

Day 5

① READ ABOUT IT!

"With my whole heart I seek you; let me not wander from your commandments!"

—Psalm 119:10

③ PRAY ABOUT IT!

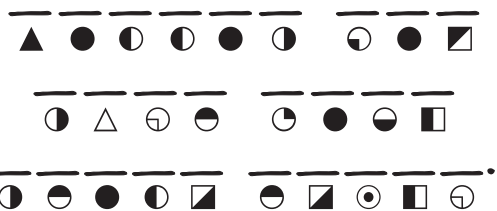
Ask God to help you follow Him with your whole heart even when it's easier to follow other people.



② THINK ABOUT IT!

God's Word tells us what He wants us to do and how to follow Him with our whole hearts. That's what "commandments" means. People get their lives in trouble when they don't follow God with their whole heart. Sometimes we want to follow people instead of God. That can lead to trouble! Following God is best.

Decode the secret message using the code!



Week 1 ESV

Quiet Time

WORD UP! Follow God!

Say your memory verse out loud each day this week.

Soon you will be able to say it without looking!

"How can a young man keep his way pure? By guarding it according to your word."

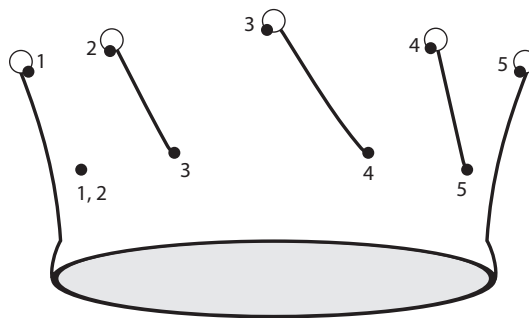
Psalm 119:9

Do you remember the memory verse for this week? Fill in the blanks without looking at the verse on the front page.

"How _____ a young man
_____ his _____ pure?
By _____ it
according to your _____."
Psalm 119:9

King Saul and the people of Israel did not follow God as the king of their hearts. This led to a lot of trouble! You have many chances to choose to follow God. You'll learn more about following God this week as you do your Quiet Time.

When you finish your Quiet Time each day, connect one line to complete the picture.



When you learn something new or you are reminded of something important, write it down or draw it in the box below. Tell someone about it!

Day 1
① READ ABOUT IT!

"Keep your heart with all vigilance [watchfulness], for from it flow the springs of life."
—Proverbs 4:23

③ PRAY ABOUT IT!

Thank God for being kind and good. Ask Him to be the king of your heart as you live for Him.

② THINK ABOUT IT!

Your heart is the part of you that thinks and feels. Your heart guides the decisions you make and the things you do. That's why this verse says to keep, or guard, your heart. What you think and feel will soon show in how you act. God wants to be king of your heart—to guide what you think, say, and do.
In the box write out a prayer to God asking Him to be the king of your heart.

Day 3
① READ ABOUT IT!

"...God is love."
—1 John 4:8

③ PRAY ABOUT IT!

You can thank God that He is love! Thank Him for loving you and sending Jesus to die for your sins.

② THINK ABOUT IT!

One reason you can follow God with all you never ends. He made you the way He wanted you to be and has good plans for your life. You can trust His love. God can work through even the hard things sin causes in life. He showed His love by sending Jesus to die for your sins!

Write down some ways God shows His love to you.

Day 2
① READ ABOUT IT!

"For the LORD gives wisdom; from his mouth come knowledge and understanding."
—Proverbs 2:6

② THINK ABOUT IT!

God is wise! He speaks to you through His Word, the Bible. When you follow Him, He will always lead you in the right way, and your life will give Him honor and glory.
Circle the things God can help you with because He is wise.

friends
decisions
future
time
money

Day 4
① READ ABOUT IT!

"How can a young man keep his way [life] pure? By guarding it according to your [God's] word."
—Psalm 119:9

③ PRAY ABOUT IT!

Thank God for giving you His Word! Ask Him to help you read it every day and do what it says.

② THINK ABOUT IT!

You can follow God as King of your heart because He is wise, loving, good, and so much more! You can keep your way pure by following God's Word, the Bible. As you spend time with God each day, He will help you know what He wants for your life. Ask Him to help you follow Him!

N P S N J O X W O D
H U L Q T J A M Q L
D R C Q P X C J T D
P E W I U F C L X R
G G D O F Z O M E W
D A Y Y R Z R M A N
G S N O U D D O E O
O G F P U X I T I X
U T V F O N N T J M
N U L E O X G V Q G

Find words
from the
verse in
the word
search.
young
man
pure
according
Word