

QUANTITY > QUANTITY
 SET ASIDE TIME TO
FOCUS
 FROM GOD
 READ IN A TRANSLATION
NOURISH YOUR
SPIRIT!
 YOU UNDERSTAND
 OBEEDIENTLY PRESENT YOUR
HART TO GOD
TALK
 TO GOD LIKE
 A FRIEND
CONFESSION
 BREEDS
DELIGHT
 IN GOD'S
 PRESENCE
 REFEED
 DOM

GIVE UP
SOMETHING
GOOD
 SILENCE =
 RE-ALIGNING TO
 GOD
 [SPEND TIME IN SOLITUDE]
 INNER
 GOD'S OPINION > OTHERS
 IS FOUND
 THRU
 DAILY
 PRACTICE
 SCHEDULE
 INTENTIONAL
 FAST TO DRAW
 CLOSER TO GOD.
 *REMINDER WE NEED
 GOD TO SUSTAIN US
 "ARE YOU READY TO ANXIETY + FEAR?"

GOD HAS MADE
YOU
 A CARRIER OF HIS
 PRESENCE
SPARKLE
 WHAT IS DONE FOR
 CHRIST
 STEADFAST
 SERVICE =
ROOT YOUR IDENTITY
 IN
CHRIST
 INTENTIONAL! ELIMINATE
 ASK YOURSELF
 IS IT
WORTH COMPLEXITY +
IT? TONE INTO YOUR
 CALLING
GIVE WITH THE RIGHT

spiritual disciplines

- *meditation & study*
- *prayer & confession*
- *service & worship*
- *simplicity & giving*
- *fasting & sabbath*
- *silence & solitude*



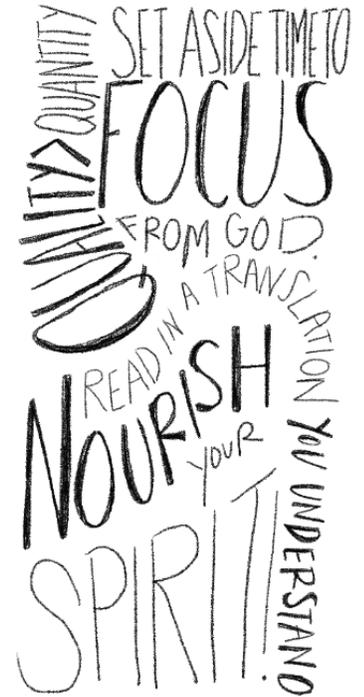
meditation & study

In an ever-changing world and society, raising children can feel overwhelming, but thankfully, we serve an unchanging and immovable God that has already taught us how to be close to Him! We have put together a set of activities that you can use throughout your normal routines with your children to teach them about how we can be close with God in a busy world. We are challenging you to commit to one activity/week and see how it transforms your family's faith into something that is truly

immovable!

When spending time with your children and God...

- ...always make it a positive experience
- ...associate “God Moments” with “good times”
- ...the heart is more important than the discipline itself
- ...be sensitive to how your child responds
- ...try not to let this time be associated with boredom or forcing
- ...listen to the Holy Spirit’s guidance inside of you
- ...giving them choices gives them a feeling of “ownership” (prompt decks, decorating book covers, illustrating, etc)
- ...if it is enjoyable, it can become a habit that they can start at a young age and continue throughout their lives





meditation & study

Keys to practicing Christian meditation:

- Meditation is the practice of reflecting on Scripture
- Lasts for just a few minutes with children (approx. 1 minute per year of age)
- Focus is on God or Scripture
- Thought of as a prayer of the heart, not of the mind
- Trust the Holy Spirit to work in you and your children

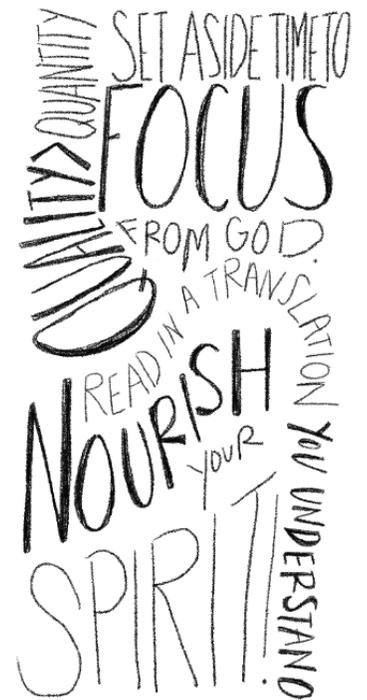
Bible Verses about meditation:

Be still and know that I am God. Psalm 46:10

I have treasured Your Word in my heart so that I may not sin against You. Psalm 119:11

May the words of my mouth and the meditation of my heart be acceptable to You, Lord, my rock and my Redeemer. Psalm 19:14

Study this Book of Instruction. Meditate on it day and night so that you will be sure to obey everything written in it. Joshua 1:8





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1. Bible Time

Choose a Bible story to share. You can use a children's Bible, the Youversion Bible App, or even a memory verse that they are learning. Choose a comfortable and quiet place to discuss the story or verse.

Sit in a comfortable position, usually, that is sitting up tall, hands on your lap, trying to relax.

Talk about any words that stood out to any of you.

Once you have identified a few words, try to make you and your children intentional of your breathing for a few breaths.

Slowly breathe in and out with your eyes closed.

After doing this a few breaths, remind them to keep their eyes closed, thinking only about their breathing and the words that you are saying.

In a quiet and gentle voice, start to say the words that you choose from the story, repeating them over and over again, slowly, adding anything that you feel the Holy Spirit moving you to add.

Allow those chosen words to sink into all of your hearts during the time that you had chosen.

If you choose, you can have soft background music playing during meditation time.

Remind children that they do need to be intentional, they need to try, to focus on the words that you are repeating.



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2. Meditation Prompt Deck

Use the cards on the next page or make your own deck of meditation prompt cards. Instead of using words from a Bible story or memory verse as on Activity #1, you can lay these cards in a group on the floor and let a child choose a card, and this would be the phrase that you would repeat during the meditation. If you have more than one child, you can let all of them choose cards, and use all of the words.

Remember to follow the same basic steps, but be flexible to your children's needs.

Comfortable and quiet place (with or without soft background music)

Sit in comfortable, relaxed position

Eyes closed, sitting still as possible

Intentional breathing

Intentional focus on your words as you repeat them (words on card)

You can even let your children try repeating the words after you

*For older kids, it might be interesting to give them the word **MARANATHA**. It is an old sacred prayer. It is an Aramaic word, which is the language Jesus spoke and is considered a dead language now. It was found in Scripture with Jesus using it meaning, "Come, Lord". Because it is in a foreign language, when repeating it during meditation, it tends not to bring other images in our mind



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God is good all the time	God loves me
Jesus died and rose again to save me	I am wonderfully made by a Creator who loves me
God holds my future in His hands	He knows my name and He sees my heart
God always knows what is best for me	I am a Child of God
God is always watching over me	God always protects me
God is always with me	God will always love me
Jesus is my friend	Write your own:



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3. Wing it

For the youngest children, remind them of the verse, “Be still and know that I am God”. Talk about who God is and what He has done. Lie down on the floor with them. Tell them that you all will close your eyes and quietly lie there, thinking only about the things that you have talked about that God has done for you, both big and small.

4. Guided Meditation

There are many guided meditations for children available online that are very good. I would definitely suggest that you view it first, before showing anything to your child. If you search, please include “**Christian** Meditation for Children”. If the word “Christian” is not included, you may be directed to “mindfulness” meditations. Many of those may direct your focus to “self” rather than “God”.

Places to look:
YouTube
bitsofpositivity.com



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Keys to studying God's word:

- Understand that children learn to love God's Word differently than adults
- We want our kids to feel comfortable opening the Bible, navigating it, and reading it
- After that, we want them to make personal connections between what they read and their lives
- Remember that you can nurture a love for God's Word, but you cannot create it. Pray... and trust in God.

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meditation & study

1. *My Book of Verses*

Help children write their favorite verse on a page, illustrate the page, and bind the pages together to make a book of favorite verses. You can get creative with markers, construction paper, colored pencils, etc. As an alternative idea, you could write (and illustrate?) a verse on an index card and tape the index card next to your child's bed to read, memorize, and/or discuss before bedtime.

2. *Sequence Cards*

After reading a Bible story, write each event on an index card and have your child put the cards in sequential order, according to when they happened in the story. You can draw pictures on the cards for younger children.

3. *Bible Maps*

Teach your children to use the maps in their Bibles. This is great for older children. Helping children locate the exact locations of the events communicates to them that the Bible is reliable and true.

meditation & study

4. Active Reading

Show your child how to actively read a passage or story from the Bible. After reading a passage, tell your child that instead of just stopping the reading and putting the book away, you think more about it. Read a passage with your child, then say, “We just read where Jesus tells me to take up my cross and follow him. When I read this verse, I wonder how to obey it. What does that mean, to take up my cross? Is there something else in this passage that gives me a clue?” Then you can turn those questions into prayers or further discussions.

5. Highlight It

If your child is memorizing a verse at church or school, find that verse in the Bible and use highlighters to highlight it. Then, read the entire passage, story, or chapter that includes that verse to understand the context of the verse.

6. Love It

If your child has a strong interest in something, find verses related to that topic to get your child starting to read the Bible. There are many verses and stories on animals, fishing, music, war, nature, etc.

meditation & study

7. *Who Am I?*

Pretend to be a person from the Bible that your child is familiar with and give clues that describe who you are. Start out with general clues and get more detailed until your child guesses who you are describing.

8. *Bible ABC Book*

Using paper, put a large letter "A" on a page. Brainstorm with your child to find important words from the Bible that begin with the letter A (Abraham, Angel, Abba, Amen). Choose one word and write that word on the page and have your child illustrate it. Older children can try to think of as many words that begin with that letter and write those words on that page, instead of illustrating. Continue with the entire alphabet and bind it into an alphabet book.

9. *Memorizing Sequence*

If your child is trying to memorize a Bible verse, write one word of the verse on a Lego block or a popsicle stick. Mix the blocks or sticks up and give them to your child. Have your child put them in sequential order so that the verse reads correctly. Remember to include the name of the book of the Bible, chapter, and verse number.



meditation & study

10. *Sidewalk Chalk*

Use sidewalk chalk outside to make Bible stories more realistic.

On your driveway, sidewalk or street, measure out the actual length of a sperm whale after reading Jonah's story, so your child can see how long one really is. Discuss the story of Jonah and the whale. Do the same with the length of the Ark after reading Noah's Ark and discuss and draw some animals. Illustrate the days of creation after reading the beginning of Genesis.

11. *Calendar Round Robin*

Assign a family member a week to lead the family's dinner prayer time. This family member will choose the Bible verse or story to discuss and lead the family in prayer for the week. All family members should rotate weeks and the calendar should be visible for all to see so everyone knows the schedule.

12. *Apostle, King, or Prophet*

This is a fun activity for older children that can be done in the car while waiting for dinner to be finished, or just about anywhere. Put many names in a bowl and pull one out. Ask players if that person was an apostle, king, or prophet. To make it more interesting, mix in names from popular books, sports teams, or movies. Always keep adding new names as your children gain new knowledge of the Bible.