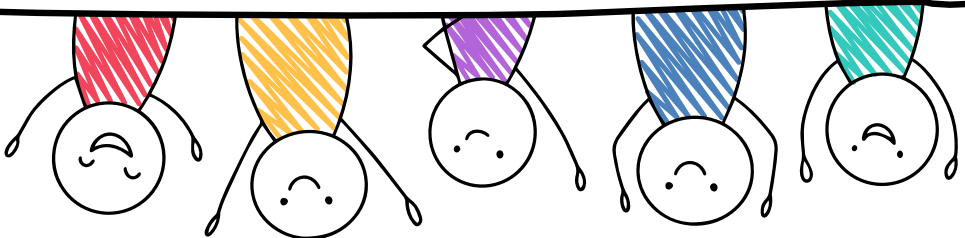


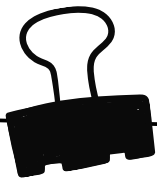


Perfect **10** & Perfect **ME**

Through activities, workshops, and Bible study,
we help everyone lead a meaningful life.

Trainer's Handbook





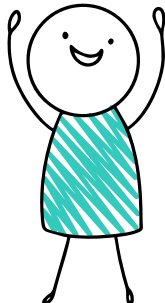
Welcome to join our Sunday 123 Program

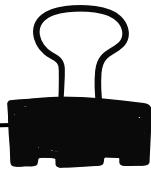
Our Passion

To help every child to live out
a desirable and noble life.

Our Promises

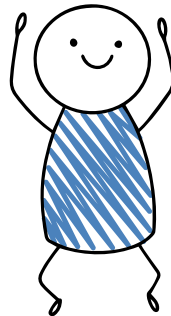
To treasure each one, and to raise each
one through God's words and our prayers.





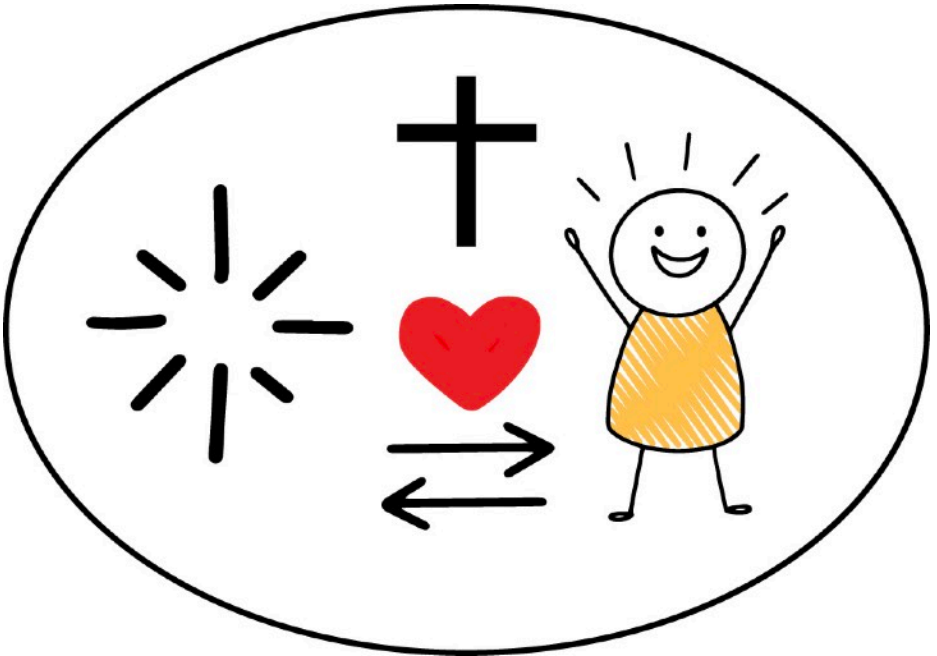
**We invite
parents and guardians to:**

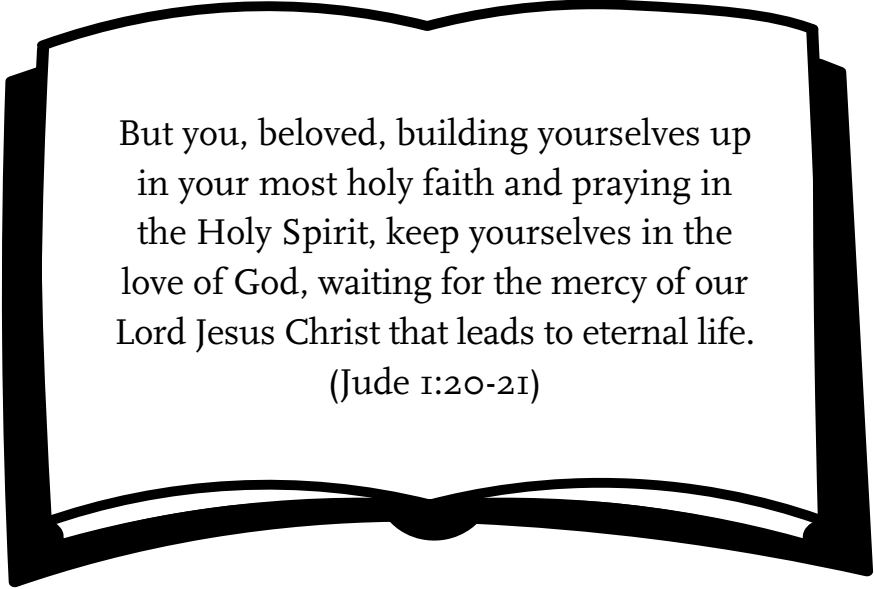
- 1.** Involve in our fellowships and meetings to understand your child
- 2.** Be on the same page to guide and advise
- 3.** Be a good role model at home



1

Have a good relationship
with God





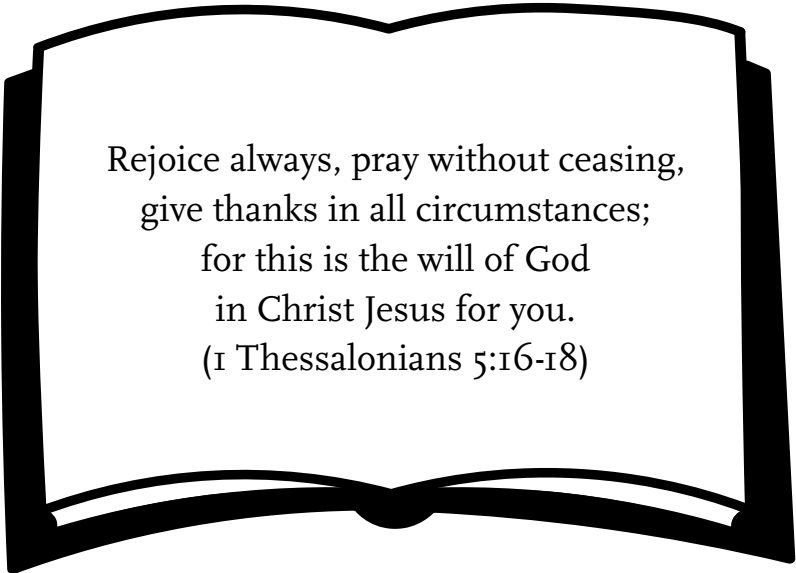
But you, beloved, building yourselves up
in your most holy faith and praying in
the Holy Spirit, keep yourselves in the
love of God, waiting for the mercy of our
Lord Jesus Christ that leads to eternal life.

(Jude 1:20-21)

2

Control Your Emotions

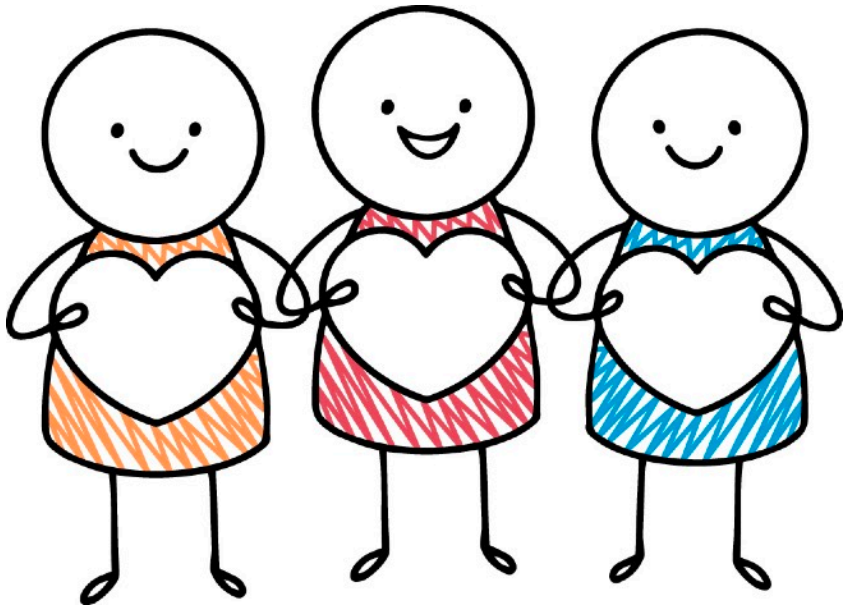


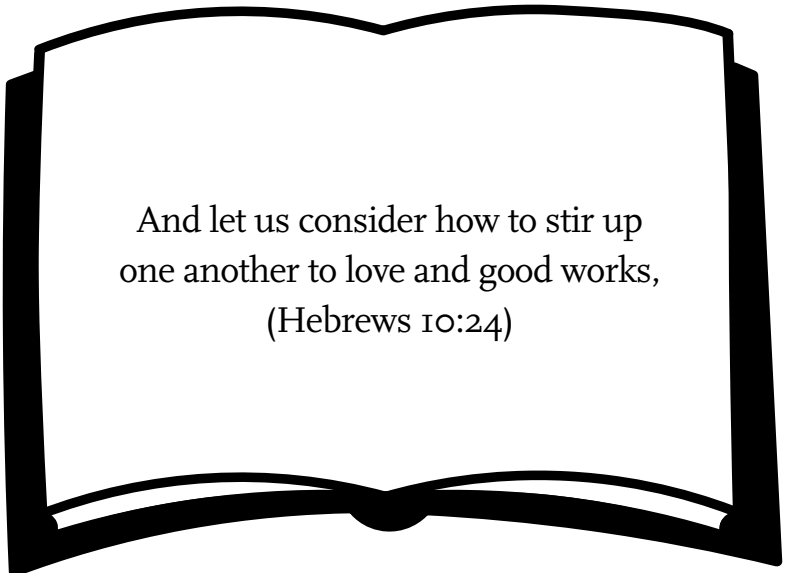


Rejoice always, pray without ceasing,
give thanks in all circumstances;
for this is the will of God
in Christ Jesus for you.
(1 Thessalonians 5:16-18)

3

Care for Others

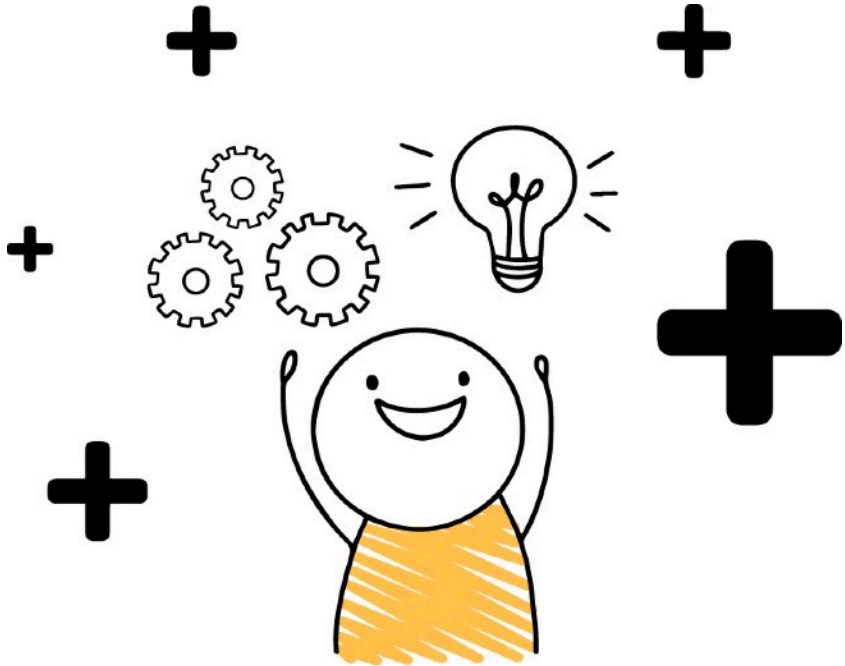


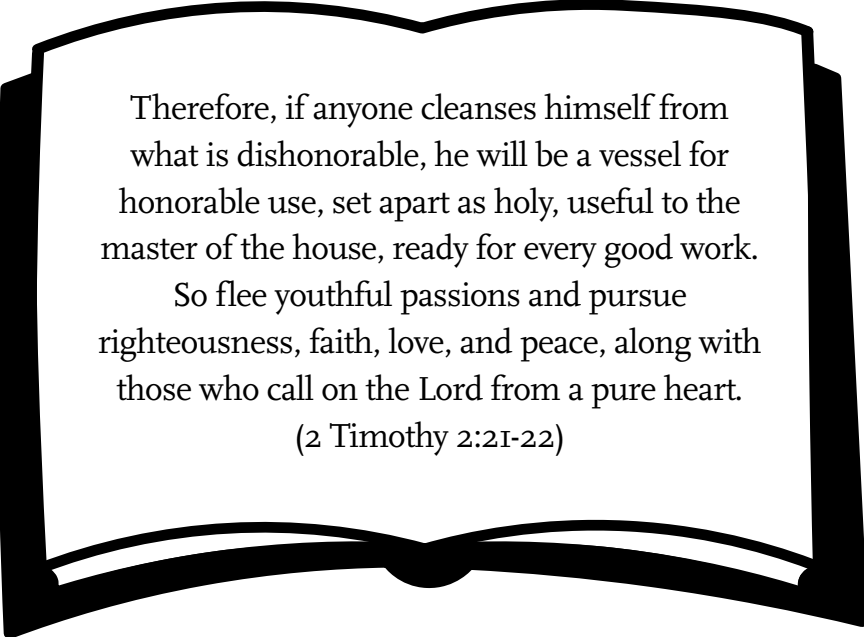
An open book is depicted as a simple black outline. The pages are white and the book is open, showing the spine in the center. The text is centered on the pages.

And let us consider how to stir up
one another to love and good works,
(Hebrews 10:24)

4

Equip Yourself - Learn or Sharpen





Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.

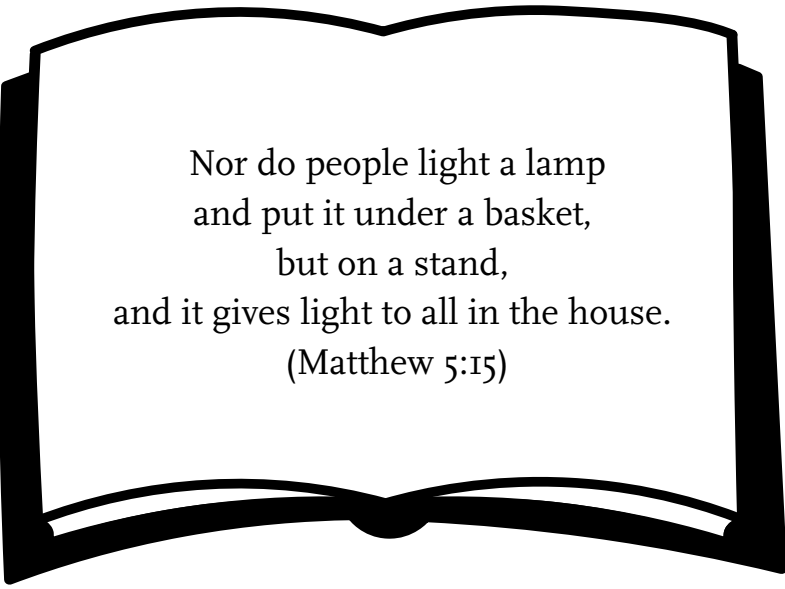
So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

(2 Timothy 2:21-22)

5

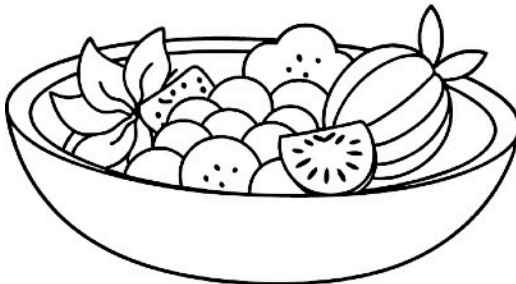
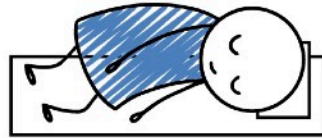
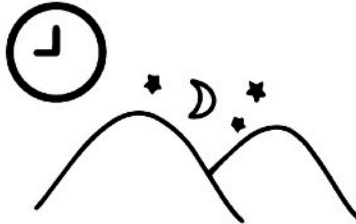
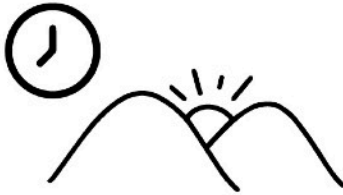
**Be a good support &
help in your family**

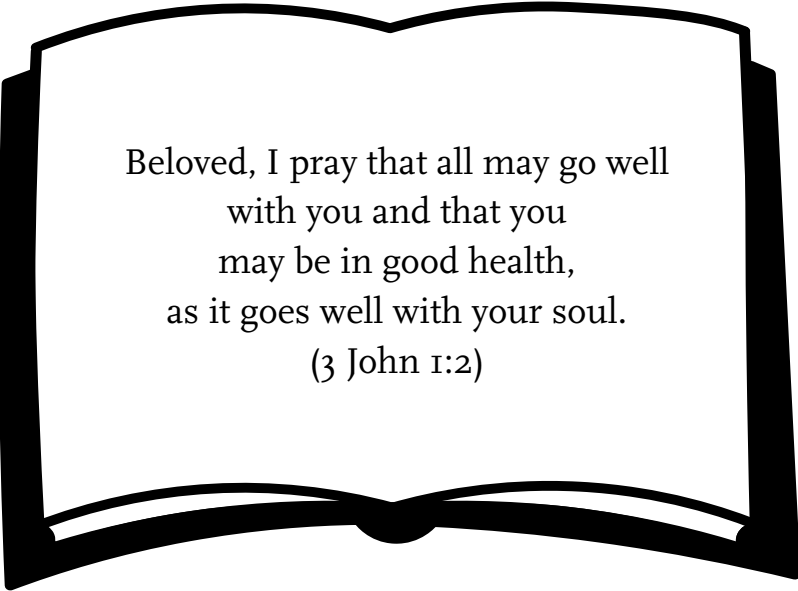




Nor do people light a lamp
and put it under a basket,
but on a stand,
and it gives light to all in the house.
(Matthew 5:15)

Healthy Lifestyle. Happy life

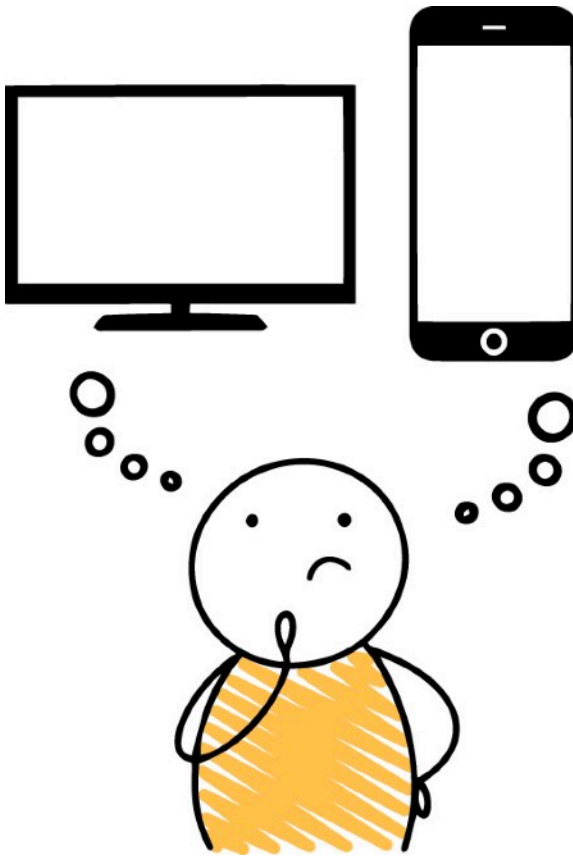


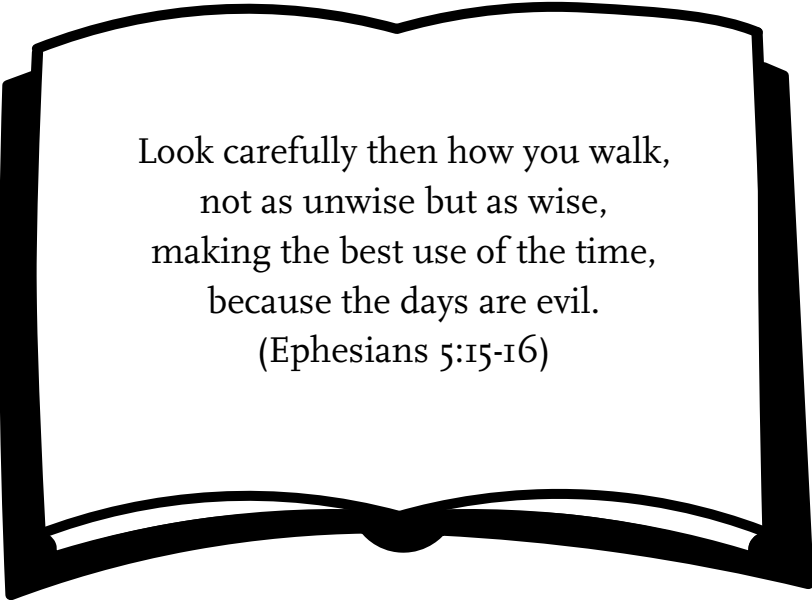


Beloved, I pray that all may go well
with you and that you
may be in good health,
as it goes well with your soul.
(3 John 1:2)

7

Away From Loose Time / Nothing To Do Time

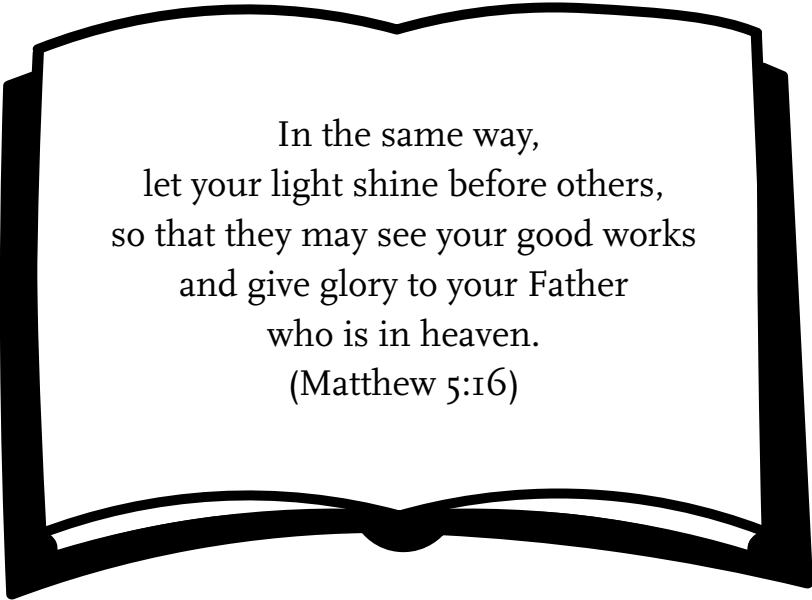


An open book icon with a thick black outline. The pages are white and contain text. The book is slightly curved, suggesting it is open.

Look carefully then how you walk,
not as unwise but as wise,
making the best use of the time,
because the days are evil.
(Ephesians 5:15-16)

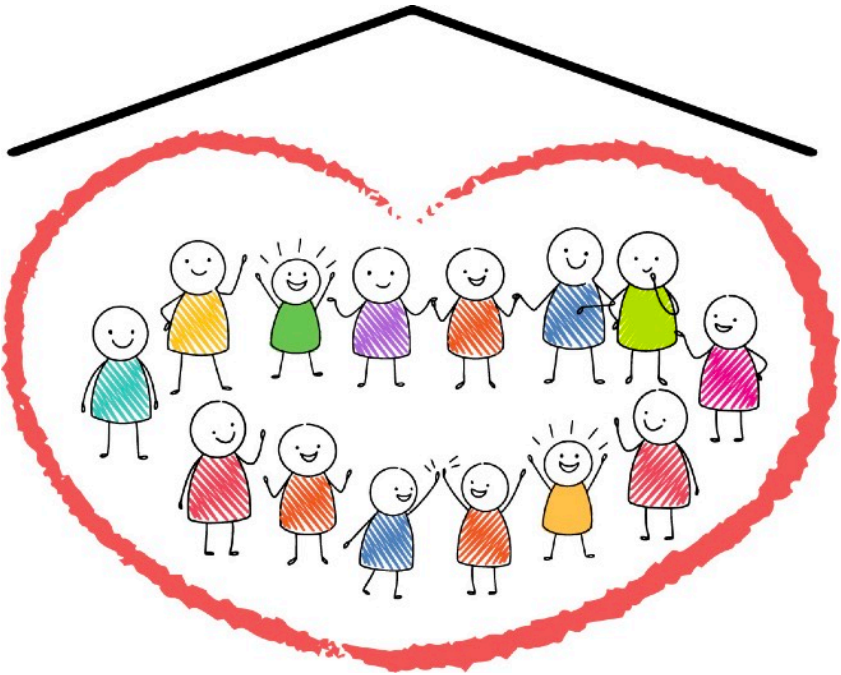
**Be a good testimony, be a
good bridge to lead people to God**

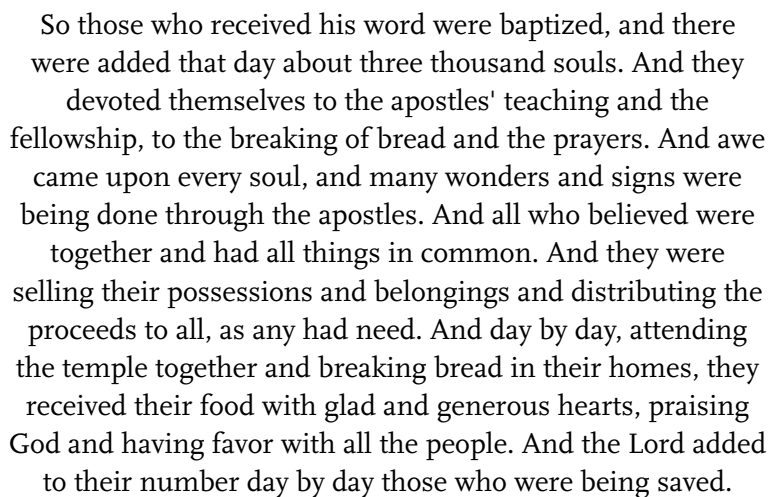




In the same way,
let your light shine before others,
so that they may see your good works
and give glory to your Father
who is in heaven.
(Matthew 5:16)

Happy Church Life

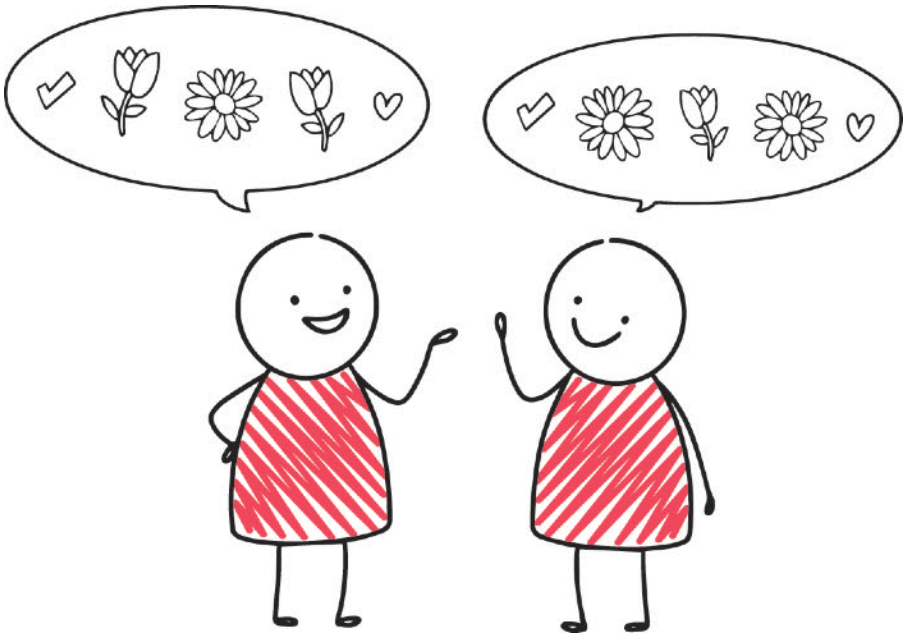


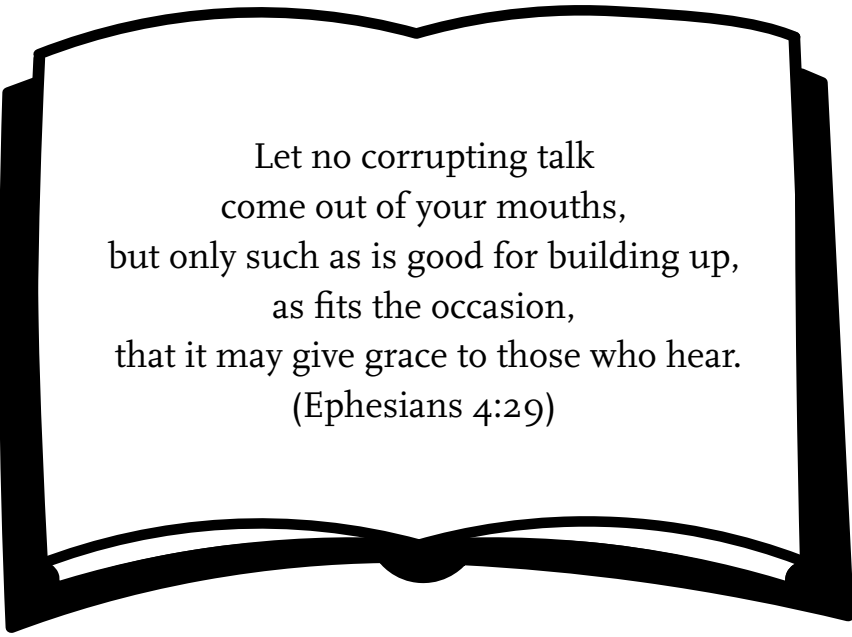
An illustration of an open book with a thick black outline. The pages are white and contain text. The book is slightly curved, suggesting it is being held open.

So those who received his word were baptized, and there were added that day about three thousand souls. And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

(Acts 2:41-47)

Be Well-Spoken





Let no corrupting talk
come out of your mouths,
but only such as is good for building up,
as fits the occasion,
that it may give grace to those who hear.
(Ephesians 4:29)

