

Taking baths

Make Your Own Oatmeal Soap

- 1 large bar of soap (like Dove)
- 3-4 tbsp. oatmeal
- 3-4 tbsp. water

Grind up oatmeal in a food processor or blender. Chop it so that the individual flakes of oatmeal break into pieces.

Grate soap into large slivers in microwavable bowl. Add a couple of tbsp. water and microwave on high for 2-3 minutes. Time will vary according to your microwave; be careful the soap doesn't bubble over bowl.

Stir mixture once or twice.

Once soap has dissolved, remove from microwave and stir. Gradually stir in oatmeal until you're happy with the texture and proportion of oatmeal to soap.

Pour soap into a mold and let cool. You can use a small plastic bowl for a mold. If you'd like more than one soap, you can unmold it when it is solidifying and still slightly warm and cut into two pieces.



Do you ever run away when it is bath time? Sometimes it seems like there are so many other fun things to do rather than take a bath. However, we know that it is important to clean our bodies, and so we do soap up and get clean. Did you know that Jesus gave his disciples baths? Well, at least, he gave their feet baths! Back when Jesus lived, people's feet would get awfully dirty traveling by foot from place to place. Jesus loved his disciples so much that he humbled himself and bathed their feet. Jesus cared about their feet being clean! Even more amazing, Jesus cares about how clean we are inside. If we believe in him, we will want to become more like him, and that means following God's commands and being pure.

Children
around the
world

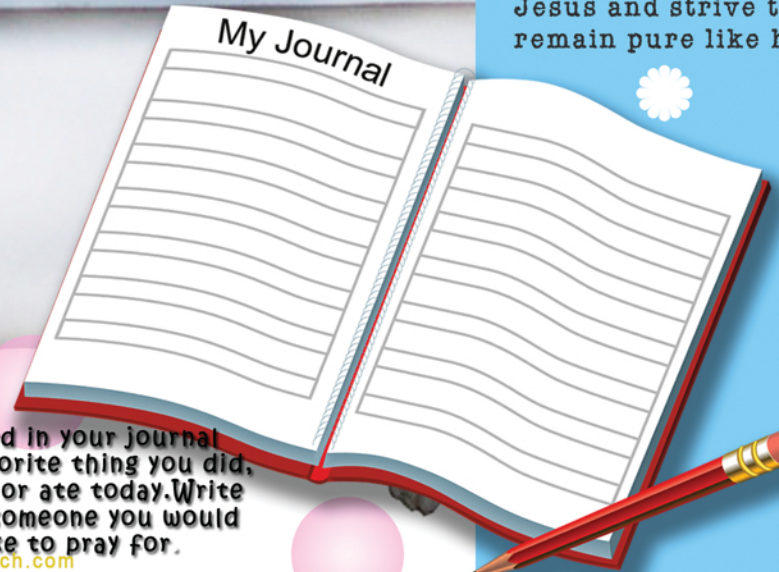


Children of Bolivia

Bolivia is a land-locked country in South America. A popular Bolivian food dish is humitas, which is fresh corn with cheese wrapped in corn leaves and steamed. Bolivia is the poorest country in South America, and many children are homeless. Pray that they are provided with the resources that they need and that they look to Jesus and strive to remain pure like him.

Day
28

"How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is. Everyone who has this hope in him purifies himself, just as he is pure." (1 John 3:1-3)



Record in your journal your favorite thing you did, or saw, or ate today. Write down someone you would like to pray for.