

# 1 READ ABOUT IT!

"How precious to me are your thoughts, O God! How vast is the sum of them! If I would count them, they are more than the sand..." —Psalm 139:17-18

# 3 PRAY ABOUT IT!

God not only thinks about you, He wants you to talk with Him. He hears you when you pray. Take time to talk to God about your day right now. Was it good or bad? Even though He already knows everything about you, God still loves to hear you talk with Him.

# 2 THINK ABOUT IT!

God's thoughts are special. And He thinks a lot of thoughts—so many that they are impossible to count! But what does God think about? He thinks about you! He thinks about those who have believed in Jesus as Savior. He loves you and wants you to know Him more.

*Right now—at this very moment—God is thinking about you. Color in the picture of the beach and remember that God has more thoughts than the sand on the seashore.*



# Quiet Time

**WORD UP!** God is the Deliverer!

This week's memory verse reminds us of who God is and what He does for those who have believed in Jesus as Savior. Practice saying it out loud every day this week. Soon you'll know it by heart!

**"The Lord is my rock and my fortress and my deliverer."  
2 Samuel 22:2b**

*Do you remember the memory verse? Fill in the blanks without looking at the verse on the front page.*

"The Lord is my \_\_\_\_\_ and  
my \_\_\_\_\_ and my  
\_\_\_\_\_.  
2 \_\_\_\_\_ 22:2b

God knows everything about you. He loves you so much! Each day in your Quiet Time this week, you will read a verse or two from Psalm 139. If you want to read the whole Psalm, you can find it in your Bible. Psalms is near the middle of your Bible. Once you find it, look for the big number 139.

*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!*

*After you finish your Quiet Time each day, write something about yourself. God knows each thing you write down. He even knows you better than you know yourself!*

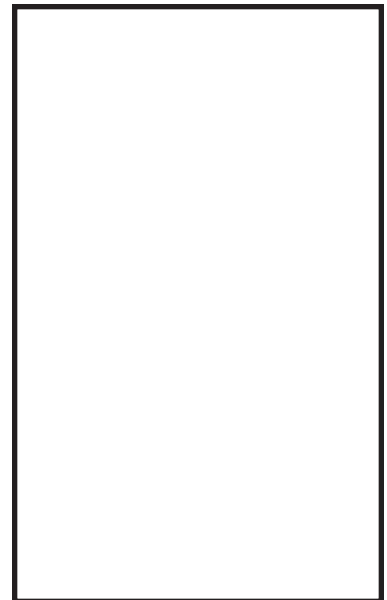
1. I am \_\_\_\_\_ years old.

2. My eyes are \_\_\_\_\_.

3. My favorite subject is \_\_\_\_\_.

4. I am happy when \_\_\_\_\_.

5. I am sad when \_\_\_\_\_.



**1 READ ABOUT IT!**  
Day 1

"O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar;"  
—Psalm 139:1-2

You can praise God too—just like the writer of this verse. Thank God that He is your Creator. Praise Him for knowing and caring about every detail of your life.

**1 READ ABOUT IT!**  
Day 2

"If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me;"  
—Psalm 139:9-10

**3 PRAY ABOUT IT!**

Is there a place you are afraid of going? Do you ever feel far away from God? If you believe in Jesus, pray and ask God to help you remember that He is always with you—no matter what.

**2 THINK ABOUT IT!**

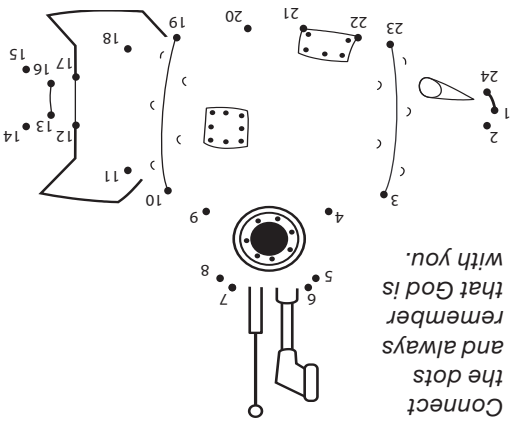
The writer of this verse is praising God—  
thanking Him for who He is—because God knows everything about him. God made everything and knows everything. He made you and knows everything about you. He knows when you sit down and when you stand up. He even knows the thoughts you think before you think them!  
God knows and cares about every detail of your life. Draw or write about something God knows and cares about.

**3 PRAY ABOUT IT!**

You can praise God too—just like the writer of this verse. Thank God that He is your Creator. Praise Him for knowing and caring about every detail of your life.

**2 THINK ABOUT IT!**

In this verse the writer is praising God because no matter where we go God is there. If you take a spaceship to Mars or a submarine to the bottom of the ocean, God will still be with you. If you have believed in Jesus as your Savior, He will help you and comfort you no matter where you are!



Connect the dots and always remember that God is with you.

**1 READ ABOUT IT!**  
Day 3

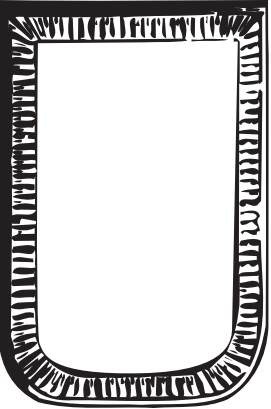
"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works..."  
—Psalm 139:13-14

**3 PRAY ABOUT IT!**

Tell God about what you drew. Praise Him for making you unique! Ask Him to help you remember that He loves you just the way you are.

**2 THINK ABOUT IT!**

God made you just the way you are. Your skin color, height, personality, smile—everything was part of His design. When you were a baby inside your mom, God was the one making you into who you are. God didn't make a mistake when He made you. He loves you exactly the way you are. He says you're wonderfully made!



When you look in the mirror, what do you see? Maybe you see freckles or curly hair. Maybe you see a wheelhair or glasses. Draw a picture of yourself and be sure to include the things that make you...you!

**1 READ ABOUT IT!**  
Day 4

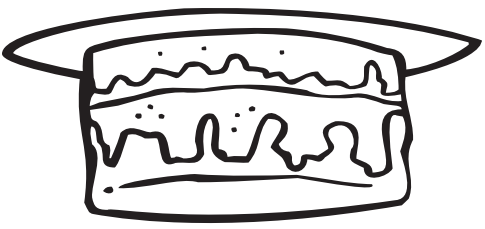
"...in your book were written, every one of them, the days that were formed for me, when as yet there was none of them."  
—Psalm 139:16

**2 THINK ABOUT IT!**

Do you know what's going to happen to you tomorrow or the next day? You may have a plan or an idea of what you will do, but something might not go according to your plan. This verse tells us that God knows everything about each day of your life—even the days that haven't happened yet!

**3 PRAY ABOUT IT!**

Is there a day coming up that you're nervous about? Maybe there is a day you are excited for. Tell God about it. He knows exactly what will happen on that day. He loves you and, if you have Jesus as your Savior, He will work out what's best for you—no matter what happens.



How old will you be on your next birthday? Add that many candles to the birthday cake. God knows exactly what will happen on that day and the next!