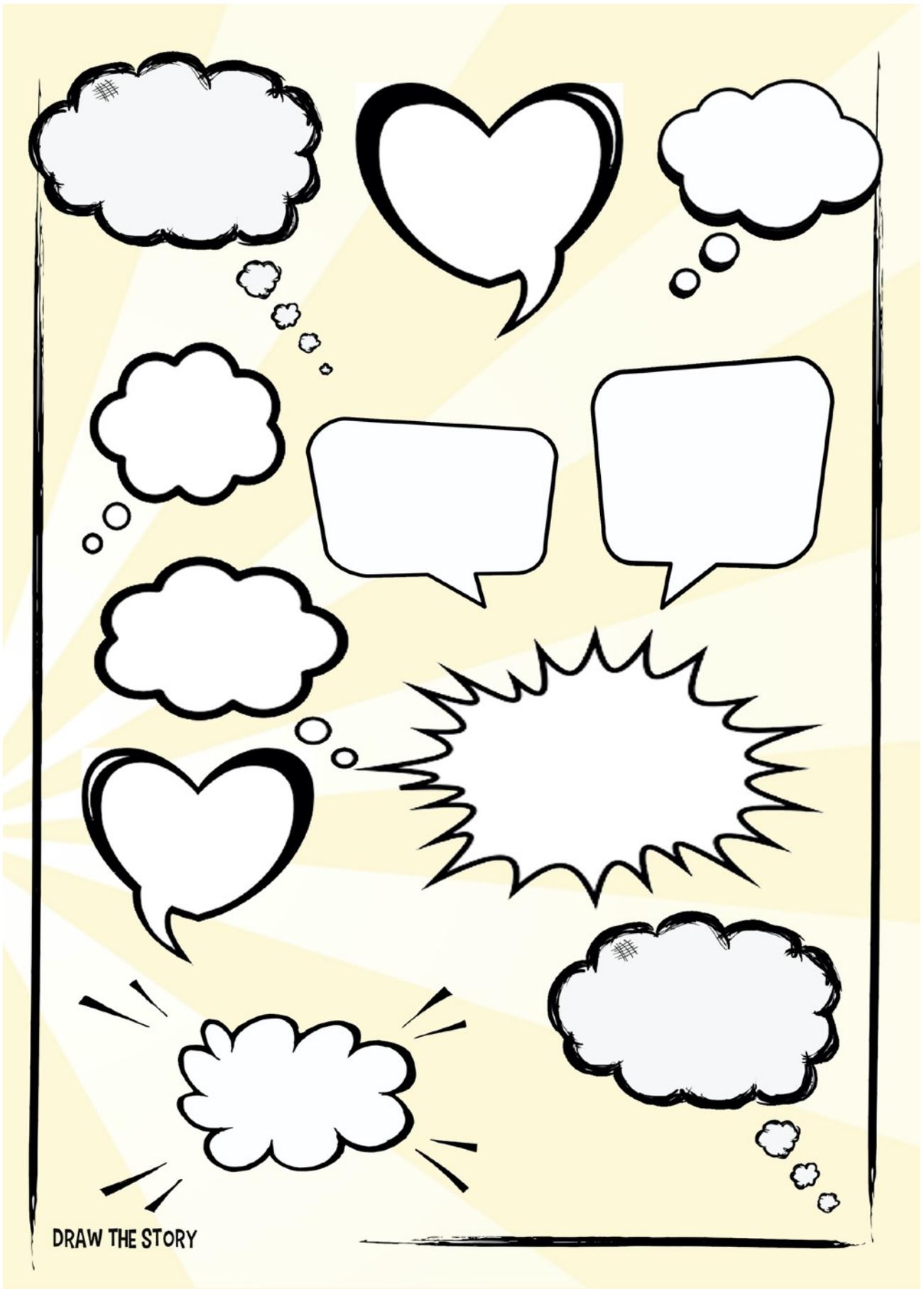
**You will need 10 x A4 size sheets. Cut 4 equal strips from each of the pages. Glue or staple the two ends of a strip. Each strip of paper makes one "link" in the chain, so plan accordingly. Add a second link. Once you have one sturdy ring, thread another strip of paper through the center of the loop. Now, join the ends of this second strip together with tape, staples, etc. Continue all the links are done. Make the link on each end to fit around your wrists like a chain in prison.**





DRAW THE STORY

SPEECH BUBBLES



DRAW THE STORY

