



# How good is milk!

Sean and Kaylee couldn't wait to help milk the cows. Kaylee hadn't realised it meant getting up at 4.30am and bringing the cows up from the paddock first.

Uncle Paul showed them how to put the milking machine cups on the cow's teats. "Our milk goes to the factory to be put in bottles and cartons to be sold as fresh milk," he told them, "but milk is also used in yoghurt, cheese, ice cream, butter, mayonnaise and chocolate. And parts of milk are even used to make things like plastics, glue, make up, hairspray and toothpaste."



## Listen to God! 1 Peter 2:2

The New Living Translation of the Bible says, "Crave pure spiritual milk so that you can grow into the fullness of your salvation. Cry out for this nourishment as a baby cries for milk." Milk provides all the good things a baby needs to grow. God's Word, the Bible, provides all we need to grow strong in our trust in God.

Riddle answer: 000

"Did you know that cows have four stomachs?" Mimi asked Melvin. "No, but what does a cow say if it has no lips," said Melvin. Mimi tried to ignore him. "Did you also know they chew everything twice", she continued. "It's called chewing the cud."



How does the Bible help us grow?

Unscramble the following underlined words and write them in the milk bottles to find ways the Bible helps us grow.

It aecnls us (Psalm 119:9)

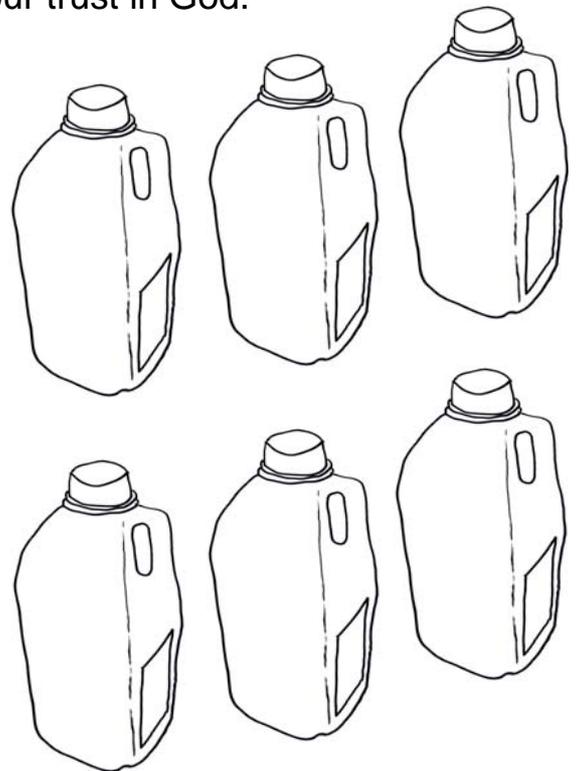
It efesd us (Deuteronomy 8:3)

It satcehe us (2 Timothy 3:16)

It tportsec us (Ephesians 6:17)

It helps us velbiee (John 20:31)

It helps us derutnsdan (Psalm 119:130)



## Talk to God!

Thank you God for the Bible. Thank you for what it teaches me about you. Please make me hungry to read it every day.