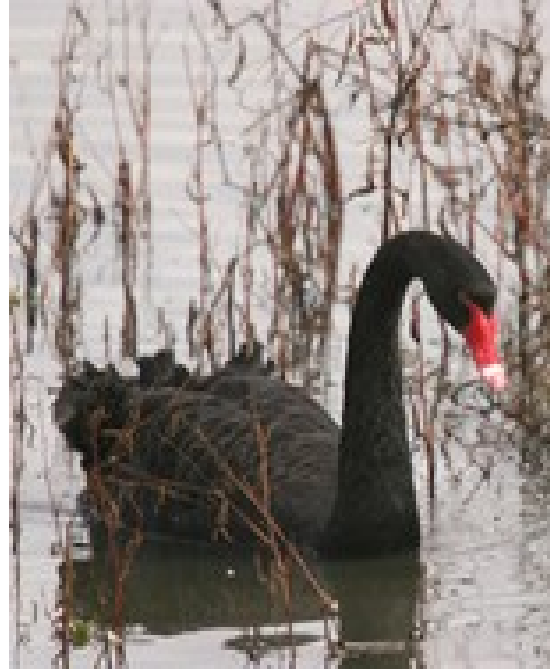


# So calm – or are they?

"They look so graceful," Vicki said as she watched the swans peacefully gliding through the water on the inlet. But if we could see under the water, we would see little feet paddling like mad.

Some people are a bit like that. They look happy. They have the coolest clothes and all the latest stuff. We may wish we were like them. But we don't always know what other people are really like underneath the surface that we can see. They may be lonely, or sad, or worried about something, or think no one likes them.



## Listen to God!

1 Samuel  
16:6-7

God knows what everyone is like underneath. When he told Samuel to choose a king from Jesse's family, Samuel thought God would want the oldest or the most handsome or the strongest, but God chose David the youngest of eight brothers because -

**"people judge by outward appearance but the Lord looks at a person's thoughts and intentions."**

Search for what God looks for in us.

kindness	helping	caring
friends	share	wise
love	gentle	happy
honest	patient	

What do the unused letters say?

## Talk to God!

Thank you God that you know what I'm really like inside. Help me to see what others are really like too.

G	s	o	d	s	k	e	e
s	h	c	a	r	i	n	g
y	a	o	u	r	n	h	e
f	r	i	e	n	d	s	n
h	e	l	p	i	n	g	t
a	e	l	o	v	e	a	l
p	r	t	w	i	s	e	e
p	h	o	n	e	s	t	s
y	p	a	t	i	e	n	t

