



Next Step to Grow In Christ

Quiet Time



Let's take a quick minute and talk about attention. You know, the kind of attention adults like to talk about. In fact, maybe you have heard your mom or dad or even a teacher at school tell you to "pay attention," or they may ask you for your "undivided attention." That means they really want you to listen or look and see what is going on. They want you to be focused. But let's face it, sometimes these things called interruptions get in our way of paying attention.

For example, you have just gotten a brand new video game. You are all set to try it out for the first time. You have been waiting all day anticipating the very moment when you could dart out of school and get home to play the brand new game. You start the game and watch as all the beginning graphics play. Just when all the cool graphics stop and you are ready to start playing, your best friend knocks at the door. Oh no! A huge interruption, the game no longer has your undivided attention. So you run and answer the door, say you can't come outside right now and you sit back down to start the game. All of a sudden the phone rings...and it's for you! Ahhhh, another interruption. You talk on the phone with your friend for a quick second, then back to the game.

Well, I think you get the idea about interruptions and what it means to pay attention. We like to pay attention to our video games and we certainly need to pay attention to our parents and teachers. But there is one other person we almost always forget to pay attention to, and that person is Jesus. One of the ways we can take time and pay attention to Jesus is through a "Quiet Time." A Quiet Time is exactly that, a time to be quiet and read a couple of verses in your Bible and pray a simple prayer to God.

Take about 10 minutes right before you go to bed at night and read your Bible and say a short prayer. Try not to have any interruptions and pay attention, for a few minutes to God.



The phrases below describe what a Quiet Time is all about. Take a few minutes and answer the following questions.

Quiet time with God

Pick a time of the day or night that you can spend in a Quiet Time with God and write it here.

Time: _____

Understand God better

Reading the Bible and praying helps us to understand God better. Choose a book in the New Testament, like Mark, that you will begin to read each day and write that book here.

Book: _____

Invest in your relationship with God

Since you have selected the book you are going to read in the New Testament, you will want to begin to read a chapter each day. This will help you invest in your relationship with God. Write down the date you started to read for your quiet time.

Date: _____

Encouragement for right living

Reading God's word encourages us to live the right way. Read Titus 2:11-12 and write down what that right way is.

Thank God for who He is

Read 1 Corinthians 15:57.



Talk to God through prayer

During your Quiet Time you will want to spend a few minutes praying to God. Write down one prayer request you have here.

Important for growth

Read Psalm 1:2-3. What does this verse say we are like if we read God's word?

Memorize God's word

Read Psalm 119:11. Why should we hide, or memorize, God's word in our heart?

Establish a Quiet Time each day

It is very important to spend time with God every day. On the next page write down the chapter and verses you read and the one thing you learned about in the verses you have read.

Select one phrase from the capital letters in the word Q U I E T T I M E that is most important to you and write it out. An example would be "E" for Establish a Quiet Time each day.

Why is this phrase important to you right now?
This phrase is important to me because...



Breaking Out

For the next five days try to spend 10 minutes reading God's word and praying a simple prayer to God. Each day is listed for you, along with a couple of questions.

Monday

Chapter I read today _____

Verse that was most important to me _____

One important thing I learned _____

Tuesday

Chapter I read today _____

Verse that was most important to me _____

One important thing I learned _____

Wednesday

Chapter I read today _____

Verse that was most important to me _____

One important thing I learned _____

Thursday

Chapter I read today _____

Verse that was most important to me _____

One important thing I learned _____

Friday

Chapter I read today _____

Verse that was most important to me _____

One important thing I learned _____



Select one verse below that you best understand and memorize it this week.

1 Corinthians 15:57 NIV

But thanks be to God! He gives us the victory through our Lord Jesus Christ.

Titus 2:12 NCV

It teaches us not to live against God nor to do the evil things the world wants us to do. Instead, that grace teaches us to live now in a wise and right way and in a way that shows we serve God.

Psalms 1:2 NCV

They love the Lord's teachings, and they think about those teachings day and night.

I have memorized my verse and I have recited it to...

This verse is important to me because...

Action Step

My life will be different now that I know these things about *Quiet Time* because I will...



**Breakout
Bob**

Shhhhhhh! Breakout Bob does not want to interrupt our Quiet Time! Make the quiet sign to help you remember what you learned about having a *quiet time*.



This lesson was taken from the book
"Break In: How to Know Christ" by Craig Jutila