

...call His name Jesus, for He will save His people from their sins.

Matthew 1:21

Understand it:

Do you know what your name means? Why not try and find out? The name 'Jesus' means Saviour. A saviour is someone who rescues or saves people from danger. Sometimes we think of lifeguards, mountain rescuers or even firemen rescuing people who are in danger. Our verse tells us what danger the Lord Jesus is able to rescue us from — the danger we are in because of our sin. When you tell lies or disobey you sin against God. The Bible tells us that God must punish sin. That's why it's such good news that Jesus came to be your Saviour.

He loves us so much that He was willing to die on the cross, taking the punishment our sin deserves. God raised Him from the dead to show that He had done everything that was needed for you to be saved. After He died and came back to life, He went to Heaven. He is still alive and can save you if you ask Him. Pray to Him today. Tell Him you are really sorry for disobeying His rules and ask Him to save you from the punishment for your sin.

Learn it:

'Stand Up!' – Stand up while you say the reference of where the verse is found. Stay standing while saying the 1st word, sit on the 2nd, stand on the 3rd etc. Now try it again but start by sitting for the 1st word, etc.

'Ping-pong' – Get a grown-up or someone else to help you with this. Decide who will start. Begin by saying the reference together. Then the 1st person says the 1st word, the other person says the 2nd before going back to the 1st person. Keep going on alternate words right to the very end! Now swap over and try it again.

'Move around' – Can you stand on 1 leg while you say the verse right through? Now try turning round slowly in a circle as you say the verse. Here are some more movements you can try as you say the verse – jump up and down, march on the spot, move your arms in a circle, pat your head and rub your tummy. See if you can think of another movement to do while you say the verse.

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