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## Strength

Grades 3-8 have begun a new unit in Bible class studying the concept of strength. The students tested their physical strength on Monday, and we discovered that they were quite strong! But as you may guess (and hope)!!, physical strength is not the emphasis of this study. True strength lies in the spiritual realm, and just as with physical strength, the only way we can be strong in the spiritual sense is through exercise of that "muscle." Daily time int he Word, in prayer, and in sharing our faith is the only way to be spiritually strong. Have you


noticed how much muscle is lost quickly in just a few days when you have been laid up in bed for a while due to sickness or injury? Imagine how atrophied our spiritual muscles get when we don't spend daily time with God. Let regular exercise in the Word with prayer and sharing our faith be our goal for this new year!



## IHAS Friends

## Sarah Mtonga

Grade: K
Year at IHAS: Ist
My favorite Bible character is: God because he made people
My favorite Bible passage is
Favorite color(s): purple
Pet of choice: girl bunny
Favorite food: broccoli pizza
Least favorite food: carrots
Favorite candy: Iollipop
Favorite scent: cooked lamb
Worst scent: burned stuff
Favorite hymn: "Mountaintop"
Favorite hot lunch: pizza
Place l'd most like to go: Minnesota
One of the nicest things anyone has done for me: play together
Best life accomplishment: helping my mom
IHAS mascot: puppy
Different name l'd choose for myself: Aubrey
Best age to be is 16
because you get to do whatever you want.
Future career: nurse
I'm afraid of: clowns
This makes me happy: my family
Best thing ever invented: robot


Name l'd choose for a boat:
"Olympics"
I'm allergic to: nothing
Something my mom or dad says all the time:
"Stop."

Artwork by Sarah
Title: "My Family and I Love Each Other" ${ }^{\prime \prime}$

This bugs me: when my sister is mean
The best thing I know how to cook/bake: pizza
If I were a teacher, l'd teach my students: to: be nice
When I grow up, I can't wait to: drive a car
As a parent, my top three rules would be: (1) no fighting; 2) don't steal; 3) no running around
If I opened a store, l'd sell: Barbie cars
I'd like everyone to know: I am 5.

