

WEEK 1

BIBLE LESSON



Need to Know: *Get Quiet*

Bible Story: *Jesus Spends Time with God (Luke 5:15-16, Mark 1:35, Matthew 26:36)*

Supplies: Attached Bible Story Cards (download & print)

Pre-K through 3rd grade:

1. SAY: *Each day, we can grow our friendship with God by getting quiet and reading His Word—the Bible. So we’re going to do that together now! Let’s all get quiet by taking three deep breaths.*
2. TAKE three deep breaths with the group, counting each one. WHISPER, “*Good job,*” to the kids. Then READ the **Bible Story Cards** aloud.
3. After the story, SAY: *Now that we’ve read God’s Word, let’s open up our hearts to God by thinking about what we read. There are two questions we can ask ourselves each time we read the Bible:*
 - *First, what does this story tell us about who God is? Did this story tell us that God is our Heavenly Father or that He is far away and doesn’t care? (God is our Heavenly Father) Yes! We are God’s children, and He is our Heavenly Father. He loves us more than anyone does, and He’s always ready to spend time with us.*
 - *Second, when we think about this story, what does it say God wants us to do? Who thinks God wants us to be like Jesus and get in the habit of spending quiet time with God each day? (ALLOW responses)*
4. SAY: *Yes! Good job opening up your hearts to think about what God was saying to us in that Bible story. Getting quiet and spending time with God each day will help our friendship with Him to grow, and it will give us the strength we need to keep doing the right things!*

4th & 5th grades:

1. SAY: *Each day, we can grow our friendship with God by getting quiet and reading His Word—the Bible. So we’re going to do that together now! Let’s all get quiet by taking three deep breaths.*
2. TAKE three deep breaths, with kids, counting each one. Then READ the **Bible Story Cards** aloud.
3. After the story, SAY: *Now that we’ve read God’s Word, let’s open up our hearts to God by thinking about what we read. There are two questions we can ask ourselves each time we read the Bible:*
 - *First, what does this story tell us about who God is? (He’s our Heavenly Father, He’s always ready to spend time with us and listen to us) This story shows us that God is our Heavenly Father, and like Jesus, we are His children. He loves us more than our families here on earth do, and He’s always ready to spend time with us.*
 - *Second, when we think about this story, what does it say God wants us to do? What’s something that we saw Jesus do in this story that was helpful for Him and that we can do, too? (Get quiet and spend time with God)*
4. SAY: *Good job opening up your hearts to think about what God was saying to us in that Bible story! Getting quiet and spending time with God each day will help grow our friendship with Him, and it will give us the strength we need to keep doing the right things!*