

A Quiet TIME

TEACHERS' GUIDE



Since 1937

CEF
CHILD EVANGELISM
FELLOWSHIP®
Reaching children worldwide™

A Quiet TIME

A series of nine lessons to help believing children 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.

Author: Kay Denham
Artist: Sarah Fabris Dias
Design: Brent Haultle
Publisher: CEF of Europe

 www.cefeurope.com
 info@cefeurope.org
  [cefeurope](https://www.facebook.com/cefeurope)

Office in Romania:
 +40 0771 671 424
 Lațcu Vodă nr. 36B
Iași, Valea Adâncă
707317 Romania

Office in Switzerland:
 Lischmatt 2
4616 Kappel
Switzerland

Copyright © 2008, 2024 Child Evangelism Fellowship of Europe. All rights reserved.

Version 2.0

No portion of this book may be reproduced in any form without permission of the publisher, except for use in your own club or class time.

Scripture taken from the New King James Version. Copyright 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Child Evangelism Fellowship® (CEF®) is a Bible-centred, worldwide organisation composed of born-again believers whose purpose is to evangelise boys and girls with the Gospel of the Lord Jesus Christ and to establish (disciple) them in the Word of God and in a local church for Christian living.

CEF develops, produces and distributes a variety of publications for the purpose of helping you evangelise children.

For more information about CEF ministries, contact your national office or write to CEF of Europe (address on the left) or visit our website at www.cefeurope.com.

LESSON 1

What is a “Quiet Time”?

Cover picture

Can you tell me some things about this picture? I’ll 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.*)

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.*) This boy loves the Lord Jesus so he has woken early 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, I hope you will start to have a Quiet Time each day too!

Flashcard 1

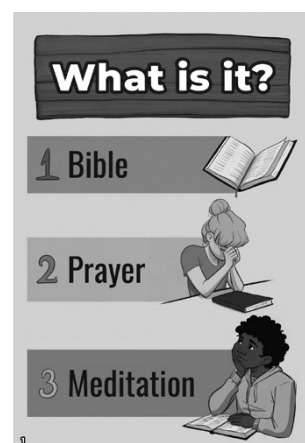
(*Reveal each phrase on the visual at the relevant point in the teaching.*)

I’m going to ask you another question to do with a Quiet Time. **What is it?** What is a Quiet Time?

This visual will help us to find the answer to that. Who can tell me the first thing a Quiet Time would include? (**Reading the Bible.**) 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. (*Read the verse from your Bible, or have an older child or helper read it— “Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.”*) 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 two on this visual? (**Pray.**) 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 three 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, 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.*) 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.*) "But He [Jesus] answered and said, 'It is written, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God."'" "

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 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.*) "And when He [Jesus] had sent the multitudes away, He went up on the mountain by Himself to pray ..."

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 with 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, 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? He has found the best time for him is even before he gets up 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.*)

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 her. She shared a room with one of her sisters. It was always noisy and busy in their house, with their friends coming and going 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 talked 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 prayed together and the teacher promised to keep praying for Sarah until she found a time.

The following week Sarah had good news for 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. “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? I wonder if there is one question in your mind which seems bigger and more important than all the rest? There are times when we are told how important it is to do something. Perhaps the teacher at school says, “Do these sums,” or, “Spell these words.” Of course, these things are important and 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, I don't know how!”

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

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.

Flashcard 6

(Reveal each phrase on the visual at the relevant point in the teaching.)

There are seven steps which can help in reading our Bibles for our Quiet Time.

Who can read out the first one for us? **(Pray.)** 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. *(Read the verse from your Bible, or have an older child or helper read it.)* “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.

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! How can you know where to read? The Bible is such a big book, where would you begin? If you have never read the Bible very much before, it would be good to read some things about the Lord Jesus and how He lived when He was here on earth. *(Suggest The 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.



The third step—who can read it for us? (**Think.**) 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 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 to follow or 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 the flashcard as you briefly review the first three points.) **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? 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!

Flashcard 7

(Reveal each phrase on the visual at the relevant point in the teaching.)

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

“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.) “Now Jesus sat opposite the treasury and saw how the people put money into the treasury. And many who were rich put in much. Then one poor widow came and threw in two mites, which make a quadrans. So He called His disciples to Himself and said to them, ‘Assuredly, I say to you that this poor widow has put in more than all those who have given to the treasury; for they all put in out of their abundance, but she out of her poverty put in all that she had, her whole livelihood.’”

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.”

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.) “Then Judas Iscariot, one of the twelve, went to the chief priests to betray Him to them. And when they heard it, they were glad, and promised to give him money. So he sought how he might conveniently betray Him.”

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.)** 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—eg “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.

Time for step number six—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 ready for the last step. What is it? **(Obey.)** This is the step which is most important of all. Be sure not to forget this. The Bible says, “But 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.) It is also a sharing time, when we listen to the Lord Jesus and when we talk to Him in prayer. Today we are going to learn about prayer—**how to pray!**

Flashcard 8

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

Under his own name on the prayer list, Oliver had written three things that he especially wanted God to help him with now—his school exam next week, his quick temper and his wish to go to summer camp. He knew that God was interested in all these things and that He was able to answer his 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.*) There are many things we can pray for—but do you realise 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 find out. What is on the next visual, I wonder?

Flashcard 9

(*Reveal each phrase on the visual at the relevant point in the teaching.*)

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.)** 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.)** 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. In His Word He says (*read the verse from your Bible, or have an older child or helper read it*), "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). 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.)** It's last on our list—and that's where it really belongs! That doesn't mean it is unimportant though. God loves us and wants to help us. He wants us to bring our requests to Him.

LESSON 7

What do I need for a Quiet Time?

(*Have copies of The Wonder Devotional Book or Every Day with God 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. Plan ahead what you will suggest for those who don't have a Bible or portion of Scripture. You may want to give each child a bookmark to help them to remember the "steps" in having a Quiet Time.*)

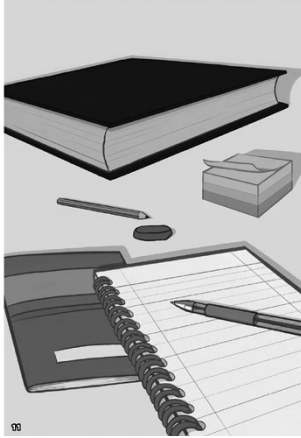
We've talked a lot about a Quiet Time, haven't we—about what it is, why it is important and how to have one. Are you now keen to get started? Of course you are! That's why today's question is such a special one.

Flashcard 10

What do I need? 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.

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.





Here are some other things you need for your Quiet Time.

Flashcard 11

You need **a Bible**. Do you have one? 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 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 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

Prior to club have Bibles and copies of *Every Day with God* or *The Wonder Devotional Book* available and continue to encourage children to establish a habit of having a daily Quiet Time. Photocopy the bookmarks on to slightly thicker paper so that the bookmarks will last longer.

Use the Quiet Time visuals to review the previous lessons.

A Quiet TIME

Pray

Ask God to speak to you.

Read

Read a passage from the Bible

Think

Is there a special truth, a promise, an example, a command or a warning?

Pray

Pray about what you have read. Praise. ♦ Thank. ♦ Sorry. ♦ Ask.

Write

Write down your special thought so you remember what God has said to you.

Learn

Ask yourself, "Is there something God is telling me to do?"

Obey

Obey what you have learned.



© Child Evangelism of Europe. All rights reserved.

A Quiet TIME

Pray

Ask God to speak to you.

Read

Read a passage from the Bible

Think

Is there a special truth, a promise, an example, a command or a warning?

Pray

Pray about what you have read. Praise. ♦ Thank. ♦ Sorry. ♦ Ask.

Write

Write down your special thought so you remember what God has said to you.

Learn

Ask yourself, "Is there something God is telling me to do?"

Obey

Obey what you have learned.



© Child Evangelism of Europe. All rights reserved.

A Quiet TIME

Pray

Ask God to speak to you.

Read

Read a passage from the Bible

Think

Is there a special truth, a promise, an example, a command or a warning?

Pray

Pray about what you have read. Praise. ♦ Thank. ♦ Sorry. ♦ Ask.

Write

Write down your special thought so you remember what God has said to you.

Learn

Ask yourself, "Is there something God is telling me to do?"

Obey

Obey what you have learned.



© Child Evangelism of Europe. All rights reserved.

A Quiet TIME

Pray

Ask God to speak to you.

Read

Read a passage from the Bible

Think

Is there a special truth, a promise, an example, a command or a warning?

Pray

Pray about what you have read. Praise. ♦ Thank. ♦ Sorry. ♦ Ask.

Write

Write down your special thought so you remember what God has said to you.

Learn

Ask yourself, "Is there something God is telling me to do?"

Obey

Obey what you have learned.



© Child Evangelism of Europe. All rights reserved.

A Quiet TIME

Pray

Ask God to speak to you.

Read

Read a passage from the Bible

Think

Is there a special truth, a promise, an example, a command or a warning?

Pray

Pray about what you have read. Praise. ♦ Thank. ♦ Sorry. ♦ Ask.

Write

Write down your special thought so you remember what God has said to you.

Learn

Ask yourself, "Is there something God is telling me to do?"

Obey

Obey what you have learned.



© Child Evangelism of Europe. All rights reserved.

How to lead a child 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 the child can be saved

- Explain what the Lord wants us to do, and what He will do.
Use a Bible verse. (*John 1:12, John 3:16, John 6:37, Acts 16:31, Romans 6:23 or Romans 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 and think about it?"
- 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 the child (later) some advice about the Christian life

- Read and obey your Bible.
- Talk to God, your 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" (*Hebrews 13:5*).

How to help a saved child have assurance of salvation

The importance of having assurance of salvation

There are many reasons why a child may lack assurance of his salvation. He may be wondering, "Did I believe enough? Did I pray enough? Was I sincere enough?"

Salvation is a gift from God and is based on what Jesus did, not on what the child did. It is therefore important to help him focus on what God has said and done, and to help him see that both salvation and assurance of salvation are based on the promises given in God's Word, not on feelings (*Romans 10:17*).

Speak about assurance of salvation

- Question the child about his salvation, giving him opportunity to confess Christ to you. If he does not show clarity, go over the steps given for leading a child to Christ.
- Read a Bible verse together. (*1 John 5:12, 1 John 5:13, John 10:29, John 10:28, Acts 16:31, Romans 10:13 or John 1:12.*)
- Help him to see that the person who truly trusts in Christ can **know** that he is saved.
- Remind him that God **always** keeps His promises.
- Ask questions, such as, "Have you repented of your sins? Do you believe that Jesus died to take the punishment for your sins and that He rose again? Have you already trusted Him for salvation?" Encourage him to tell you about when he was saved and help him to see that if he can answer "yes" to these questions he is saved.
- Speak about a changed life. A saved child should display changes in behaviour and attitude, even if the changes happen gradually. It may help the child if he can identify a change which has already happened in his own life.
- Help him to see that Christians do sin and that when he does he should ask God to forgive him. Point out that he does not need to be saved again.

Give the child some advice about the Christian life

- Read and obey your Bible.
- Talk to God, your 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" (*Hebrews 13:5*).