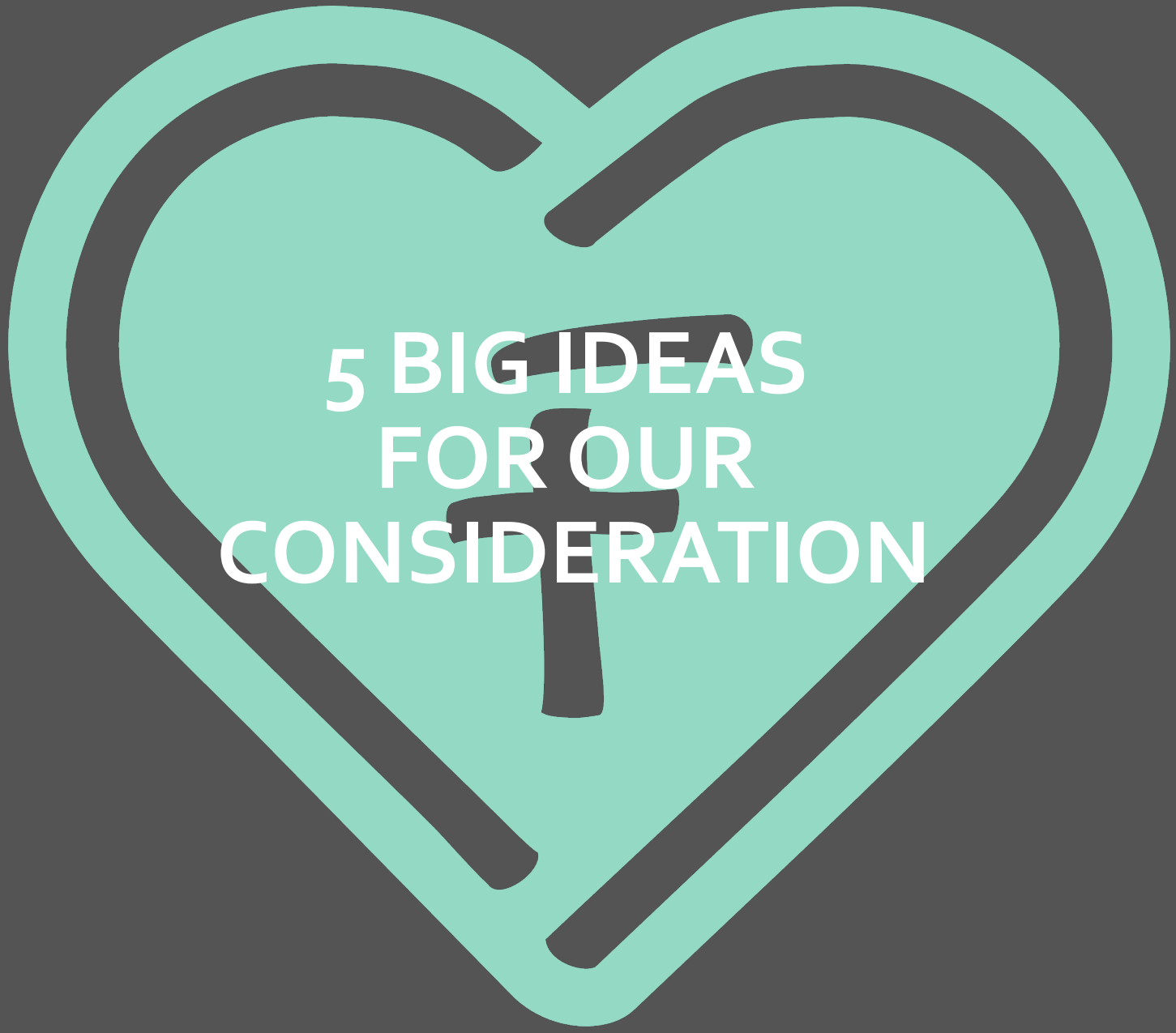
CULTIVATING YOUR KIDS QUIET TIME WITH GOD

Family Time Training

Ephesians 6:4
…do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

MY FAMILY



5 BIG IDEAS FOR OUR CONSIDERATION

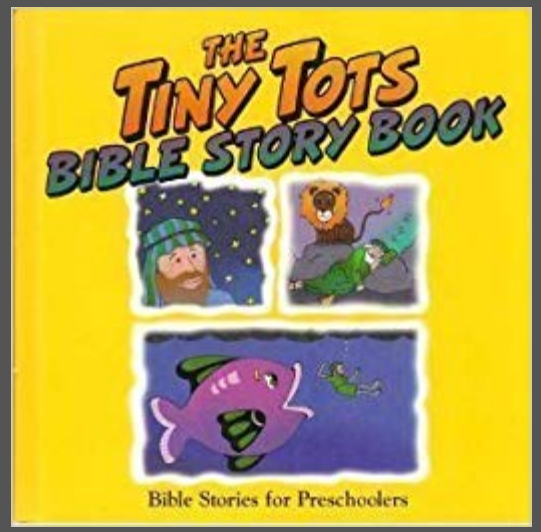
#1: LEAD BY EXAMPLE

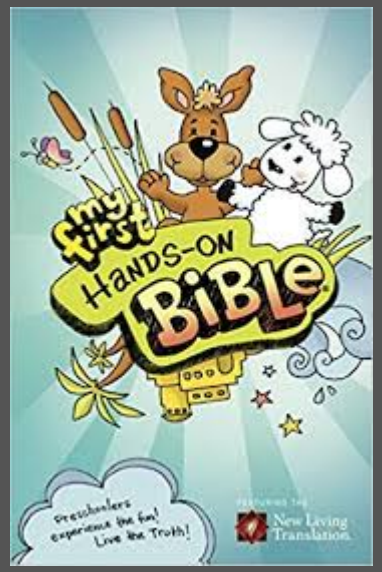
- You cannot give what you do not have…
- Kids need to see you having personal worship time
- Show them what it looks like to have Quiet Time with the Lord
- Invite them to sit with you while you read your Bible and do your devotions

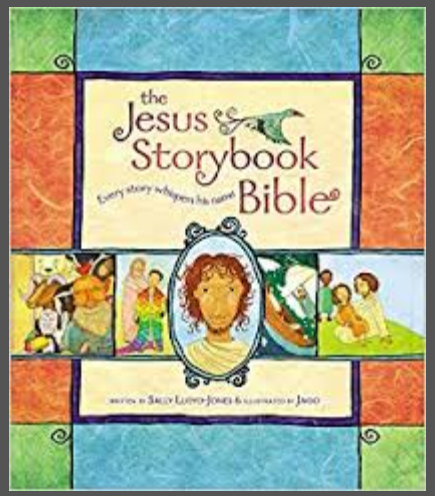
#2: THE NEED FOR AN AGE-APPROPRIATE BIBLE

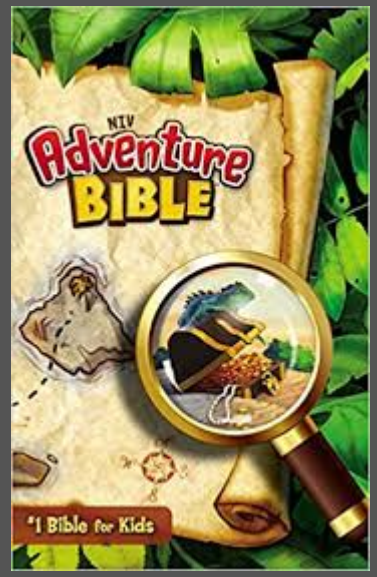
- Base your selection on age and be ready to update Bibles often with spiritual and intellectual growth
- Builds independence
- Consider adding a journal, markers or sticky notes for elementary and older children

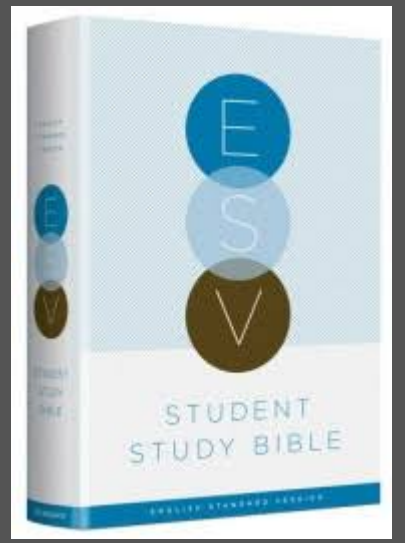
BIBLE IDEAS


THE TINY TOTS BIBLE STORY BOOK
Bible Stories for Preschoolers


my first
Hands-On Bible
Preschoolers experience the fun! Live the Truth!
New Living Translation


the Jesus Storybook Bible

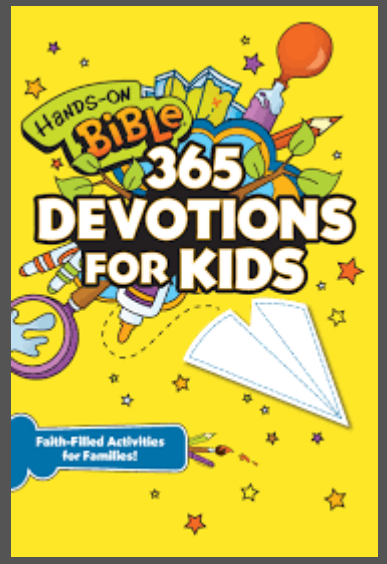

NIV
Adventure BIBLE
#1 Bible for Kids

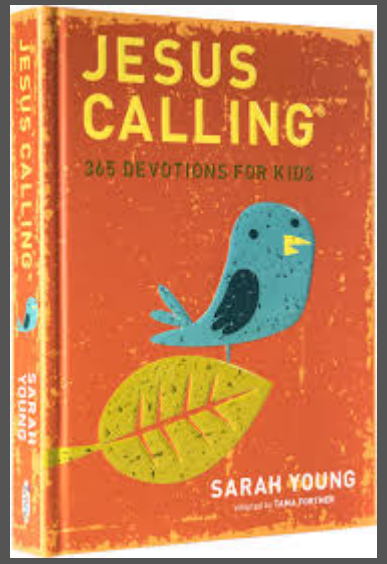

E
S
V
STUDENT STUDY BIBLE

#3: INTRODUCE DEVOTIONALS & JOURNALING

- Keep it simple
- Make sure it's also age-appropriate in content and length
- Watch or read together, especially for younger children
- Teach children the why, what and how of journaling

DEVOTIONAL IDEAS





keys for kids®

#4: DESIGNATE A TIME AND SPACE

- Set the tone
- Use natural rhythms to create routines
- Start with a short amount of time and extend with maturity

#5: CREATE A SPECIAL PLACE

- Shelf or box with materials
- Fun pillows or seat
- Quiet music
- Appropriate amount of time/timer

HOW DID WE LEARN TO HAVE QUIET TIME?

3 IMPORTANT REMINDERS

Nehemiah 9:6 “You are the Lord, you alone. You have made heaven, the heaven of heavens, with all their host, the earth and all that is on it, the seas and all that is in them; and you preserve all of them; and the host of heaven worships you.”

The practice of Quiet Time will vary greatly depending on the age of the child and their spiritual maturity.

Teach family worship as you establish your Quiet Time routines.

Make it enjoyable. Not a duty, but a delight. Fight the urge to use the time as a “punishment” or to give yourself “a break.”

JENNA HALLOCK

FAMILY TIME TRAINING

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