



# NEWSLETTER

## Guard Your Thoughts

Some birds are known for a troubling habit. The cuckoo waits for another bird to lay eggs. When the mother bird leaves the nest, the cuckoo quietly pushes the eggs out and lays its own egg in their place. The mother bird, unaware of what happened, raises the enemy's chick as her own. We do not know how intelligent birds are. But when the cuckoo's chick grows, can the mother bird tell whether it is truly her own? Probably not. If she could realize the truth later, how painful and angry she would feel.

I would like to connect this story to our thoughts. What controls human behavior is thinking. Wrong thoughts lead people into unhappy and destructive lives. When someone becomes obsessed with killing, it leads to murder. When a person begins to think about stealing for money, it leads to theft or robbery. When someone believes, "I should die," depression can lead to suicide. Drug abuse, alcohol addiction, smoking, violence, and sexual immorality all begin with thoughts.

We often believe that every thought comes from ourselves. We say, "This is what I think, so I must act this way." We justify our actions by claiming ownership of our thoughts. But are all our thoughts truly ours? Or are some planted from outside? We have all seen cartoons where a devil whispers on one side and an angel speaks on the other. It may look childish, but there is truth in it. In reality, our own thoughts and outside influences are often mixed together. The Bible speaks clearly about this. John 13:2 (NKJV) says, "And supper being ended, the devil having already put it into the heart of Judas Iscariot, Simon's son, to betray Him." Judas suddenly thought about betraying Jesus for money. Yet Scripture explains that this thought was planted by Satan. It was not simply his own idea.

I have experienced this in my own life. When I served as a local church pastor, I sometimes had no sermon ideas. No topic. No illustration. Nothing. I prayed. After prayer, ideas came. Before prayer, there was nothing. After prayer, there was direction. The only reasonable explanation is that God gave those thoughts through the Holy Spirit. Musicians and poets experience something similar. They seek inspiration. Suddenly, ideas appear. Something comes from nothing. This reminds us that thoughts can come from beyond ourselves.

That is why the Bible says in Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it." To guard the heart means to guard our thoughts. Our words, choices, habits, and future all begin in the mind. Life and death are shaped by how we think.

When harmful thoughts arise, we should recognize that an evil influence may be at work. We should reject those thoughts. We should pray and ask God to fill our minds with what is good, true, and life-giving. If we protect our thoughts, we protect our lives.

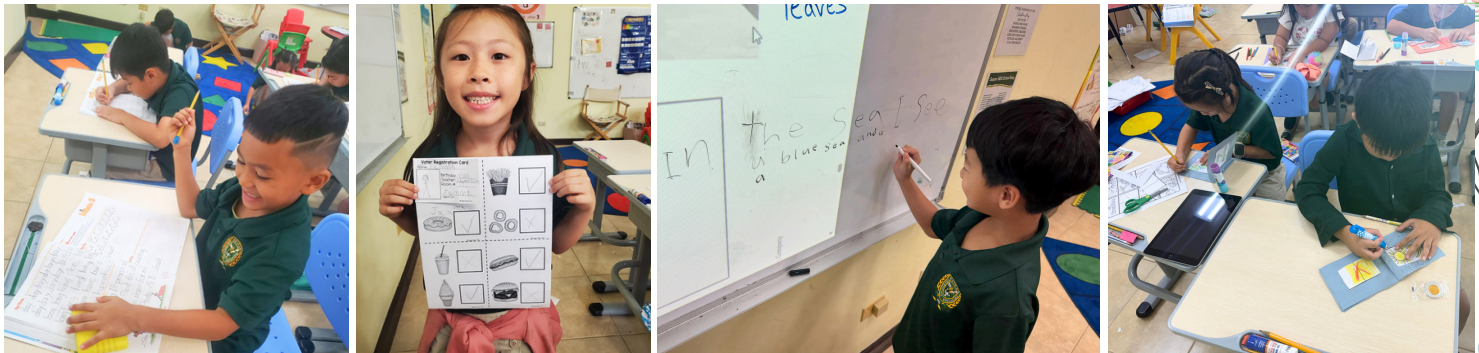


**Yeon Ho Song**  
Principal





**Kindergarten** - Left to right: Learning different rhythms using sticks as instruments, acting out the story: how God provide food and water for the Israelites on their way to Canaan, and doing an observation to know why pancakes are fluffy.



**1st Grade** - Left to right: Practicing handwriting, learning about voting in Social Studies, writing and identifying adjectives, and creating a booklet on the 7 days of creation.



**2nd Grade** - Left to right: Learning about fossils, playing Kahoot to sharpen our Spelling skills, and working on shade of meaning and finding definition of words.



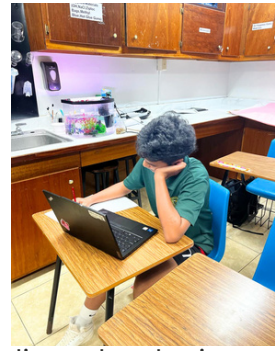
**3rd & 4th Grade** - Left to right: Identifying different idioms used in everyday life, learning about character traits and using this knowledge to identify the traits of characters in our story.



**5th & 6th Grade** - Left to right: Small group reading, presenting their Science comics using 5 words from their book, and leading the morning devotion.



**IF ANY OF YOU LACKS WISDOM, YOU SHOULD ASK GOD WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO YOU. JAMES 1:5**



**7th & 8th Grade** - From left to right: Small group reading, developing a media presentation focused on how to convey knowledge to a specific target audience, and crafting personal commentary on a topic of interest.

**Spelling Bee Schoolwide Finals**



**February Birthdays**

- Luka Raymond** 8
- Constancia Blanco** 13
- Chenica Alcantara** 14
- Aven Taitano** 26
- Zoey Xu** 26
- Jesse John Torres** 27

**Friday Chapel**



# Dates to Know

**February 9-12**

Spirit Week

**Friday, February 13**

Elementary Outdoor School

-Pau Pau Beach Drop off & Pick Up

-No After School Care

**Monday, February 16**

No School

President's Day

**Tuesday, February 17**

Penny Wars Start

**Friday, February 27**

Professional Development Day

-CDC: Early Pick Up 12:30 pm

-Elementary: No After School



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Saipan Seventh-day Adventist School



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Saipan SDA School



www.saipansdaschool.org



# Child Development Center



**Toddlers** – Left to right: Engaging in their alphabet review and word of the day; and learning about Jesus and His disciples through coloring activities.



**Preschool** – Left to right: Matching colors by inserting pom-poms into the bottles of the same color; and cutting, pasting, and categorizing natural and artificial light.

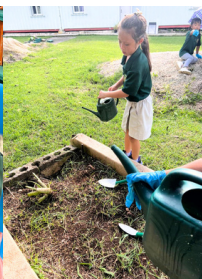


**Pre-Kindergarten** – Left to right: Helping each other arrange the numbers from 1-20; and having fun looking for the uppercase and lowercase letters of their first names.

# After School Academy



**Gardening**



**Indoor Play**



**Music**



**Art**

