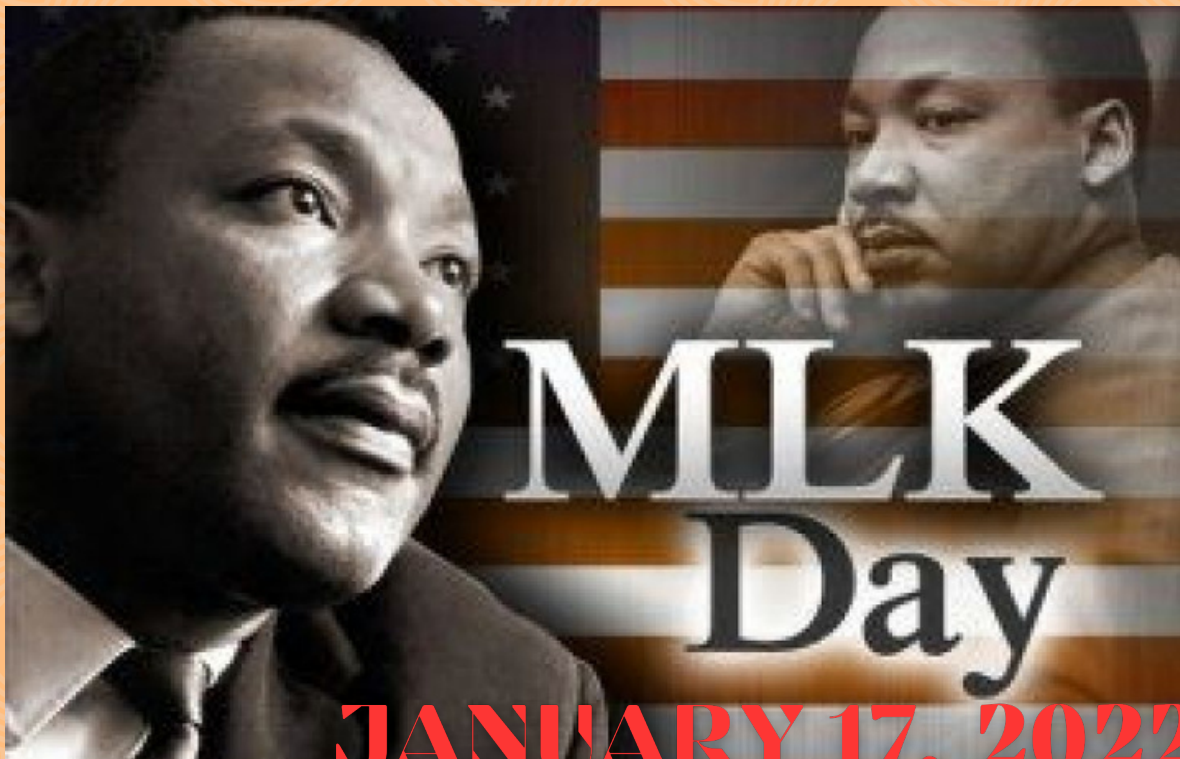




KYU NEWSLETTER

JANUARY 2022



JANUARY 17, 2022

NMZB

2022 Theme



RESET



REFOCUS



REIGNITE



With My Own Two Hands

By Ben Harper

I can change the world
With my own two hands.

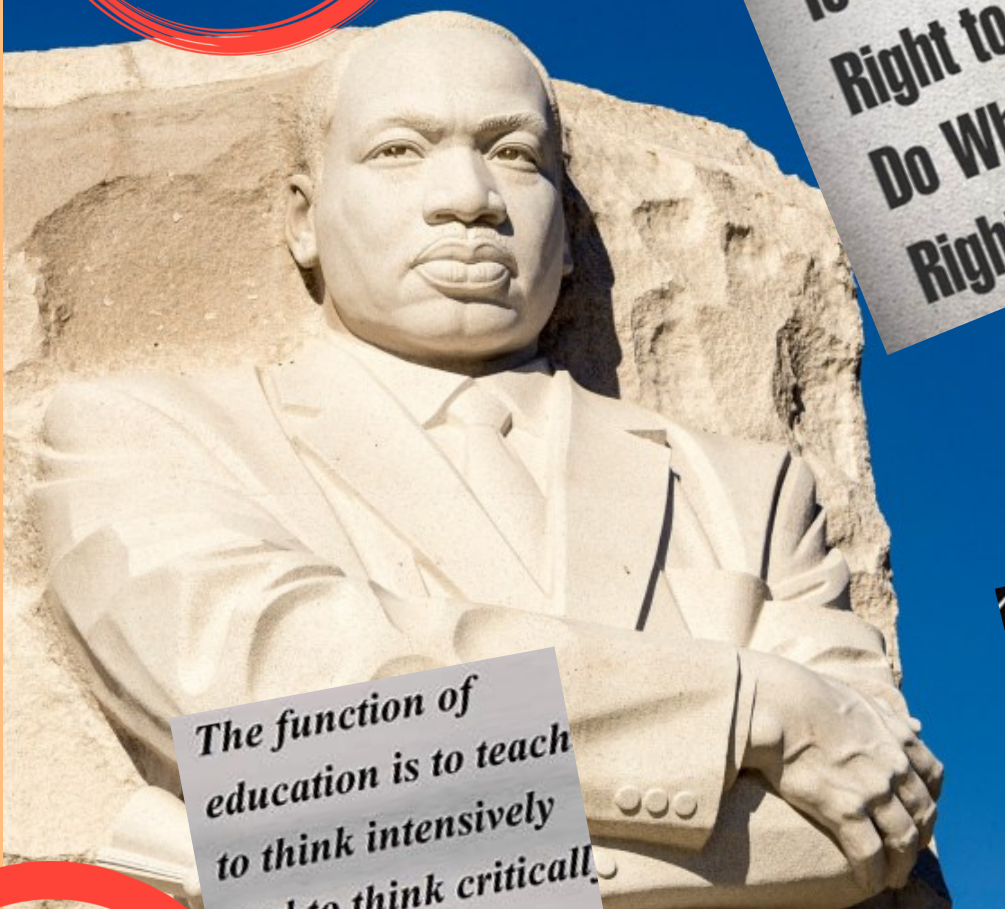
Make a better place
With my own two hands.

Make a kinder place
With my own two hands.



How can you make the world a better place with your own two hands?

Wisdom From MLK



The Time
Is Always
Right to
Do What Is
Right

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way."

The function of
education is to teach
to think intensively
and to think critically.
Intelligence plus
character –
that is the goal of true
education

"we must learn
to **live** together
as **brothers** or
we will perish
together
as fools"

There comes a time when
one must take a position
that is neither safe, nor
politic, nor popular, but
he must take it because
conscience tells him it is right.

"The ultimate
measure of a man is
not where he stands
in moments of
comfort and
convenience, but
where he stands at
times of challenge and
controversy."

"There comes a time when one
must take a position that is neither
safe, nor politic, nor popular, but he
must take it because conscience
tells him it is right."

If I Met MLK

Directions: What would you do if you met Martin Luther King Jr.? Write about it below.

**I would
ask him...**

I would tell him...

**I would
thank him...**

**I would
show him...**



WHY?



What is the Daniel Fast?

The Daniel Fast is a Bible-based partial fast. The purpose of the Daniel Fast is not to eat healthier or lose weight; rather, the fast's purpose is to consecrate time for the Lord and to ask God for direction in your life. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the prophet ate only vegetables (that would have included fruits) and drank only water. In Daniel 10 we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days.

TALK TO YOUR FAMILY ABOUT FASTING AND PRAYING



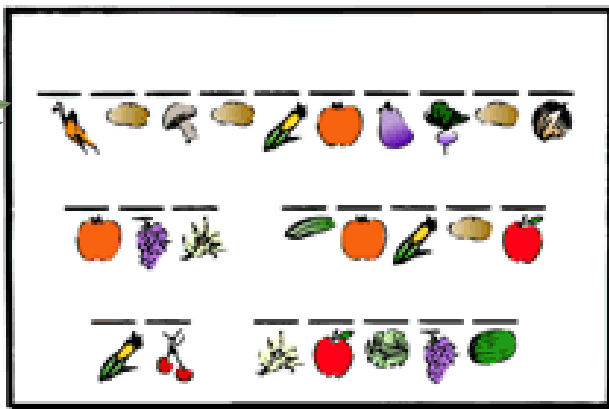
NMZBC Daniel Fast Theme for 2022

"The Mind of Christ"

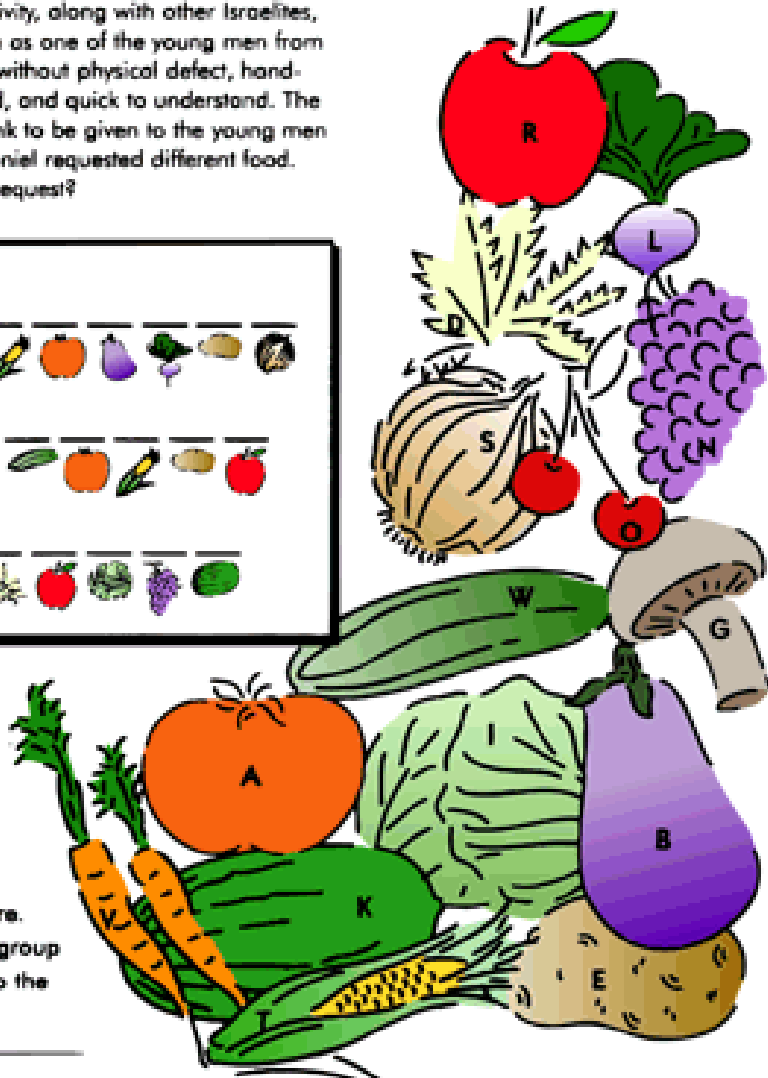


Good Things to Eat

Daniel was taken into captivity, along with other Israelites, to Babylon. He was chosen as one of the young men from the royal family who were without physical defect, handsome, smart, well informed, and quick to understand. The king ordered food and drink to be given to the young men from his own table, but Daniel requested different food. What kind of food did he request?



Find the answer by comparing the small food items with the ones in the group picture. Locate the letter in the group picture and transfer it to the lines provided.



Oatmeal Raisin Cookies

- 1 cup old-fashioned rolled oats
- 1 cup almond flour or oat flour
- 1 cup creamy cashew butter, almond butter, or peanut butter
- 1/2 cup unsweetened applesauce
- 1/3 cup Date Honey
- 1/2 cup raisins
- 2 tablespoons chopped walnuts
- 1 teaspoon cinnamon

INSTRUCTIONS

Preheat oven to 350 degrees. Prepare an 11 x 17-inch baking sheet by lining with a silicon mat. Mix oats, almond flour, cashew butter, applesauce, and Date Honey in a large bowl until well combined. Add raisins, walnuts, and cinnamon. Stir well. Drop by spoonfuls, two inches apart, on baking sheet. Flatten and shape into circles. Bake 10-12 minutes.

Yield: 18-20 servings (serving size: 1 cookie)

NOTES

Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).

Increase applesauce to 1 cup if you don't use Date Honey.