

1 READ ABOUT IT!

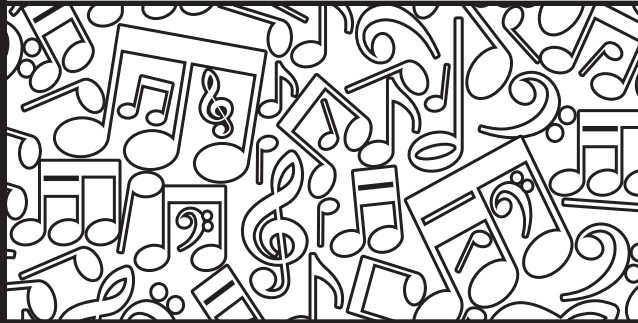
“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

—**Philippians 4:4-6**

2 THINK ABOUT IT!

Paul and Silas were able to sing praises to God even after being beaten and thrown in prison. Instead of worrying, you can rejoice, even when bad things happen. You can rejoice because you know God is with you. God’s love and care for you never stops. He is in control. When hard things happen, talk to God about them and don’t forget to praise God too.

Count the music notes and color them in. How many can you find?



3 PRAY ABOUT IT!

Tell God about what is happening in your life. Ask Him for what you need. Thank Him for all He has done for you!

Can you find all the words from this week’s verse in the word search?

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

Quiet Time

WORD UP! God’s power is amazing!

Do you remember your memory verse? A new part was added this week. Try saying it to a rhythm each day.

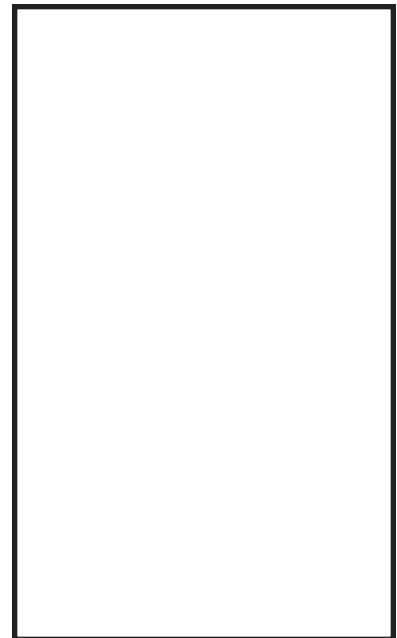
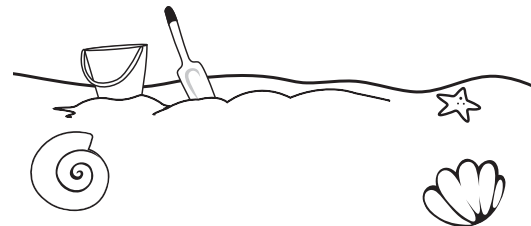
“For I am not ashamed of the gospel, for it is the power of God for salvation.”

Romans 1:16a-b

When Paul and Silas were thrown into prison, it was a hard time. But instead of being mad or worried about being in prison, Paul and Silas sang praises to God! God helped them have courage and peace in the midst of their hard time. If you have believed in Jesus, you can know that God the Holy Spirit is with you even in hard times. This week’s Quiet Time verses will help you learn how God wants you to respond to hard times and how you can trust God to help you. He loves you no matter what.

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, add a shell to the beach.



1 READ ABOUT IT!
Day 1

"But I say to you who hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you."
—**Luke 6:27-28**

3 PRAY ABOUT IT!

Ask God to help you love even the people who are hard to love. Thank Him for His great love and mercy for you.

2 THINK ABOUT IT!

God wants you to love people, even when they treat you badly. Instead of being mean to someone who is mean to you, you can show them mercy—just like God shows you mercy every day! If someone is being mean to you, it is good to tell God about it. You should also tell an adult you trust. Sometimes telling an adult who can help is the best way to show love to someone who is hurting you.

Hold this paper up to a mirror to read what mercy is.

Ylgnilliw z! ysvaM
gniwodz vo gnivirovof
gnoswomoz of zsnvbnik
yadfnadw nsvs
yadfnamoz snob svah
"oy of gnovw

1 READ ABOUT IT!
Day 2

"I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth."
—**Psalms 121:1-2**

3 PRAY ABOUT IT!

Thank God for His care for you. Tell God about any problems you have and ask Him for His help to trust Him.

2 THINK ABOUT IT!

God, who created the whole universe by His power, is the same one who is there to help you. He can help you when things are hard. You can look to Him for help no matter what you are going through. God knows and cares. One way God can help is through other people. If you need help with something that is hard, talk to God and talk to an adult you trust about it too.



Use the colors with the numbers to color in the picture. Remember the great Creator is there to help you.
1. Blue
2. Green
3. Yellow

1 READ ABOUT IT!
Day 3

"Do not be overcome by evil, but overcome evil with good."
—**Romans 12:21**

3 PRAY ABOUT IT!

Ask God to help you respond the right way to bad things that happen. Ask Him to give you wisdom to know who you might need to talk to about it.

2 THINK ABOUT IT!

God wants you to respond to bad things with good. When someone is mean to you, it is easy to be mean back. When someone hurts you, it is easy to let that hurt turn into mean thoughts that make you feel worse. But God can help you do good even when bad things happen.

Circle the good responses and put an x through the bad ones.

Say mean things
Love them
Be kind
Hate them
Pray for them

1 READ ABOUT IT!
Day 4

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?... No, in all these things we are more than conquerors through him who loved us."
—**Romans 8:35, 37**

3 PRAY ABOUT IT!

Thank God for His great love and ask Him to help you do what is right even when bad things happen.

2 THINK ABOUT IT!

Even when you believe in Jesus, bad things happen sometimes. When they do, it can feel like God doesn't love you anymore. Don't ever forget that nothing—not anything you did—can separate you from God's great love for you in Jesus.
Write about how it makes you feel to know nothing can separate you from the love of God.