

① READ ABOUT IT!

"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise."

—James 5:13

③ PRAY ABOUT IT!

Thank God for the things you wrote down. Tell Him about something that happened today that made you smile or laugh.

② THINK ABOUT IT!

God wants us to go to Him in the good and bad. We should talk to God when hard things happen but prayer isn't just for when things are bad. You can pray with thanksgiving and praise when you are happy and cheerful. God wants to hear about that too!

Write a poem about things you are thankful for and things that make you happy.

Remember, prayer isn't just asking God for things. An important part of prayer is praising God for who He is and what He has done. Remembering who God is and what He has done will also help you trust Him more. Our God is amazing!

Make a list of some things you know to be true about God. Then take a few minutes to praise God for those things!

Quiet Time

WORD UP! God hears! God answers!

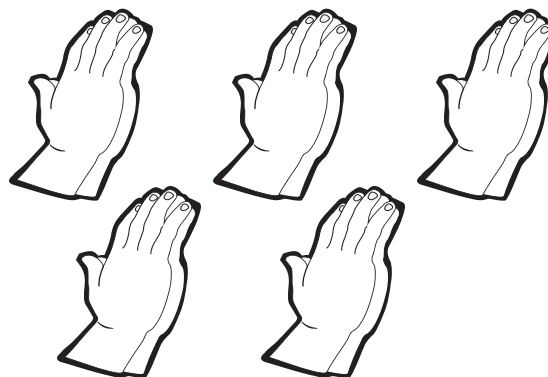
Look! A new verse! Can you learn it by the end of the week? Try writing down the first letter of each word, then try saying it just looking at those letters.

**"Casting all your
anxieties on him, because
he cares for you."
1 Peter 5:7**

Prayer is an important part of following Jesus. Prayer is talking to God. Prayer can include telling God about your problems and asking for His help and strength; praising God for all the awesome things He has done and is still doing; and talking to God about other people He has put in your life—like your friends, family, and teachers.

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!

When you finish your Quiet Time each day, color one of the praying hands.



Day 1
① READ ABOUT IT!

"The Lord is near to all
who call on him, to all
who call on him in truth."
—Psalm 145:18

③ PRAY ABOUT IT!

Talk to God about
something you did
today. Thank Him for
being near and caring
about you.

Day 2
① READ ABOUT IT!

"Casting all your
anxieties [worries] on
him, because he cares
for you." —1 Peter 5:7

③ PRAY ABOUT IT!

Thank God for caring
for you.

② THINK ABOUT IT!

God is near to you when you talk to Him. God is
everywhere all the time, but this verse is talking
about special type of nearness. It means God listens
and cares about you and what you have to say. It
also means close, like having a close friend.

God wants you to talk to Him. You can talk to
Him about anything and everything. Circle
something you have talked to God about.

My family
School

Things that make me sad

What I did today

How awesome God is

Things that make me laugh

Day 3
① READ ABOUT IT!

"Do not be anxious
about anything, but in
everything by prayer
and supplication with
thanksgiving let your
requests be made known
to God." —Philippians 4:6

③ PRAY ABOUT IT!

Talk to God about what
you wrote or drew.
Thank Him for what He
has done for you!

Day 4
① READ ABOUT IT!

"And we know that for
those who love God all
things work together for
good, for those who are
called according to his
purpose." —Romans 8:28

③ PRAY ABOUT IT!

Thank God for His love and
that He works everything for
good. Ask Him to help you
know and trust Him more.

② THINK ABOUT IT!

You don't have to worry or be afraid. You can
know God is in control and He wants you to talk
to Him about whatever is happening in your
life. You can ask Him for help and you can thank
Him for what He has given to you. Remember,
you can trust God to answer in the way He
knows is best!

What are some things you can thank God for? Write them in
the box or draw a picture of something you are thankful for.

② THINK ABOUT IT!

There are a lot of problems in the world. That is
because sin messes everything up. But God is still in
control. Everything that happens He allows to happen.
He will make everything work for good in the end.
Sometimes when you ask God for something, God
doesn't give you the answer you want. This doesn't
mean God doesn't love you or that He didn't hear your
prayer. You can keep trusting Him. He will make all
things work together for good in His time.

Solve the code to read the sentence.

Remember God's

for you is

more.

W V T S O N L K I G E D B