

# A QUIET TIME

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**PLEASE NOTE!**

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# Introduction

A series of nine lessons on how believing children can have a daily Quiet Time.

These lessons are short enough to be used in addition to the Bible lesson, but at a different time in the programme of your children's meeting.

Lesson 1	What is a "Quiet Time"?
Lesson 2	Why have a Quiet Time?
Lesson 3	When and where to have a Quiet Time?
Lesson 4	How to have a Quiet Time (1)
Lesson 5	How to have a Quiet Time (2)
Lesson 6	How to pray
Lesson 7	What do I need for a Quiet Time?
Lesson 8	Sharing together (about Quiet Time)
Lesson 9	Review

Our prayer is that many children will be strengthened in their walk with God as they take time to study His Word and talk to Him in prayer.



# Lesson 1

## What is a “Quiet Time”?

### Cover picture

Can you tell me some things about this picture? I will ask some questions and you see if you can tell me the answers!

*Allow the children to answer the various questions throughout the lesson.*

Have a look at the boy in this picture. Do you suppose he might be a Christian? (Yes.)

How can you tell? (He’s praying and reading the Bible.)

Oh? Does that make you a Christian then? (No, trusting Christ as Saviour is the only way to be saved.)

But let’s suppose that this boy **has** received the Lord Jesus as his Saviour, and that he is a real Christian. Can you explain to me what he is doing? (He is having a Quiet Time.)

Yes, this boy loves the Lord Jesus, and so he has woken early (it’s 7 a.m.) to spend some time with the Lord Jesus Christ before he gets busy with other things in the day.

Over the next few weeks at Good News Club®, we are going to learn about how to have a Quiet Time - a special time that we spend each day with God.

If you have trusted in the Lord Jesus Christ to save you, then I hope you will start to have a Quiet Time each day too!

### Flashcard 1

Now, I’m going to ask you another question to do with a Quiet Time.

What is it? What is a Quiet Time?

This page will help us to find the answer to it. Who can tell me the first thing a Quiet Time would include? (**Reading the Bible.**)

Yes, if we want to get to know God really well we need to read the Bible, because that is His Word, and in it He tells us about Himself and what He is like. He also shows us what **we** are like, and how He wants us to live.

In Revelation 3:20 the Lord Jesus says that when He comes into our lives He will “dine” with us, and we with Him. That means He wants to come and share in our lives, in all we do. He is interested in us, and He loves us. He cares about everything that happens to us.

What is number 2 on this page? (**Pray.**)

Read the verse from your Bible, or have an older child or helper read it.

Yes, in our Quiet Time, we not only listen when God speaks through His Word but we can also talk to God and tell Him things that are important to us. It is a “sharing” time. In our prayers, we can tell God we love Him and ask Him to show us special things from His Word. We can ask Him to help us and to bless others.

Number 3 is important! Do you know what this word “**meditate**” really means? It means to “think”. When we spend time with God in our Quiet Time, we don’t want to rush through it, just to say it’s done. We should allow enough time so that we can think carefully about what we read and what we say to God in prayer. Perhaps God has something particular to tell us. We must listen, and think, and pray, so that God can share His special thoughts with us.

# Lesson 2

## Why have a Quiet Time?

### Flashcard 2

Let's think today about **why** we should have a Quiet Time. Can you tell me some reasons why we should have this special time with God?

*Let the children suggest reasons why, before proceeding.*

Those are good answers! I have two more. We can find these two reasons for having a Quiet Time, in the Bible itself.

*Read Matthew 4:4 from your Bible, or have an older child or helper read it.*

In this verse God is telling us how important it is to read and study the Bible. In this story the Lord Jesus was being tempted by Satan. Satan wanted Him to do what he said. But Jesus knew that it would be wrong to obey Satan, and so He used the Word of God, the Bible, to make Satan go away.

If the Lord Jesus needed to know God's Word, how much **we** need to also!

*Read Matthew 14: 23 from your Bible, or have an older child or helper read it.*

Did you know that the Lord Jesus had special times when He was alone with God, His Father? Here in this chapter of the Bible the Lord Jesus had been very busy. He had done a great miracle, feeding more than 5,000 people from just five loaves of bread and two small fish. But when that was over, the Lord Jesus sent even His own disciples away. He wanted to be completely alone to talk to God, His Father. We too need times to be alone with God.

Of course, it's good to go to Sunday school and church or to Good News Club to be with other Christians, to learn about God and to worship Him. But if we **really** want our friendship with the Lord Jesus to deepen and grow, we must spend time alone with Him, getting to know Him.

Margaret was a new girl at school. At first it was quite hard for her because she didn't know anyone. But after the first day or two she made friends with a girl named Karen. Then she began to really enjoy her new school.

Margaret and Karen spent lots of time talking to each other, and getting to know each other. Soon they were inseparable and did everything together.

The Lord Jesus wants us to spend time getting to know Him. He is interested in all we do and in everything that happens to us. Let's be sure to have a special time alone with Him every day!





# Lesson 3

## When and where to have a Quiet Time?

Today we have two important questions to answer. They are to do with having a Quiet Time. Here is the first one.

### Flashcard 3

When should you have your Quiet Time?

### Cover picture

When is this boy having his Quiet Time? (7 a.m.)

Yes, he has found the best time for him is even before he gets out of bed in the morning!

### Flashcard 3 (again)

Perhaps that would be a good time for you, but there could be another time which is better for you. The Lord Jesus often got up very early to be alone with God. But He found other times in the day or night when He could do this too.

So you should choose a time that is best for you. Maybe before breakfast would be a good time, or after breakfast. Perhaps even straight after school, or before the evening meal, or even before going to bed.

The important thing is to **have** a special time, and it's good if it is the same time each day so that it becomes a good and important habit in your life.

Can you think of any **other** time when you could have your Quiet Time?

*Let the children suggest times.*

Now then, what is today's second important question about having a Quiet Time?

### Flashcard 4

**Where** should you have your Quiet Time?

Sarah was the youngest in a family of four. She had two sisters and a brother, all older than herself. She shared a room with one of her sisters. It was always noisy and busy in their house, with their friends in and out after school. Morning was always a rush to get breakfast and catch the bus to school.

At Good News Club the teacher had been talking to them about how important it was to have a Quiet Time each day, if they loved the Lord Jesus and really wanted to get to know Him better.

“A Quiet Time in **our** house?” thought Sarah. “That’s impossible. There’s never any time when it is quiet, and I never seem to get any time alone!”

After Club one day, she stayed and spoke to the Good News Club teacher about it.

“Sarah,” said the teacher, “let’s pray about it and ask God to show you a time when you could really be alone and quiet.”

So they did. They prayed together, and then the teacher promised to keep on praying for Sarah until she found a time.

The following week Sarah had good news to report to the teacher.

“I’ve found a time when my brother and sisters leave me alone and we all have to be really quiet. When we do our homework after supper Mother makes us be really quiet and work in separate rooms,” she said. “So I asked her and she said I could start my homework time by reading my Bible and praying! It helps me get my homework done better too when I pray first!”

Perhaps you will have to think hard to find a place where you can be alone and quiet. But if you really **want** to, God will help you to find a time and place to be alone with Him.

# Lesson 4

## How to have a Quiet Time (1)

### Flashcard 5

We have been thinking about a lot of questions to do with having a Quiet Time, haven't we? But I wonder if there is one question that is in your mind which seems bigger, and more important than all the rest?

Sometimes we are told how important it is to do a thing. Perhaps the teacher at school says, "Do these sums," or, "Spell these words."

Of course, you know you **should** do them. You know that the teacher will not be very happy if you **don't** do them, but instead of doing what she says you just sit there chewing your pencil or scratching your ear. When she asks you why you haven't done your work, you reply, "But Teacher, I don't know **how!**"

Yes, **how** is a very important question and today we are going to talk about **how** to have a Quiet Time.

*With this section you could colour in each word as you speak about it. A fluorescent felt-tip marker would be good for this.*

We learned, didn't we, that a Quiet Time is a special sharing time with God. God wants to talk to us through the Bible and we talk to God in prayer.

We will learn first about how to read the Bible in our Quiet Time, letting God speak to us.

There are seven steps to follow in reading our Bibles for our Quiet Time. Who can read out the first one for us? (**Pray.**)

Yes, we should pray first, **before** we read the Bible. Do you know why? Because it is important to bring our thoughts to God, and to ask Him to help us to think about Him and His Word. We should ask Him to help us to concentrate on Him, and to hear and understand as we read His Word.

Here is a prayer taken from the Bible. "Open my eyes, that I may see wondrous things from Your law" (Psalm 119:18).

You could begin your Quiet Time with a prayer like that, asking God to speak to you from His Word.

Now, let's have someone read out the next step for us. (**Read.**)

After we have prayed, we are ready to read and find out what God wants to tell us! But how can you know where to read? The Bible is such a big book, where would you begin?

Read the verse from your Bible, or have an older child or helper read it.

Well, if you have never read the Bible very much before, then it would be good to read some things about the Lord Jesus and how He lived when He was here on Earth.

*Suggest Gospel of John or Mark.*

Reading through a whole book like this, but just a few verses each day of course, is a good idea. Some people have a list or card that tells them where to read each day.

Now, the third step - who can read it for us? (**Think**.)

Yes, think! Can you remember the bigger word we used for this earlier? (Meditate - see flashcard 1.)

As you read through the verses for the day, you could think about them by asking these questions ...

- ◆ Is there a special **truth** I can learn - perhaps about God or myself or about others?
- ◆ Is there a special **promise** from God to me?
- ◆ Is there an **example** for me to think about - a good or bad person in the story?
- ◆ Is there a **command** - something God tells me to do?
- ◆ Is there a **warning**, a danger or sin to avoid?

Next time, we'll learn the other important steps in **how** to read the Bible in our Quiet Time!

# Lesson 5

## How to have a Quiet Time (2)

Last time we started talking about how to have a Quiet Time. Can you tell me what we have learned so far?

### Flashcard 6

*Show flashcard as you briefly review the first 3 points.*

Yes, **pray** first, asking God to speak to us and to help us to concentrate on Him and His Word.

Then? We **read** a passage from the Bible next - maybe going over it two or three times. As we read, what do we do? Yes, that's right, we **think** about it, asking questions which help us to see what God is saying to us. This could be a special truth or promise. It could be an example from someone in the story, a command to obey, or a warning of sin or danger!

When you have read carefully through the passage and found a special thought in this way, you are ready for step number 4 in having your Quiet Time. What is this next step? (**Pray.**)

### Flashcard 7

“What?” you say. “Pray again?”

Yes, but this time you pray about what you have read. Suppose for example, that you have just been reading the story of the Lord Jesus as He watched people putting their money in the temple treasury.

*Read Mark 12:41-44 from your Bible, or have an older child or helper read it.*

Maybe your special thought is that this woman gave all she had to God. You could pray, “Lord Jesus, I don't have very much, but I want to be like this woman and give all I have. Show me how I can be like this.”

Or, maybe you read about the time when Judas, one of the disciples of the Lord Jesus, decided to betray Him to His enemies.

*Read Mark 14:10-11 from your Bible, or have an older child or helper read it.*

Your prayer might be, “Lord Jesus, please give me power to live how You want me to so that I won't betray You in anything. Keep me from sin today so that things I do and say will show that I love You.”

After you have prayed about the reading, what comes next? Can someone tell us? (**Write.**)

Yes, write down your special thought so that you will remember what God has said to you.

You could do it this way.

*Have a sheet of paper on which you can show the children how to set out their Quiet Time notebook.*

At the top of your page write the date, and where you read from that day - e.g. "Mark 12:41-44" or "Mark 14:10-11".

On the next line put a heading, "Special thought". Then write down the verse that especially meant a lot to you and a few words about what you prayed.

Now, time for step number 6 - what is that? (**Learn.**)

Take a good look at the passage again. Read over what you have written in your notebook. Ask yourself, "What did I really learn? Is there something God is telling me to do? Is there some sin in my life which I must stop? What has God really been saying to me?"

This is how we **learn** from God's Word, as we look closely at what God is saying to us.

You may also want to take a few minutes here to go over your memory verses - that is something else God wants us to learn!

Write down what you have really learned from your Quiet Time today.

Then you are all ready for the last step. What is it? (**Obey.**)

Yes, and this is the step which is most important of all. Be sure not to forget this. The Bible says, "Be doers of the word, and not hearers only, deceiving yourselves" (James 1:22). The Lord Jesus wants us to **do** what He tells us in His Word, so that He can change our lives day by day and make us more like Him.

# Lesson 6

## How to pray

Can you remember what we said a Quiet Time is?

*Let the children tell you.*

Yes, and it is also a sharing time, when we listen to the Lord Jesus and when we talk to Him in prayer.

So today, we are going to learn about prayer - how to pray!

### Flashcard 8

Louise was a Christian girl. At Good News Club she had learned about having a Quiet Time. Now, she prayed every day if she possibly could. She had even made a prayer list, and on it she had written the name of each member of her family. Her younger brother hadn't asked the Lord Jesus to be his Saviour yet, and she was praying that he soon would. She prayed for her parents too because they were Christians and she knew that they needed help and strength each day to live for God, just as she herself did.

Under her own name on the prayer list, Louise had written three things that she especially wanted God to help her with just now - her school exam on 10th April, her quick temper, and her wish to go to Summer Camp.

She knew that God was interested in all these things and that He was able to answer her prayers.

Have you got a prayer list? What kind of things would **you** put on a prayer list if you were making one?

*Let the children give ideas - guide them as necessary.*

Oh, there are many things we can pray for - but do you realise that most of these things we have mentioned are things we **ask** for? Is that the only kind of prayer there is? Is it the **best** kind?

Let's see if our book has the answer. What is on the next page, I wonder?

### Flashcard 9

*Colour as you mention each word.*

This seems to suggest that we should not begin our prayer time with a list of things to ask for, doesn't it? How should we begin? (**Praise.**)

Yes, God is great. He is good. He is loving and true to His children. We can praise Him and tell Him how much we love Him.

What comes next? (**Thank.**)

God wants us to be thankful for all He has given us already. Don't forget to spend some time thanking Him for things!

Here's something else to include in our prayer time. What is that? (**Sorry.**)

Oh yes, I'm afraid there are times when we feel unable to pray or praise God. That is usually because we have done something wrong and we first need to say sorry. But we do not need to be sad and discouraged for long. The Lord Jesus **tells** us what to do. We are to confess and own up to what we have done and turn from our sinful ways.

Read the verse from your Bible, or have an older child or helper read it.

In His Word He says, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9). So if you sin, own up quickly and ask God to clean you from that wrong word or action, then thank Him for forgiving you, and begin to praise Him again.

Here we come to the last word about prayer, the one we started with. (**Ask.**) But our book puts it last on the list - and that's where it really belongs! That doesn't mean it is unimportant though. God loves us, and wants to help us, and He wants us to bring our requests to Him.



# Lesson 7

## What do I need for a Quiet Time?

We've talked a lot about a Quiet Time, haven't we - about what it is, why it is important, and how to have one.

Are you now keen to get started? Of course you are! And that's why today's question is such a special one.

### Flashcard 10

What do I need?

Well, of course, you **need** you! Do you really know the Lord Jesus as your Saviour? If so, do you really want to get to know Him and to live for Him? That is important, otherwise you will just give up. But if you mean business with God, He will help you to be faithful in having your Quiet Time.

Then remember you need a quiet place and a special time for your sharing time with God. Think about this and work out just when is the best time for you to meet and share with the Lord Jesus.

Now here are some other things you will need for your Quiet Time.

### Flashcard 11

You will need a Bible. Do you have one?

*Plan ahead what you will suggest for those who don't have a Bible or portion of Scripture.*

Along with your Bible, it is good to have a Bible reading guide of some kind. Remember I told you that some people use a list to tell them where in the Bible to read each day? These "Wonder Devotional Books" tell you where to read and also have a story or comments to help you to understand the Bible reading each day.

Then you will need your own notebook and pencil. What's that for, can you remember? (To write a special thought and what you've learned.)

That's right, it is so important to record what we've learned so that we can **obey** what God tells us to do. A Quiet Time notebook is something you will want to keep and treasure for a long time. You can read through it again and again to remember what God has been teaching you.

Now it's over to you! You have heard how to have a Quiet Time and you have learned a lot **about** it. But only **you** can **have** your Quiet Time - no-one else can do that for you. Why not begin today if you haven't already? Then next time we talk about a Quiet Time you can

Have "Wonder Devotional Books" available. These are obtainable from your local CEF® Office. If you need an address, contact the European Headquarters (address at the front of this book).

You may want to give each child a bookmark to help them to remember the "steps" in having a Quiet Time. (See page 22.)

tell us how you got on and perhaps share something with us that God taught you from His wonderful Word.

# Lesson 8

## Sharing together

Spend some time listening to reports from those who have started having a Quiet Time. Answer any questions the children have and guide them in their understanding.

Pray for the children, that they will soon be established in their Christian walk and that a Quiet Time will become a lifetime habit for them.

Give plenty of help and encouragement over a period of time. Remember it takes time to establish new behaviour patterns and habits.

Be patient and prayerful!



# Lesson 9

## Review

Review the pages of the Quiet Time visual briefly.


Have Bibles and “Wonder Devotional Books” available, and continue to encourage children to establish a habit of having a daily Quiet Time.

# Bookmark template

Photocopy the bookmarks on to slightly thicker paper so that the bookmarks will last longer.

**A Quiet Time**


- 1. Pray**  
Ask God to speak to you.
- 2. Read**  
Read a passage from the Bible.
- 3. Think**  
Is there a special truth, a promise, an example, a command, or a warning?
- 4. Pray**  
Pray about what you have read.  
Praise. ♦ Thank. ♦ Sorry. ♦ Ask.
- 5. Write**  
Write down your special thought so that you remember what God has said to you.
- 6. Learn**  
Ask yourself, "Is there something God is telling me to do?"
- 7. Obey**  
Obey what you have learned.



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Copy, cut out and keep in your Bible



## Summary of steps for counselling the child who wants to come to Christ

### Make sure the child understands about

#### God

Who is God?  
God made us. He speaks to us through the Bible.  
God is holy and pure. He loves us.

#### Sin

What is sin?  
Sin is disobeying God's commands. It is against God.  
Speak about specific sins.  
The child is a sinner by nature and act. (We sin because we are sinners.)  
Sin deserves punishment.

#### The Saviour

Who alone can take away your sin?  
God the Son died on the cross for sinners.  
The Lord Jesus rose again from the dead.  
He is Lord of all.

### Explain how to be saved

Explain what the Lord wants us to do, and what He will do.  
Use a Bible verse (*John 1:12; 3:16; 6:37; Acts 16:31; Romans 6:23 or 10:13*).  
What does the Lord want you to do?  
What will the Lord do?  
Warn about difficulties.  
Ask: "Do you want to trust Christ, or would you rather wait?"  
Encourage the child to pray audibly (if ready).

### Speak about assurance of salvation

Go back to the Bible verse you used.  
Speak about a changed life.  
Tell him what the person who is truly trusting in Christ can know.

### Give (later) some advice about the Christian life

Read and obey your Bible.  
Talk to God, our heavenly Father.  
Tell others what the Lord has done for you.  
Ask God to forgive you when you sin.  
Meet with other Christians.  
Remember the Lord promises: "*I will never leave you*" (*Heb 13:5*).