

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!*



Jesus Spends Time with God

Luke 5:15-16, Mark 1:35, Matthew 26:36

Jesus' life was just as busy, if not more busy, than ours. He did a lot of normal stuff with His friends, but He also spent time each day traveling to places and helping the people He met. He would teach people about God's love, and they would ask Him a lot of questions. Jesus was always willing to do anything He could for others, but He also knew He needed to set aside time to rest. Even though He was God's Son, Jesus made sure He got quiet and spent time with His Heavenly Father.



One of the times Jesus liked to get quiet was in the morning. In the book of Mark, we see that Jesus had spent the evening healing and helping people. This could have made Jesus very tired, but instead of sleeping in the next morning, He got up before the sun rose to find a quiet place. And to no surprise, His Heavenly Father was ready to spend time with Him, too!



Jesus knew that despite all the important things He was doing, nothing was more important than His friendship with God. Even when Jesus was busy helping crowds of people, He would get away by Himself to talk to God and listen to what God had to say. Whenever Jesus would spend time with God, it gave Him the power and the strength to keep healing sick people and helping others.



Jesus also liked to spend time with God outdoors. In the book of Matthew, we see that Jesus was with His friends in the Garden of Gethsemane. He told them to stay where they were so He could get alone to pray. See, Jesus knew the time was coming for Him to take the punishment for the sins of the world. He could have chosen to talk to His friends about what He was feeling, but instead, Jesus knew His Heavenly Father was the best person to talk to!

Jesus realized that if He set aside the time to get quiet with God, He could hear what His Father had to say. When we take time to listen to God, we can hear Him, too. It doesn't really matter where you go! Just make it a habit to get quiet and spend time with God every day, and soon, your friendship with Him will grow!