

GA JAM

QUIET TIME BOOK FOR GIRLS



KEEP LOOKING TO JESUS

KentuckyWMU



Welcome to Quiet Time with God! We hope you will enjoy spending time with God, reading his Word, and discovering his will for your life.

You will need your Bible, a pencil or pen, and a quiet place to sit.

In Days 1-5, you will learn about the Lord's Prayer. Jesus taught this prayer to his disciples.

In Days 6-12, you will learn more about following Jesus. When you finish Day 12, read "Keep Going!" to learn how to continue your Quiet Time with God.

God bless you as you learn of his love for you and how to share his love with others! **Keep looking to Jesus!**

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Day 1

How did Jesus pray?

One day Jesus was praying. When he finished, one of his disciples said, "Lord, teach us to pray." (Luke 11: 1) Prayer is a special time between us and God, but even the disciples needed help with prayer. Jesus answered the disciples request by sharing what we call the "Lord's Prayer." Read Jesus' prayer below.

⁹ "This, then, is how you should pray:

'Our Father in heaven,
hallowed be your name,
¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.'"

Matthew 6:9-13 (NIV)

Now see if you can find Matthew 6:9-13 in your Bible. Verse 9 says, "Our Father in heaven, hallowed be your name."

What does "hallowed" mean? Circle one.

empty scary holy complicated

"Hallowed" means "holy." "Holy" is a name just for God. No one is like him. When we say, "Hallowed be your name," we are describing how special God is. This is "praise." So, the first thing Jesus tells us to do when we pray is to give praise to God.

What words come to mind when you think about God? Unscramble these words that describe God. Then write some of your own words in the shapes.

God is...

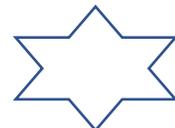
ovle _____



rofinggiv _____



ythgim _____



Say these words of praise to God!

Day 2

How did Jesus Pray?

Yesterday you learned how Jesus taught his disciples to pray. The first thing Jesus did when he prayed was to praise God (Hallowed be your name). Have you thought of any more words you can use to tell God how wonderful he is? Write them here:

In Matthew 6:10, Jesus prayed: *"Your kingdom come, your will be done, on earth as it is in heaven."* When we pray, *"your kingdom come,"* we are praying that everyone will know God, the King, and follow him.

Why do you think it would be good for everyone to know God?

When we pray, *"your will be done,"* we are asking that everyone would love God and obey his law.

What do you imagine heaven is like? How will people treat others? Who will we worship? Heaven is a perfect place! When we pray, *"on earth as it is heaven,"* we are asking that we will learn how to love others and worship God, just as it is done in heaven.

How do you like people to treat you? Put a check by the words you like.

Ignore me

be kind to me

talk about me

Include me

help me

yell at me

hug me

be patient with me

How do you treat others? Put a star by the words that tell how you have treated others. Find and read Romans 2:11. God wants us to treat others the same way he treats people. Ask God to help you show his love to others.

Day 3

How Did Jesus Pray?

Find and read Isaiah 9:6 in your Bible. **Praise God** by writing one of these names for Jesus in your most artistic handwriting.

Yesterday you learned that God wants everyone in the world to know him. Fill in the missing vowels to find ways that you can help others know about God.

A E I O U

Pr__y f__r m__ss__n__r__s.

G__v__ __ff__r__ngs.

D__ m__ss__n pr__j__cts.

B__c__m__ __ m__ss__n__ry.

T__ll s__m__n__.

Pray, "Your kingdom come, your will be done, on earth as it is in heaven" to God.

Read Matthew 6:11. You may not eat bread every day, but you do eat every day. Jesus wants us to ask for what we need each day. This is called "**petition.**" Make a list of what you need every day to survive.

- 1.
- 2.
- 3.
- 4.



Now ask God for the things you think you need.

Read Philippians 4:19. Thank God for giving you all that you need.

Day 4 How Did Jesus Pray?

Find a quiet place outside. Read Psalm 148:7-10. We can praise God along with his wonderful creation! Write your own Psalm here.



Praise the Lord.

Praise him, all you _____ that _____.

Praise him, _____.

Praise him, you _____ that _____.

Praise him _____.

May all creation praise the Lord!

Do you know anyone who doesn't know about Jesus? Write their name here.

_____ Ask God to help you show this person God's love.



Is there something in your life that is troubling you?

Write it here. _____

Ask God for help with your problem.

Read Matthew 6:12. A debt is something that is owed. When we sin, we owe God, and maybe others, an apology. God wants us to ask him for forgiveness. He also wants us to forgive others who have done something to us.

Read 1John 1:9.

Pray: "God, please forgive me for _____

_____.

I am sorry. Help me to forgive _____."
(name of person you want to forgive)

Read Matthew 6:13. Jesus wants us to ask for help when we are tempted to say, do, or think something wrong. He also wants us to pray for protection. Thank God for helping you with your problems.

Day 5

How Did Jesus Pray?

Find Matthew 6:9-13 in your Bible and read it out loud as you pray to God.

Use these scriptures to help you praise God:

Psalm 25:10 God's ways are ovoro and forouogo.

Psalm 86:5 God is forogoivog and ooo.

Psalm 86:10 God is oroao!



What would make the world more like God's kingdom in heaven?

Pray for this change.

What do you need today? _____

Ask God for what you need. Thank Him for giving you what you need.

If you are a Christian, you have asked God to forgive you of your sin. Even as Christians, we still sin. Think of a way you have displeased God and ask for forgiveness.

These scriptures tell us more about prayer. Read each verse and draw a line from that verse to the word that describes it.

Psalm 22:11

praise

Acts 12:5

petition

Psalm 150:1

intercession
(asking)

Psalm 95:2

confession

1 John 1:9

thanksgiving

Prayer is talking to God, but it's also listening to God. Spend some time just

listening to God.



Day 6 God Made Me!

Praise God

Read Psalm 139:14. Write what is WONDERFUL about YOU around the girl.



Why should we praise God for being wonderfully made? _____

Listen to God

Read 1 Timothy 4:12. Draw a line from the words in the middle to how you can be an example.

Not using cuss words

Doing your homework and chores

Giving food to a needy family

Being hopeful!

Praying

Dressing modestly

Using encouraging words

Playing games fairly

Speech

Life

Love

Faith

Purity

Being careful about which video games and TV shows you watch.

Using encouraging words

Praying

Standing up for someone who is being bullied

Doing your homework and chores

(God Made Me! Continued)

Talk to God

Choose one of the ideas above that you would like to try to be a good example. _____

Ask God to help you be an example.

Thank God

“God, I thank you for making me wonderful. Help me to use
_____ to set an example for you.

(one of my wonderful qualities)

Day 7 God's Gift of Salvation

Praise God

*But I trust in your unfailing love;
My heart rejoices in your salvation.
Psalm 13:5*

Praise God for his love for you!

Listen to God

Read 1 John 4:9-10 to find out how God showed his love for us. (1 John is almost at the end of the Bible.) You can also find the answer in John 3:16. Repeat John 3:16 to yourself. Even though God loves us so much, it is still up to us to receive his love. It's kind of like when you receive a birthday present. You know that the person who gave it to you cares for you, but you need to unwrap the present to get the gift.



Read these verses to learn how to receive God's love. Underline the actions you must take to receive God's love. Put a question mark beside anything you don't understand.

For all have sinned and fall short of the glory of God. *Romans 3:23*

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. *Romans 6:23*

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. *Romans 5:8*

If we confess our sins, he is faithful and just to forgive us our sins and purify us from all unrighteousness. *1 John 1:9*

That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. *Romans 9:10*

Write questions you have about becoming a Christian.

(God's Gift of Salvation continued)

Ask God and your parents or church leaders to help you understand how to become a Christian.

Thank God

Thank God for sending Jesus. If you are a Christian, thank him for saving you!

Talk to God

If you are not a Christian, talk to God. Ask him to help you decide to follow him. If you are a Christian, pray for your friends who haven't decided to follow Jesus yet.

Day 8

My Talents and Gifts

Praise God

Worship the Lord with gladness; come before him with joyful songs.

Psalm 100:2 NIV

Sing a praise song or write your own praise song.

Listen to God

God's gifts of grace come in many forms. Each of you has received a gift in order to serve others. You should use it faithfully.

1 Peter 4:10 NIV

God has given each of us special things that we can do. Gifts are things that God gives us to serve others (encouragement, helpfulness, generosity, kindness). God also gives us natural talents that we can use to serve others. Talents are abilities that we do well (sports, art, music). God wants us to use both our talents and gifts to serve Him.

My gifts are:

My talents are:

If you're not sure what your talents and gifts are, ask a friend, parent, or leader. How can you use your talents and gifts to serve God?

Talk to God

Offer God your gifts and talents each day.

Lord, Please help me use _____ to share your love with others.
(my talent or gift)

Thank God

James 1:17 says: **Every good and perfect gift** is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Our gifts and talents are from God. Be sure to thank God for the gifts and talents he has given you!

DAY 9 TELL THE WORLD

PRAISE GOD

*LORD, I will praise you among the nations.
I will sing the praises of your name.
Psalm 18:49 (NirV)*

What “nations” do you know about? If you could, what would you tell the people in each nation about God? Write your words of praise around the globe.



Listen to God

Matthew 28:19-20 is known as the “**Great Commission**.” In these verses, Jesus is telling his disciples what he wants them to do after He goes to heaven. Read the verses below. Using a **red** pen or marker, circle the verbs or action words that tell us **what we should do**. Using a **blue** pen or marker, circle the words that tell **what Jesus does**.

¹⁹ So you must go and make disciples of all nations.
Baptize them in the name of the Father and of the Son and of the Holy Spirit.

²⁰ Teach them to obey everything I have commanded you.
And you can be sure that I am always with you, to the very end.”

Matthew 28:19-20 NirV

Talk To God

You may be thinking, “When I grow up, I can be a missionary and go to other countries to tell people about Jesus, but how can I follow the ‘Great Commission’ now?” Complete the word search below for some ideas! ☺ There are 5 words.

S H K A Y
T E L L W
F L B C J
N P R A Y
M T D R Z
G I V E R

Thank God

Thank God for being with you "to the very end"!

Day 10 Loving Others

Praise God

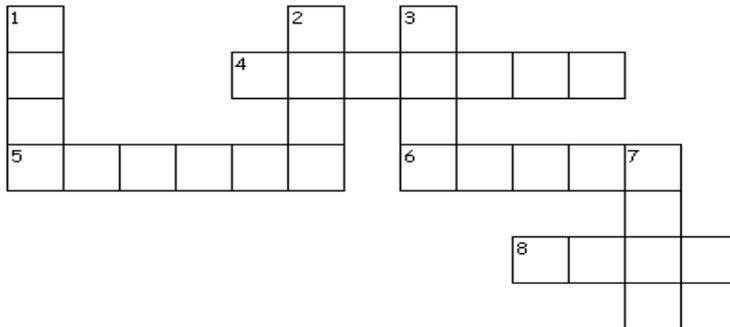
*Give thanks to the LORD, for he is good.
His love endures forever.
Psalm 136:1 NIV*

Finish this sentence: God is good because _____.

Listen to God

Jesus said, "A new command I give you; Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35 NIV

Complete the crossword puzzle to find ways you can love others.



Down

- 1- Be K _ _ _.
- 2- G _ _ _ money.
- 3- W _ _ _ patiently.
- 7- T _ _ _ others about Jesus

Across

- 4- Be L _ _ _ _ and friendly.
- 5- D _ _ _ _ food and clothing.
- 6- T _ _ _ _ people with respect.
- 8- H _ _ _ others.

Talk to God

Ask God to help you show love today.
List ways you can show love.

To my church leader _____

To my friend _____

To someone I meet today _____

Thank God

Thank God for the people in your life. Thank him for loving each of us.

Day 11 Friends

Praise God

*You are my **friends** if you do what I command.*

John 15:14 NIV

Did you ever think about being friends with Jesus? Do you know any songs about Jesus being our friend? Sing the song to Jesus. If you don't know a song, how about writing one?



Listen to God

Two people are better than one.

They can help each other in everything they do.

Suppose either of them falls down.

Then the one can help the other one up.

But suppose a person falls down and doesn't have anyone to help them up.

Then feel sorry for that person!

Ecclesiastes 4:9-10 NIV

Underline the reasons two people are better than one in the scripture above. Your friend doesn't actually need to fall down for you to help her.



When have you helped one of your friends? _____

When has one of your friends helped you? _____

Find and read Proverbs 17:17 in your Bible.

God gave us friends to help us and stick by us when we're having a hard time.

Now read Luke 6:31: *Do to others as you want them to do to you.*

This is known as "The Golden Rule." Highlight this verse with a yellow marker.

(Friendship continued)

Can you think of a time when a friend was nice to you even when you weren't nice to her? God wants us to treat others with kindness even if they aren't kind to us.

Talk to God

Ask God how you can be a better friend. Write what you think God is saying to you.

Write the name of a person who needs a friend. _____
Ask God to help you be a friend to that person.

Thank God

Make a list of all your friends. Thank God for each one.

Day 12 Emotions

Praise God

Rejoice in the Lord always. I will say it again: **Rejoice!**
Philippians 4:4 NIV

Rejoice means to feel or show great joy or delight. This verse reminds us that we can always feel joy or delight when we think about God.

Say this Philippians 4:4 out loud. Notice there is an exclamation point (!) at the end. 😊

Listen to God



Love

Joy

Hate (Colossians 3:8)

Sorrow (2 Corinthians 1:3-4)

Jealousy (Philippians 4:19)

Fear (Isaiah 41:10)

Sadness (Revelation 21:4)

Surprise

Anger (James 1:19)

Embarrassment (1 Samuel 16:7b)

Happiness

Shame (1 John 1:9)

Excitement

Worry/Anxiety (Matthew 6:25-26)

God gave us the ability to experience emotions. Some emotions make us feel good and some make us feel bad.

Circle an emotion that you don't like. The scriptures by the emotions will help you know how God wants you to handle that emotion. We can give God praise for our emotions. We can ask for help when we experience emotions we don't like.

Talk to God

Ask God to help you honor him (do the right thing) with your emotions.

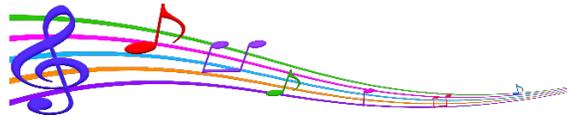
Thank God

Put a star by your favorite emotion. Thank God for your emotions.

Keep Going!

Spending time alone with God is an important part of following Jesus. Below are some ideas on continuing your quiet time. You may want to get a journal to write your thoughts and prayers.

Praise God



Psalms 8:1-9
Psalms 9:1-2
Psalms 34:1-10
Psalms 66:1-5

Psalms 92:1-5
Psalms 95:1-7
Psalms 100:1-5
Psalms 103:1-5

Listen to God



Talk to God



Talk to God about these things:

“your kingdom come, your will be done”

your church missions/missionaries school world problems sharing Jesus

“Give us this day our daily bread.”

My needs

My Family

My Friends

“Forgive us our debts (sins)”



I'm sorry.

“And lead us not into temptation, but deliver us from evil.”
What do you do, say, or think that you know you shouldn't?

Thank God



Remember that a quiet time is not something you do as a chore. It is time you get to spend talking and listening to God. You can talk about anything to God. You can talk to God in any order you wish, but the “Lord's Prayer” will help you as you pray.

Puzzle Key

Day 1

Love
Forgiving
Mighty

Day 3

Pray for missionaries.
Give offerings.
Do mission projects.
Become a missionary.
Tell someone.

Day 5

loving and faithful
forgiving and good
great

Day 9

Tell
Give
Pray
Care
Help

Day 10

Down
1-kind
2-give
3-wait
7-tell

Across
4-likable
5-donate
6-treat
8-help