

1 READ ABOUT IT!

"With my whole heart
have I sought thee: O let
me not wander from thy
commandments."

—Psalm 119:10

3 PRAY ABOUT IT!

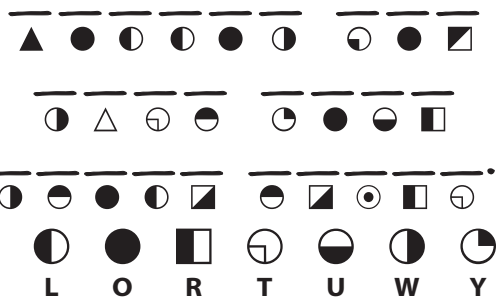
Ask God to help you follow
Him with your whole heart
even when it's easier to follow
other people.



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!



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!

"Wherewithal shall a young man
cleanse his way? by taking heed
thereto according to thy word."
Psalm 119:9

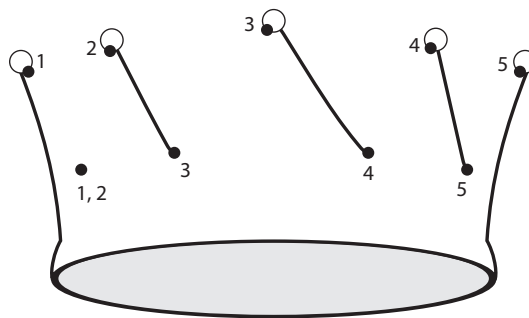
Do you remember the memory verse for this week? Fill in the
blanks without looking at the verse on the front page.

"Wherewithal _____
a young man _____
his _____? By taking _____
thereto according to
thy _____." 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 learn something new or you
are reminded of something important,
write it down or draw it in the box
below. Tell someone about it!

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



Day 1
① READ ABOUT IT!

"Keep thy [your] heart with all diligence; for out of it are the issues 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 4
① READ ABOUT IT!

"Wherewithal [How] shall a young man cleanse [make clean] his way [life]? By taking heed thereto according to thy [God's] word."

—Psalm 119:9

③ PRAY ABOUT IT!

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 2
① READ ABOUT IT!

"For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding."

—Proverbs 2:6

③ PRAY ABOUT IT!

Is there something you need God's wisdom to help you with? Pray now and tell Him about it and ask Him to help you.

Find words from the verse in the word search.

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 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

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!