



DEVELOPING
A *Quiet*
TIME

by Kim Sorgius

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Written by Kim Sorgius

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WHAT'S IN THIS *Study?*

Day 1: Habits

Day 2: Good Morning, God!

Day 3: Read and Respond

Day 4: Open Heart Prayer

Day 5: Worship

Day 6: Scripture Memory

Day 7: Let's Review

Day 8: For Fellowship

Day 9: For Righteousness

Day 10: For Direction

Day 11: For Worship

Day 12: For an Example

Day 13: For a Witness

Day 14: Review

Day 15: The History of Quiet Time

Day 16: Does Time Matter?

Day 17: What Materials?

Day 18: Dealing with Distractions

Day 19: For When You Get Off Track

Day 20: About Prayer

Day 21: Let's Review

Day 22-27: Try It Yourself

Day 28: This Is Not Goodbye

Junior Level
Ages 8-12



Habits

John 3:16 is one of the most treasured verses for Christians. What does it say?

If we believe in Jesus, we have the promise of everlasting life. But have you ever wondered what you are supposed to do next?

Yes No

Let's read *Ephesians 4:17-24* for the answer. Fill in the blanks as you read.



As a Christian, I need to put off _____
and be renewed in my mind by putting on _____.

What is the new self created to be like?

This study is all about one of the most important ways that we can accomplish our goal of becoming more like Jesus: having a quiet devotional time with God. I'm so excited that you have joined me on this journey. We are going to learn a lot about why God wants us to have this time and how it will help us grow.

Some people call this time a quiet time, and others call it a devotional time. I will call it a quiet time. If you prefer to call it something else, that is just fine!

*A quiet time is simply
an uninterrupted time with God.*

Having a quiet time in our world today is very hard to do. There is an endless list of distractions all fighting for our time and energy. We will talk more about those later. But first, let's talk a little more about what it is going to take to start having a quiet time on a regular basis. What we really want is for our quiet time to become a habit.

Look up the word "habit" in the dictionary and write its meaning below.

A habit is something that we do often without even thinking much about it. Habits can be good things like reading your Bible every day, praying, or holding doors open for people. They can also be bad things like chewing with your mouth open, saying ugly words, or forgetting to turn off the light in your room.

Let's make a list of our good and bad habits in the chart below.

 *GOOD*

 *BAD*

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We are going to learn so much about what your quiet time might include, but for today let's just end by praying and asking God to open our minds and hearts to what He wants to teach us in this study.

Youth Level
Ages 12 and up



Habits

John 3:16 is one of those verses all Christians know because of its life-giving truth. Jesus died to save us from our sins. If we believe in Him, we have the promise of everlasting life. Have you ever wondered what you are supposed to do next?

YES NO

Let's read *Ephesians 4:17-24* for the answer. Fill in the blanks as you read.

As a Christian, I need to put off _____
and be renewed in my mind by putting on _____.

What is the new self created to be like?



Being a Christian isn't a status update we can post on social media. A Christian is a person who believes in Jesus and accepts Him as his/her Lord and Savior. Our next step is to put off the old way of life (living like the world) and put on the likeness of Christ.

We don't do this step because we are obligated to do it. Our salvation is a free gift. We do it because we want to please God, and because we want to have the kind of relationship with Him that will help us through the hard parts of life.

I'm sure you know the answer to this next question if you have ever been to Sunday School, but humor me. How can we work on growing more like Christ and developing a relationship with Him?

Think of it like your relationship with your best friend but even better. That's what your relationship with God should look like. You should know as much as possible about Him and enjoy spending as much time as you can with Him.

Reading the Bible is truly the ONLY way to get to know God. Sermons and lessons are good, but they aren't personal enough. You need time in the Bible. It's the only way to have the kind of relationship you NEED to get through life.

Trust me, I know not everyone loves to curl up with a great book. I know some people really struggle with reading. And yes, I know the Bible can be hard to understand sometimes. Promise me you still won't give up.

In this study, we are going to walk through a simple method for spending time with God, or having a "quiet time." I'll give you a formula that is simple and easy to manage. And I'll help you find ways to really cherish this time with the Lord. All you need to do is commit to coming back here each day.

If you do that, in the end, you will be on your way to a brand new habit.

Have you tried to create a quiet time habit before? If so, how did it go?

If you are like most people, it started off well, but then eventually just stopped. Don't be discouraged! Having a quiet time in our world today is very hard to do. There is an endless list of distractions all fighting for our time and energy. We will talk more about those later. But first, let's talk a little more about what it is going to take to start having a quiet time on a regular basis.

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BAD

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Parent Guide



Habits

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Let's make a list of our good and bad habits in the chart below. Think about the habits you want for yourself and for your kids.



GOOD



BAD

GOOD	BAD
<hr/>	<hr/>

Pray and ask God to open your mind and heart to what He wants to teach you in this study. Ask Him to help you guide your kids as they learn, too.

SCRIPTURE: Ephesians 4:17-24

KEY TRUTH: Reading the Bible is a habit we want to develop so we can know God better.

DISCUSSION: How does reading the Bible help us become more like Christ?