

1 READ ABOUT IT!

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

—*Philippians 4:7*

2 THINK ABOUT IT!

This verse comes after the verse you read yesterday. When you tell God about your troubles instead of worrying about them, He will give you peace (calmness on the inside). You can have God’s peace even during the hardest of times. Remember that no matter what you face, you can trust God will be with you, helping and loving you through it.

Write a poem or song to God about the peace He gives. You can write it all by yourself or you can use these helps.

God, You are _____

You give me peace when _____

Thank you for _____

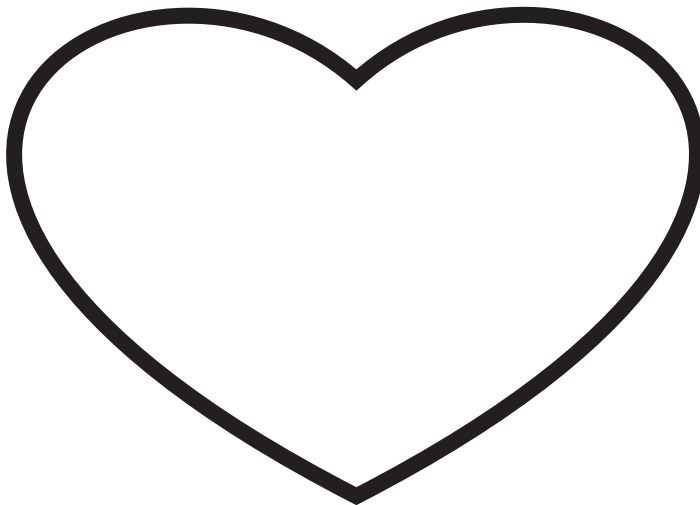
I praise you for _____

3 PRAY ABOUT IT!

Sing or say the poem you wrote to God.

This week you read verses about times when troubles or problems happen. Do you have any hard things going on in your life right now? Remember you can talk to God about them. Ask God to give you His peace. It is also good to talk about your problems with an adult you trust. God might use that person to help you.

Draw a picture of yourself in the heart. Remember that God’s love for you is greater than you can imagine. No matter if life is good or if there are lots of problems, God’s love for you doesn’t change. Tell Him about what is going on in your life. Ask God to help you trust Him with everything.



Quiet Time

WORD UP! Trust Jesus—He’s all powerful!
Your verse this week is the next part of The Lord’s Prayer. Each day, try to say last week’s verse from memory then read this verse.

“Thy kingdom come, Thy will be done in earth, as it is in heaven.”

Matthew 6:10

No matter how strong or powerful you might feel, there are many things and people stronger and more powerful than you. But nothing and no one is more powerful than Jesus—He is all powerful! No matter how small or big a problem may be, Jesus is more powerful. That doesn’t mean He will take the problem away. But He promises to always be with you and help you if you have believed in Him. You can trust that God will work everything—even the bad things—out for good. This week as you do your Quiet Time, you will read verses about trusting God.

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 in one wave on the sea.

