

## Jeremiah 17: 7-8 Like a tree with roots

Watch this retelling of Jeremiah 17: 7-8

<https://youtu.be/Swt25kP2RSA?si=j6ayx9wgYQWPkrDY>



Look at the trees around where you live. They have roots underground that you can't see, although sometimes they break through to the surface, even through concrete! And a healthy tree grows green leaves and sometimes even fruit. The Bible uses this as a picture to help us understand what it's like to be God's friend and to trust in God every day.

Did you know that a carrot is the root of the carrot plant? Why not make a carrot smoothie? It tastes nicer than you might think! Peel, trim and chop up or grate a small carrot. Remember to ask an adult to help or supervise you using a knife. Peel and split a tangerine/easy peeler or half an orange. Put the carrot and orange in a blender. Add a tin of pineapple or some mango. Add half a cup of plain yogurt and ¼ cup of milk. You could put some ice in too. Blend it up. If you like, you could sprinkle some shredded coconut on top. And there you have it – a tropical smoothie made from a root! You could also put the top of the carrot in a shallow dish of water in a sunny spot and watch it grow.



A prayer for when you eat root vegetables such as carrots, parsnips or potatoes

**Fill me, God, with everything I need to help me grow healthy and strong AMEN.**

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## Bible Reading

### Jeremiah 17: 7-8 Like a tree with roots



But I will bless those  
who trust me, says the LORD.  
They will be like trees  
growing beside a stream—  
trees with roots that reach  
down to the water,  
and with leaves  
that are always green.  
They bear fruit every year  
and are never worried  
by a lack of rain.

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**I wonder what sort of tree you are most like?**

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