

M  
E  
-  
A  
F  
F  
R  
-  
A

# The Armour of God!



The helmet of  
**SALVATION!**



# The Fruit of the Spirit!



JOY

Banana brain - joyful thoughts!



A BIT  
OF  
BARD

**Now is the winter of our discontent  
Made glorious summer by this son of York;  
And all the clouds that lour'd upon our house  
In the deep bosom of the ocean buried.  
Now are our brows bound with victorious wreaths  
Our bruised arms hung up for monuments;  
Our stern alarums chang'd to merry meetings,  
Our dreadful marches to delightful measures.  
Grim-visag'd war hath smooth'd his wrinkled front  
And now, instead of mounting barbed steeds  
To fright the souls of fearful adversaries,--  
He capers nimbly in a lady's chamber  
To the lascivious pleasing of a lute.**



▣ What is real joy? What makes you joyful?

▣ How can you be more positive about sad situations?

▣ Why is God's love worth celebrating? Write a prayer of Praise...







HELMET OF SALVATION

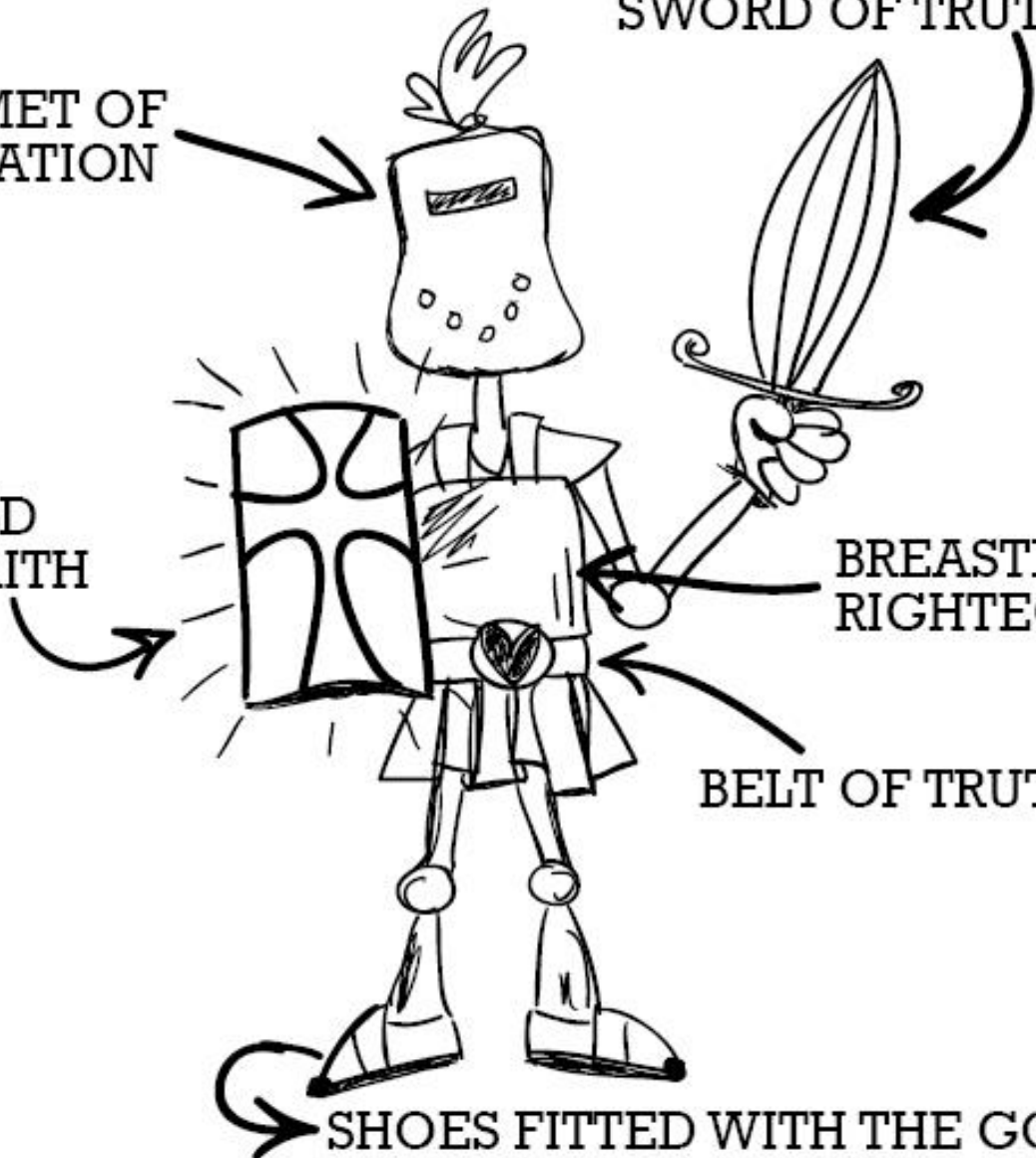
SWORD OF TRUTH

SHIELD OF FAITH

BREASTPLATE OF RIGHTEOUSNESS

BELT OF TRUTH

SHOES FITTED WITH THE GOSPEL





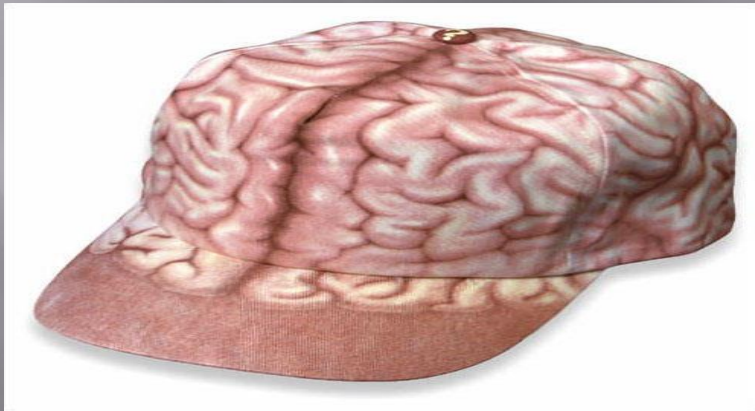
**HELMET  
OF  
SALVATION**

METAL



FRUIT

**KNOW JOY**



**SALVATION AND JOY!**

**What makes you joyful inside?**

**Yo always wear a Helmet to protect your Head  
You won't feel vulnerable but safe instead  
And de journey of life won't be a strain  
With de Helmet of Salvation to protect your Brain**



**Mmmetal fruit taste and see  
Mmmetal fruit for you and me**



**Dere are voices in your Head muddles in your Mind  
Don't listen to dem or you will find  
You're paralysed by doubt your Mind enslaved  
Better to be Joyful and to know you're saved**

Joy

Faithfulness

PREACH

Self-Control



Galatians 5:22-23 tells us that the fruit of the Spirit is...

GOODNESS

Love

Patience

GENTLENESS

Kindness



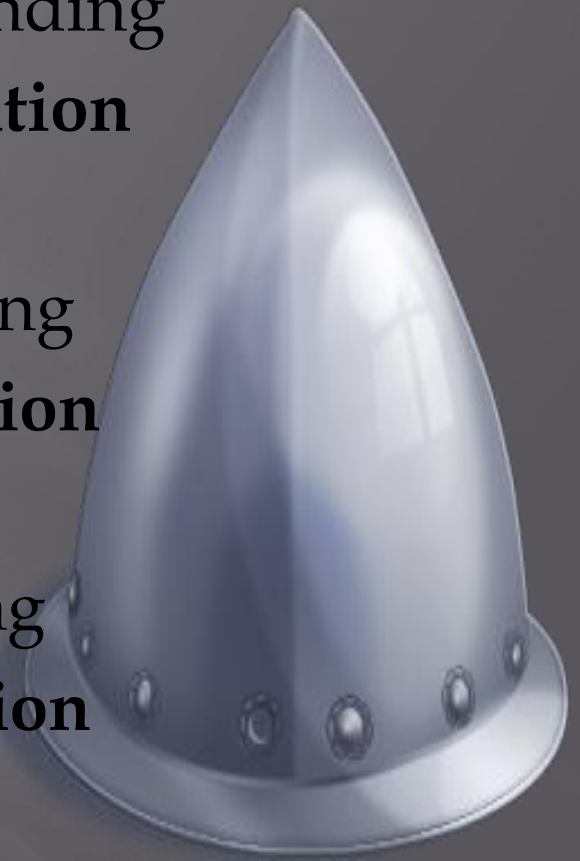
Bananas are food for your brain!  
Do you use the power of positive thinking?

God be in my head and in my understanding  
**And may I know the joy of your salvation**

God be in my mind and in my thinking  
**And may I feel the joy of your salvation**

God be in my eyes and in my looking  
**And may I see the joy of your salvation**

God be in my mouth and in my speaking  
**And may I share the joy of your salvation**



# MENTAL TOOLS



IMAGINING

**USE YOUR CREATIVITY AND  
IMAGINATION TO HELP YOU LEARN !**



# THE PERIODIC TABLE

ELEMENTS WITH STYLE!



CREATED BY BASHEN - WRITTEN BY ADRIAN DINGLE

INCLUDING POTASSIUM

19

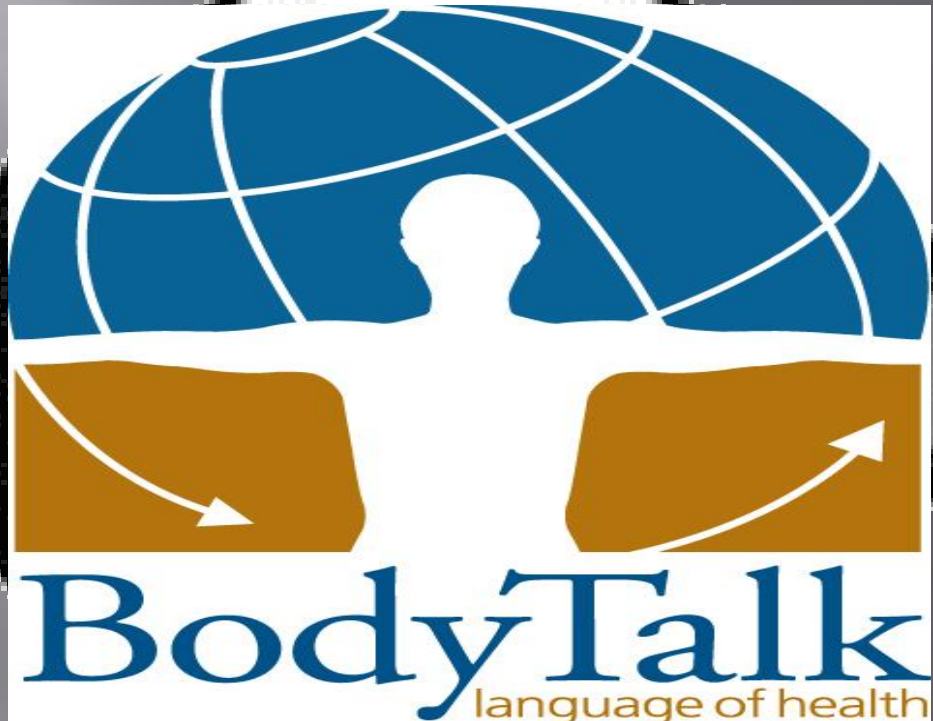
K

Potassium

39.098



RE-UNIT YOUR MIND, BODY AND SPIRIT AND BECOME WHOLE



That's the spirit!



Greet someone with cheerfulness this week!