

## How to have a Quiet Time

It's a great idea to help your kids learn how to handle the bible for themselves. Remember it's good to start early, but it's never too late.

Some ideas to help you spend time with God.

1. Find a comfy place
2. Practice being quiet for a few minutes.

To help do this you could:

Try to notice what you can see, hear, smell, feel, taste and what you're thinking about. As you do this, think "I notice I can see..." "I notice that I can hear..." This is just to help us be quiet and still. Slow down with some nice slow breaths.

Or

Listen to a nice quiet worship song and focus on the words.  
When you feel quiet you're ready to go.

3. Pray.  
Try something like this, but you can use your own words.

Dear God.

Thank you for being here with me. I want to know you more. Please show me what you want to show me as I read your word. Help me to listen to you. Help me to do what you want me to. Help me to change to be more like you.

Amen

4. Open the bible to Luke 8: 4-15 (or whatever passage you have picked).  
Remember:  
Luke= Book  
8= Chapter  
4-15= Verses
5. Read the passage.
6. Now it's time to ask questions and make sure you understand what you're reading. It's good to know:
  - Who is talking?
  - Who they were talking to?
  - Why did they say it?
  - Where were they?
  - What was happening at that time?

This helps us understand the main point God is saying better.

Here are some questions you could ask about this passage.

- What kinds of ground did the farmer plant the seeds on?
- Where did Jesus teach the parable in our story today?
- Why did Jesus speak to the people in parables?
- Who asked Jesus to explain the parable?
- What did Jesus say the Seed was?
- What did the different kinds of ground represent: rocky ground, thorny ground and good ground?

7. Now it's time to really listen to what God wants to teach YOU.

Try to think about what God is saying to your heart.

Is God trying to encourage you?

Is he telling you that you are doing a great job?

Is he telling you that you need to change something in your heart?

Is he telling you he want you to do something differently?

Here are some questions you could ask about this passage.

- Which soil does God want you to be like?
- What soil do you think you are most like now? Why?
- What changes do you need to make this week so you can have a heart that pleases God?

8. Spend some time with God, thanking him for what he showed you. Confessing if you need to. Asking the Holy Spirit to change you to be more like Jesus in the way God showed you.

9. Sometimes it's good to write down what you learned about God and you in a journal. Now pop it away and go and show your family how God is changing you. It's great to tell someone what you learned too!