



# Food for Life

Most people kept away from the patch of mangrove trees on the edge of the inlet. They grew in squelchy grey mud. But Sean wanted to know why they had what looked like baby trees with no leaves around them. "They are special roots that grow up into the air instead of down into the ground," explained mum. "Trees like mangroves need oxygen to live but there isn't very much in the wet mud, so the roots get oxygen out of the air."

## Listen to God!

### Matthew 4:1-4

Mangroves need food, water and oxygen. We need food, water and oxygen too. But we also need God's Word, the Bible. It gives us the spiritual food we need to grow in knowing God and how we should live.

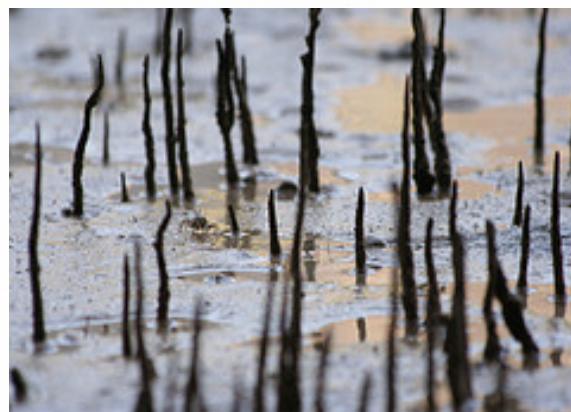


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Fill in the missing words to find food from the Bible:

God's words are sweeter than \_\_\_\_\_ (Psalm 119:103)

Jesus is the \_\_\_\_\_ of life (John 6:35)

Be thirsty for pure spiritual \_\_\_\_\_ (1 Peter 2:2)

## Talk to God!

Help us dear Lord to read the Bible often so it will be food that helps us grow in knowing you. We want it to help us grow in other ways too - to be loving, happy, kind and caring.

