



↓
Time with God is more
necessary than food.

CREATED BY
Kim Sorgius

AND THE
NOT CONSUMED TEAM

CONTRIBUTORS:
JESSICA SCHAAL
ARDEN KOHOUT

DESIGNER:
EMILY SHEEDER

ILLUSTRATOR:
RAMONA KURTEN

EDITORS:
CRYSTAL MARCUM
ELIZABETH QUIZON
SOPHIA STOUFFER
KIMBERLY ALEXANDER
SAMANTHA BELL

WHAT'S IN THIS Study?

DAY 1: Habits

DAY 2: Good Morning, God!

DAY 3: Read and Respond

DAY 4: Open Heart Prayer

DAY 5: Worship

DAY 6: Scripture Memory

DAY 7: GROWS Review

DAY 8: For Fellowship

DAY 9: For Righteousness

DAY 10: For Direction

DAY 11: For Worship

DAY 12: For an Example

DAY 13: For a Witness

DAY 14: Reasons To Have Quiet Time

DAY 15: The History of Quiet Time

DAY 16: Does Time Matter?

DAY 17: What Materials?

DAY 18: Dealing with Distractions

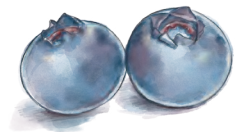
DAY 19: For When You Get Off Track

DAY 20: About Prayer

DAY 21: Growing With God

DAY 22-27: Try It Yourself

DAY 28: This is Not Goodbye



Junior Level

Ages 8 - 12

For the next few days, we are going to study the reasons why we should have a quiet time. I'm excited to show you these reasons. Sometimes when we don't understand why we should do something, it's hard to feel like doing it. I don't want that to happen to you, so let's dig in.

Good Morning, God!



Read and Respond

It all starts at the beginning. You know, Genesis. God created a perfect world, and He had perfect fellowship with Adam and Eve. This means that He talked to them face to face and walked with them. Just glance over Genesis 1 and 2, and you will see how often God talked to Adam.



Read **Genesis 3:6-13**. What happened?

Adam and Eve disobeyed God. Instead of having a perfect relationship of love and trust, they had sinned against the holy God who had made them and loved them. This sin cut off their perfect, open fellowship with God. It separated their sinfulness and the sinfulness of all people born on this earth from the perfect, holy presence of God.

But there is good news! We don't have to live separated from God. Through His perfect plan, God made a way for us to fellowship with Him again!

Read ^{KEY VERSE} **1 Corinthians 1:9**.

Through whom do we get this fellowship? 

Remember at the beginning of this study when I said that Jesus is my best friend? Well, I'm not the only one who has that opportunity. You do too.

Read **John 15:14-15**. This passage is one of my favorites. Not only does Jesus call us His friends, but He also promises that He will tell us what?

» _____

Through Christ, we have the
privilege of fellowship with God.

 Open Heart Prayer

Let's do that now. Stop for your open heart prayer, and tell God everything that you are thinking and feeling about this study, about your day, about your family, about ANYTHING! Add requests and answers to your prayer sheet on page 55.

 Worship

Now let's move on to our worship. I'd like for you to learn the hymn "What a Friend We Have in Jesus" the next few days. Perhaps you already know it. If you don't, the music and lyrics are provided for you at the end of this study on page 58.

 Scripture Memory

Please write **Psalm 143:8** below.

Youth Level
Ages 13 and up

For the next few days, we are going to study the reasons why we should have a quiet time. I'm excited to show you these reasons. Sometimes, when we don't understand why we should do something, it's hard to feel like doing it. I don't want that to happen to you, so let's dig in.

Good Morning, God!



Read and Respond

It all starts at the beginning. You know, Genesis. God created a perfect world, and He had perfect fellowship with Adam and Eve. This means that He talked to them face to face and walked with them. Just glance over Genesis 1 and 2, and you will see how often God talked to Adam.

Read *Genesis 3:6-13*. What happened?



Adam and Eve disobeyed God. Instead of having a perfect relationship of love and trust, they had sinned against the holy God who had made them and loved them. This sin cut off their perfect, open fellowship with God. It separated their sinfulness and the sinfulness of all people born on this earth from the perfect, holy presence of God.

But there is good news! We don't have to live separated from God. Through His perfect plan, God made a way for us to fellowship with Him again!

Read KEY VERSE *1 Corinthians 1:9*.

Through whom do we get this fellowship? 

Because of Jesus' death on the cross, the veil that separated us from God has been torn, and our relationship has been restored . . . IF WE WANT IT TO BE.

That's a big IF that I want you to remember. We have to choose Jesus. He has already chosen us. He's already died on the cross to restore us, but we do have the freedom to refuse to accept that truth.

Have you ever met anyone who said their best friend was Jesus? If you haven't, let me introduce myself. Haha. Seriously, Jesus is my best friend. There is no one on Earth I'm closer to. He knows every thought I think. He is the first person to hear the good news and the bad news in my life.

Read *John 15:14-15*. This passage is one of my favorites. Not only does Jesus call us His friends, but He also promises that He will tell us what?



Isn't that an amazing blessing!

Open Heart Prayer



Worship

 Scripture Memory

Parent Guide

For the next few days, we are going to study the reasons why we should have a quiet time. I'm excited to show you these reasons. Sometimes, when we don't understand why we should do something, it's hard to feel like doing it. I don't want that to happen to you, so let's dig in.

Good Morning, God!



Read and Respond

It all starts at the beginning. You know, Genesis. God created a perfect world, and He had perfect fellowship with Adam and Eve. This means that He talked to them face to face and walked with them. Just glance over Genesis 1 and 2, and you will see how often God talked to Adam.

Read *Genesis 3:6-13*. What happened?



Adam and Eve disobeyed God. Instead of having a perfect relationship of love and trust, they had sinned against the holy God who had made them and loved them. This sin cut off their perfect, open fellowship with God. It separated their sinfulness and the sinfulness of all people born on this earth from the perfect, holy presence of God.

But there is good news! We don't have to live separated from God. Through His perfect plan, God made a way for us to fellowship with Him again!

Read KEY VERSE *1 Corinthians 1:9*.

Through whom do we get this fellowship? 

Because of Jesus' death on the cross, the veil that separated us from God has been torn, and our relationship has been restored . . . IF WE WANT IT TO BE.

That's a big IF that I want you to remember. We have to choose Jesus. He has already chosen us. He's already died on the cross to restore us, but we do have the freedom to refuse to accept that truth.

Have you ever met anyone who said their best friend was Jesus? If you haven't, let me introduce myself. Haha. Seriously, Jesus is my best friend. There is no one on Earth I'm closer to. He knows every thought I think. He is the first person to hear the good news and the bad news in my life.

My life would be a mess without Jesus. I'm not the only one who has the opportunity to have Jesus as my best friend. You do too.

Read *John 15:14-15*. This passage is one of my favorites. Not only does Jesus call us His friends, but He also promises that He will tell us what?

»» _____

Jesus is our connection to God. He tells us everything about the Father. *Isn't that an amazing blessing!*

Through Christ, we have the privilege of *fellowship* with God.

 Open Heart Prayer

Let's do that now. Stop for your open heart prayer, and tell God everything that you are thinking and feeling about this study, about your day, about your family, about ANYTHING! Add requests and answers to your prayer sheet on page 57.

The fact that we are fellowshiping with a friend when we come to Jesus in prayer should change how we view praying and how we pray! We don't need to be afraid to burden God with the worries in our minds. We don't need to fear using "the wrong words." He understands us perfectly and wants to hear our hearts. Prayer is a great privilege, but that does not mean we need to be oddly formal or stiff in our prayers. We're talking to the One who loves and cares for us more than anyone. Enjoy that sweet fellowship with Him!

 Worship

Now let's move on to our worship. I'd like for you to learn the hymn "What a Friend We Have in Jesus" the next few days. Perhaps you already know it. If you don't, the music and lyrics are provided for you at the end of this study on page 60.

 Scripture Memory

Please write *Psalms 143:1-8* in your journal.

Scripture: 1 Corinthians 1:9
Key Truth: Through Christ, we have the privilege of fellowship with God.

Discussion: How is a quiet time fellowship with God?



DEVELOPING A QUIET TIME

In Job 23:12, Job says that God's Word is more treasured than his necessary **food**. Have you ever wanted to feel that excited about the Bible?

This study is all about helping you develop that “Job” kind of **love** for God's Word. In just one month, you will be equipped with an acronym to help you study the Bible for years to come. Plus, you will understand **why** you should have a quiet time, **what** Scripture has to say about it, and **how** this crucial habit will benefit you for the rest of your life.



DQT-J

