



# All Puffed Up

**T**he Puffin is sometimes called the Clown of the Sea. It certainly looks like one... with its multi-coloured beak and waddly walk.

But you wouldn't want to get in the way of a puffin about to land on shore: It crash lands, smacking into any other puffins in its path, and bowling them right over.

The puffin isn't a very good flier either. It flaps furiously to get itself airborne. It often just jumps off a cliff to get the extra airlift. And when it is flying, it must flap its wings 300-400 times a minute just to stay up there! Little wonder it is a kind of seabird called an "auk" – sounds like "awkward".

**B**ut don't write off the puffin too quickly. He has his gifts.

Puffins are superb in the water. They can dive deep into the cold ocean, and are expert at catching fish. In the water, their webbed feet and their wings allow them to move smoothly and gracefully.

In the water, the puffin is really in its element.

**D**o you know anyone who reminds you of a Puffin on land?

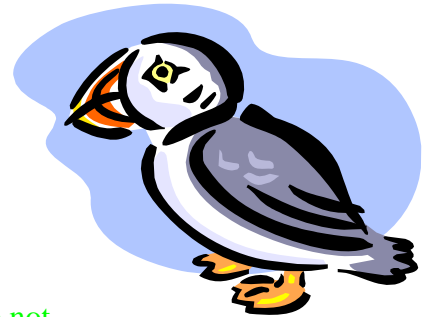
Someone who crashes their way about, who knocks people out of the way, or who hurts others in their clumsiness?

**I**n fact, some "bullies" are like that.

They insult people. They push others around.

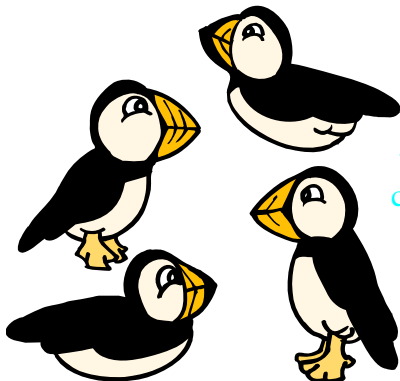
And whereas puffins are cute and funny, bullies are not.

You may have witnessed a bully in action, or you may have been a bully's target.



*Jesus Christ, when He was on earth, often had to deal with bullies. For example, a group called the Pharisees were always after Him, taunting and insulting Him. But Jesus knew what to do. He prayed, did what was right, and depended on God for help.*

*Today, Jesus can help anyone who is being bullied.*



**D**id you know that even a bully has gifts?

Just as the awkward puffin comes into its own in the water, God has given useful abilities to all people, even those who bully. He can help them to become better people. You can pray that this will happen. It may feel strange praying for a bully, but that's exactly what works.

*In the meantime, ask God to give you wisdom how to act, and what to say. Ask Him to help you to be strong in Christ, and to care enough to pray... Yes, even for a bully!*