

① READ ABOUT IT!

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

—Ephesians 4:32

③ PRAY ABOUT IT!

Ask God to help you show kindness today to the person whose name you wrote down.

② THINK ABOUT IT!

God showed His kindness to you and me by sending Jesus to take the punishment for our sin. Because God shows us His kindness, He wants us to show His kindness to others.

Is there someone you can show kindness to today? Write their name in the box or draw a picture of them and write how you will be kind to them.

_____'s
Quiet Time

Do you remember your memory verses?
Say them to someone in your family this week.

"Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee."
Psalms 119:9-11

Do you remember all of Psalm 119:9-11? Below are the first five words of each verse. See if you can finish them without looking!

Wherewithal shall a young man... _____

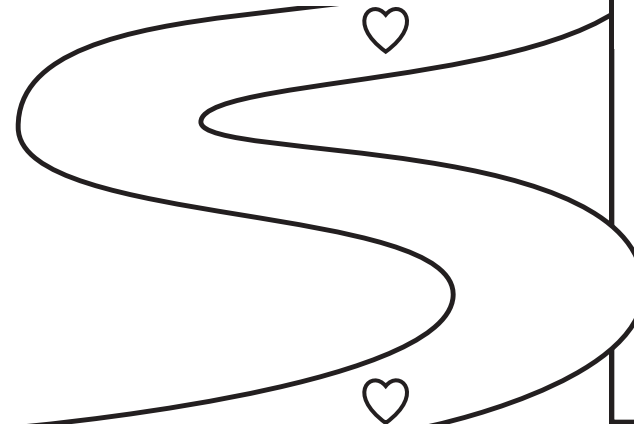
With my whole heart have... _____

Thy word have I hid... _____

You've learned a lot over the last few weeks. This week during your Quiet Time, you are going to review each week's Word Up! and read a verse that goes with it. Remember, spending time with God each day helps you learn more about Him and grow to know Him better.

When you finish your Quiet Time each day, draw a heart on the path.

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



Day 1 FOLLOW GOD!

1 READ ABOUT IT!

"Make me to go in the path of thy commandments; for therein do I delight."

—Psalm 119:35

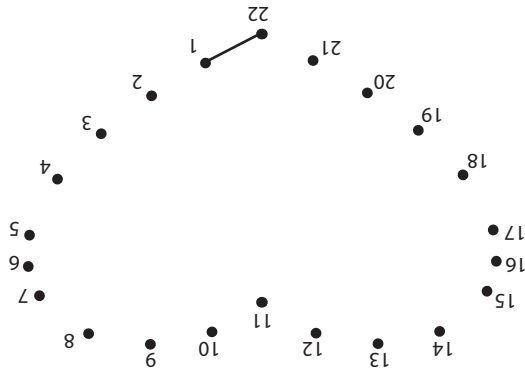
3 PRAY ABOUT IT!

Ask God to help you follow the path of His commandments and delight in His Word.

2 THINK ABOUT IT!

God wants you to follow Him with all of your heart. He wants you to follow the path of His commandments, which means His Word. He helps you delight, or have joy, in His Word and doing what it says.

Connect the dots then color the picture.



1 READ ABOUT IT!

"the LORD search the heart..."—Jeremiah 17:10

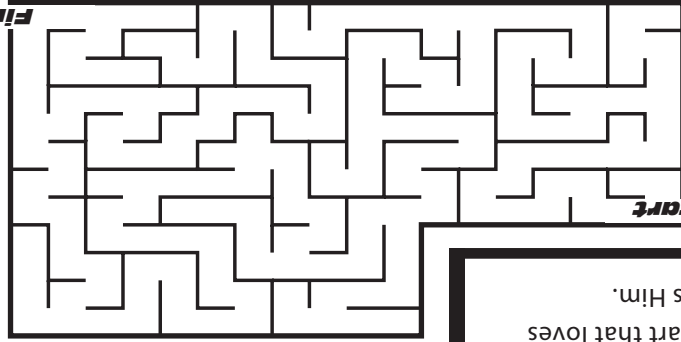
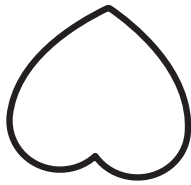
3 PRAY ABOUT IT!

Ask God to help you have a heart that loves and obeys Him.

2 THINK ABOUT IT!

David was called a man after God's heart because he knew God and cared about the things God cares about. When God looked at David's heart, He saw someone who loved Him very much and wanted to please Him. God wants to see the same thing in your heart too!

Complete the maze.



Day 3 GOD IS THE CHAMPION!

1 READ ABOUT IT!

"...That all the earth may know that there is a God in Israel."

—1 Samuel 17:46

3 PRAY ABOUT IT!

Thank God that He is your champion! Ask Him to help you be bold for His glory.

2 THINK ABOUT IT!

This verse is what David said to Goliath right before he killed the giant. God wanted everyone to know that He is the champion and that He is the one true God! God is your champion too—He can help you be bold for Him, like David was.



Day 4 TRUST GOD'S PLAN!

1 READ ABOUT IT!

"But I trusted in thee, O LORD: I said, Thou art my God." —Psalm 31:14

3 PRAY ABOUT IT!

God is the one true God and He can be trusted. Even when David was running from Saul, he trusted God's plan. You can also trust God—He is amazing and worthy of your trust. Will you trust Him today with the things in your life?

2 THINK ABOUT IT!

Is there something you need to trust God with today? Write it in the heart below.

