

October 1



## Princess Feet

### Royal Words

The king says to the Shulammitte woman, "You are like a prince's daughter. Your feet in sandals are so beautiful. Your graceful legs are like jewels. The hands of a skilled worker must have shaped them."

SONG OF SONGS 7:1

### Princess Thoughts

The king noticed his bride's beautiful feet and legs. God made the bride's feet and legs. He made your feet and legs too. You can use your feet and legs to walk, dance, run, hop, and stand.

Your feet are the feet of a princess.

### A Prayer for the King

Father King, thanks for making feet and legs that move.  
Show me how to use them to help other people.

### Princess in Action

God made your beautiful feet and legs. Practice the things you can do with your feet and legs.  
(Hint: You can hop, walk, dance, and run.)

October 2



# Beautiful Feet

## Royal Words

It is written, “How beautiful are the feet  
of those who bring good news!”

ROMANS 10:15

## Princess Thoughts

According to the Bible, the most beautiful feet belong to people who bring the good news that God loves us. God wants his people to share the good news about Jesus.

## A Prayer for the King

Father God, thanks for my beautiful feet. Help me to share the good news of your love with everyone I see today.

## Princess in Action

Make cards with hearts on them. Have a grown-up write “God loves you” on the cards. Use your feet to go and give the good-news cards to people.

October 3



## Shoe Check

### Royal Words

Put on all of God's armor. . . . Wear on your feet what will prepare you to tell the good news of peace.

EPHESIANS 6:13, 15

### Princess Thoughts

The Bible tells us about a special set of armor we can wear when sharing the Good News. This armor helps us to be prepared and includes things like truth and salvation. When we are going to share the Good News, we can picture ourselves putting this armor on. We can picture wearing safe, comfortable shoes so we are ready to walk and share the news of peace.

### A Prayer for the King

Father King, please keep my feet safe as I travel.

### Princess in Action

Practice putting on your shoes so you can protect your feet when you go outside.



October 4



# Washing Feet

## Royal Words

[A widow] must be well known for the good things she does. That includes bringing up children. It includes inviting guests into her home. It includes washing the feet of God's people. It includes helping those who are in trouble.

1 TIMOTHY 5:10

## Princess Thoughts

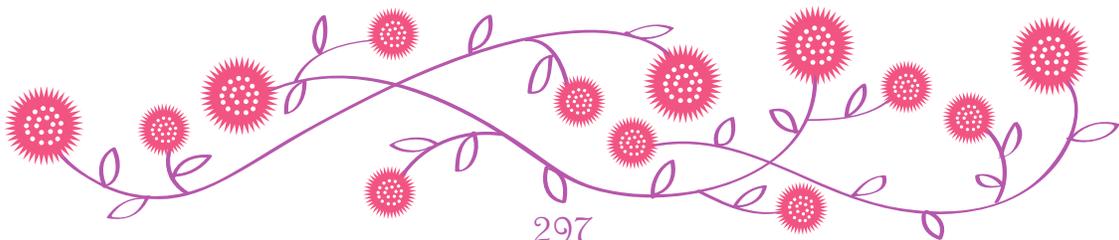
Today's Bible verse talks about the good things a widow should do. (A widow is a woman whose husband has died.) In Bible times, people wore sandals and walked on dirt streets, so their feet got dirty. A widow was expected to wash her guests' feet. God wants all princesses to welcome guests and do good deeds.

## A Prayer for the King

Father King, thanks for widows and older women who follow you.  
Help me to serve you all my life.

## Princess in Action

Help your parents get your home ready for guests. Be sure to have soap and a clean towel in the bathroom. If your guests use the bathroom, they have what they need to wash their hands.



October 5



## Deer Feet

### Royal Words

[God] makes my feet like the feet of a deer. He helps me stand on the highest places.

2 SAMUEL 22:34

### Princess Thoughts

Deer have graceful and fast feet. They move quietly, and they easily glide through the air. Deer are very good at balancing because of their feet. Deer can climb mountains without slipping. They can stand at edges of cliffs and not be afraid of falling.

### A Prayer for the King

Father King, help me to run fast and gracefully.  
Help me to balance and not fall.

### Princess in Action

Practice balancing. Stand on one foot. Raise and lower each leg sideways. Jump up and down.



October 6



## Standing Up

### Royal Words

Jesus took him by the hand. He lifted the boy to his feet, and the boy stood up.

MARK 9:27

### Princess Thoughts

A man brought his son to Jesus for healing. An evil spirit made the boy foam at the mouth and become stiff and unable to move. Jesus healed the boy and lifted him to his feet. Hooray for Jesus!

### A Prayer for the King

Lord Jesus, you are amazing. Heal the people I love when they are sick.

### Princess in Action

With your mom or dad's help, trace your foot on paper. Cut the foot out. On the paper foot, draw or write a thank-you note to Jesus. Thank Jesus for helping the boy in the Bible story to stand. Thank Jesus for healing other people too.

October 7



## Sweet Feet

### Royal Words

I, your Lord and Teacher, have washed your feet.  
So you also should wash one another's feet.

JOHN 13:14

### Princess Thoughts

Jesus washed the feet of his friends. They must have had clean and sweet-smelling feet then! He also told his friends that they should wash each other's feet. Jesus wants people to care for one another.

### A Prayer for the King

Lord Jesus, help me to care for other people.

### Princess in Action

Do something special for your mom's feet. Help fill the bathtub for a bubble bath. Put out a towel and nice lotion for your mom to use after her bath.