How is eating a banana like meditating on God’s Word?

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Our words are powerful; they can contain life or death. (Proverbs 18:21)
Practice speaking words that contain life. What are some examples of life-giving words?

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Learn the Superkid Creed! Memorize this part, and soon you’ll know the whole “Superkid Creed”!

SUPERKID CREED

SEGMENT 9:
I am merciful and kind. I am generous and fair minded.
I do not get offended, and I am quick to forgive.