





My Quiet Time With Jesus: Prayer Calendar and Journal

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CREATED BY
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Praise

Praising God for what He is—our Creator, Redeemer, and Protector.

Forgive

Saying sorry for the wrong things you have done and asking God to forgive you.

Pray for Others

Praying for your friends and family members who are sick or discouraged; for those in difficulties, disasters, and troubles.

Please

Asking God for help with personal needs and things.

Thank You

Thanking God for all for the blessings and the many good things He has given you and your family.

A Note 2 Kids

Hi Boys and Girls,

The world is changing very fast today and so is your life. Are you busy, busy, busy with school, homework, piano, football practice, and so on? Of course, you also need time to Facebook and WhatsApp your

But slow down, my friend. Jesus loves to share part of your time. He loves to talk to you and hear about your day, your friends and family, and even your problems. So turn off the TV and Internet, and take a few moments each morning or evening doing something really important: praying. It doesn't have to be long. What matters is that you talk to God, telling Him what you think and feel.

My Quiet Time With Jesus: Prayer Calendar and Journal is just for you. As you pray and do the activities in this prayer calendar each day, may you experience God's Grace and respond with joyful Worship of Him as you reach out in loving Service to your Community.

Write down your thoughts and feelings as you pray. Keep a record of your prayers and God's answers throughout the year with this prayer journal. Witness the power of prayer, and see the power of a loving

God has promised, "It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear" (Isaiah 65:24, NKJV). Sincerely,

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Grace

is the demonstration of God's love for us. He sent His Son to die in our place, to redeem us, and to accept us unto Himself that we might live with Him forever.

Worship

is our response to God's love. Because He first loved us, we love Him. Because He gave His Son to die in our place, we worship Him. We worship Him through praise, through our lifestyle, and through our stewardship of all that He has provided for us.



GRACELINK



Community

involves our relationship with those around us, with our immediate family, our church family, our friends, and with other Christians who know God's love.

Service

is our outreach to others, to those who may not know and love the Jesus we serve. It is to them that we give the invitation to become a part of the family of God. It is to them that we take a message of hope for the future.

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2 Corinthians 5:17 Praise God for a brand-new year and a fresh new start! Ask God to help you become a brand-new person this year, by helping you to become more like Him.

Luke 2:52 List the different things you can do now that you couldn't do a year ago. Praise God that you're growing and learning.

Zephaniah 3:17 God wakes you up each morning with His love and with His songs for you. Thank Him for waking you up and sing a praise song as your prayer today.

Hebrews 13:16 We worship God by giving money to help others learn about His love. Pray with your family about choosing a special outreach project to support this year.

1 John 5:3 We worship God by our obedience to Him.

Ask Him to help you obey Him today.

Psalm 51:7 Find some things such as an egg, seed, or soap that remind you how God gives you a fresh, new start. Thank God for what these things teach you about His loving forgiveness.

Isaiah 58:13 Ask God to help you and your family to think of new and special way to make Sabbath a delight this year! Make a list of your ideas and invite other families to enjoy Sabbath with you.

Grace

I John 1:9 Thank God that His forgiveness gives you a brand-new start each time you ask for it. What do you need to ask His forgiveness for today?

Lamentations 3:22, 23 God's love for you is new and different every morning as He falls in love with you again and again. Thank Him for every way He shows His love for you today.

James 1:5 Think of something new that you find difficult to do. Pray that God will help you to understand it better and make it easier for you to learn.

Psalm 23:4 Pray about a new challenge your family is facing, such as money problems, illness, a move, and so on.

Ask God to help you know how to comfort and encourage each other.

Colossians 3:13 Pray that God will help you to forgive a friend who's hurt you. Ask Him to help you mend your friendship and show your friends His grace through your forgiveness.

Luke 19:1–10 List the people in the Bible who were given a fresh start by God (Zacchaeus, Rahab, etc.).

Thank God that He can do those amazing things for you, too!

Luke 15:11–32 Act out the story of the prodigal son with your family. This story shows us how God welcomes us even when we've messed up and need a new start.

Praise God for His amazing grace.

New Beginnings!









community

Hebrews 13:2 Pray for someone you know who is new to your area. Ask God how you can help the person to make friends and settle in happily.

Isaiah 40:11 Pray for a family who has a new baby. Pray that the parents will not feel too tired as they care for their family. Perhaps you can help by taking a meal to them.

Matthew 28:19, 20 Pray that God will protect and encourage all of the new missionaries who are starting work this year. Pray that God will bless their work.

Luke 1:37 Pray for the people who want to stop taking drugs, drinking alcohol, or hurting others. Pray that God will help them to have a fresh start and make good choices.

John 13:35 Pray for the people who will learn about God's love for the very first time today. Pray that they will come to love Him, too.

1 Thessalonians 5:12, 13 Make a card to encourage your pastor and his or her family during the year ahead, and write a short prayer inside it.

Hebrews 10:24, 25 While you're sitting in church, pray for those who have a new job to do in your church this year, like Sabbath School teachers and deacons. Ask God to inspire them so they can help your church to grow.

Service

Romans 12:13 Ask your parents to invite a new family at your church to have lunch with you on Sabbath.

Pray that your time together will bless all of you.

Ecclesiastes 9:10 Offer to help your family this year by choosing to do a special chore. Ask God to help you honor Him by doing your chore cheerfully and well.

1 Peter 4:10 Think of a special gift God has given you.

Ask Him to show you how to use your gift to share

His love with your friends this year.

Proverbs 24:3 Pray for a family who has recently moved to a new home that needs lots of work and decorating.

What can your family do to help them?

2 Corinthians 9:6, 7 Sort out some good clothes and toys that you don't need anymore, and give them away. Pray for the children who will use them next.

I Corinthians 10:31 Ask God to help you do one chore you've never done before to help prepare for Sabbath.

Pray for each person in your family as you do your chore.

Hebrews 13:7 Ask your Sabbath School teacher what you can do to help him or her each week. Pray that all the children in your class will grow closer to Jesus this year.

Revelation 21:1-4 Thank God that one day He will come and make our earth perfectly new again, without any harm and danger. Imagine what it will be like to live here then!

Ezekiel 36:25–27 Praise God that He can take away all our sins and give us a complete change of heart. Pray for someone whose life God needs to change completely.

Philippians 4:8 Pray that God will help you start a new habit in your life. Whenever you start to worry or feel sad, try thinking about happy, lovely, and good things.





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Prayer nctivities

Prayer Plant

Write a prayer request on one side of a plain card. Decorate the other side of the card with a picture of your prayer request. Plant a sunflower or pumpkin seed in a large pot. Tape your prayer card onto a popsicle stick and pop your stick into the plant pot. Whenever you water your seed, remember to pray for your prayer request. As you watch your plant change and grow, watch for the differences your prayers are making, too.

Clearing Out Your Heart

Find some old scrap paper and write down the things from last year that are still bothering you. Then pray, giving all your problems and hurts to God. Ask Him to forgive you for the wrong things you still feel bad about. Then wad up the scrap paper and throw it in the garbage, knowing that God has taken care of it all. Psalm 103:11, 12.

My Thoughts & Feelings





Thank-You Journal

Start a Thank-You journal. Find a diary for the year with a little space to write each day. Look out for the amazing ways God takes care of you. Every evening write in your diary at least three things God has done for you that you want to thank Him for.

Prayer Requests

Prayer is not a "gimme" list or bargaining chip or quick fix.

Prayer is time spent talking with and listening to God.

-Kandi Elliott

Answered Prayers







Worship 9 Psalm 145 Think about God's love and some of the 10

Psalm 145 Think about God's love and some of the different ways He shows His special love for you. Write your own psalm, song, prayer, or poem praising God for His love.

Jeremiah 31:3 God has loved you since the beginning of the world! And He will love you forever! Write Him an everlasting love note on a strip of paper taped into an endless circle.

1 John 4:8 Ask three people to tell you how they know that God loves them, and then thank God together for His amazing love.

Died Defends Delivers **Psalm 103:11** Praise God for loving you!
List at least one way He loves you, beginning with each letter of your name.

John 14:15 We worship God and show Him our love by obeying His commandments. Ask God to help you obey His loving commandments today.

Romans 8:37–39 Thank God for all the loving things He does for you. Wrap yourself in a cozy quilt and imagine God giving you a big hug. Sit quietly and feel His love for you.

Read **1 Corinthians 13:4–8.** Rewrite these verses so that they are about God and you. "God is patient with me when ... [fill in the gaps]. God is kind to me when ... God protects me by ..."

Grace

Luke 6:27 Pray for someone you don't really get along with. Think about how much God loves that person and then do something secretly kind for him or her.

I John 4:10 Think about a time when you hurt someone you love and ask God to forgive you. Ask Him what you can do to make things better again.

John 3:16 Pray that the missionaries around the world will find amazing ways to show someone God's love and grace today.

Romans 12:18 When you feel like whining, getting angry, or being annoyed with someone, ask God to help you be patient and show love instead.

Isaiah 66:13 Pray for your classmates who are hurting right now because their parents are divorced or separating, or because their parents are a long way away.

1 John 4:18 Pray for the children who aren't able to live with their families. Pray that whoever is caring for them will help them to feel special and loved.

I Corinthians 13:4–8 List all of the ways your family members help you to feel God's love. Thank God and your family members for the many different ways they care for you.



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Love You, God!

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community

Romans 12:10 Find some photos of your relatives, and pray a loving prayer for each one of them. Thank God for the kind and helpful things your relatives have done for you.

Philippians 1:9 Pray that God will help the love in your family to increase. Help Him by doing something kind and loving for each person in your family.

> Matthew 5:4 Pray for the people you know who are sad because someone they love has died. What can you do to comfort them?

1 John 3:18 Thank God for your friends. Pray especially for those who don't know Jesus yet. What are they learning about Jesus by the way you care about them?

1 Corinthians 13:7 Think about the children who are afraid because their parents, or other people, are hurting them. Pray that they will find people who will help and protect them.

Genesis 2:21–24 Pray for all of the people you know who are thinking about getting married this year. Pray that they will have happy and loving homes. 20

John 13:35 Pray that your church will be a place where everyone feels loved. Find someone in church who might be lonely today and spend a few minutes talking to him or her.

Psalm 103:13 Pray that the Christians working in 22 orphanages will show the lonely children how much God loves them.

Romans 12:10–13 Pray for a church project that shares God's love with others, such as feeding homeless people or visiting people in prison. How can you help this project, too?

I John 4:12 Pray that God will help you show His love to a teacher, doctor, nurse, street cleaner, salesperson, police officer, or firefighter today.

Matthew 22:39 Pray that God will inspire your family to do something kind and loving for a needy person in your neighborhood.

Matthew 5:7 Pray for the missionary doctors and nurses that are showing God's love to their patients today. Pray that people will come to know God as well as be healed.

Matthew 6:3, 4 Thank God for a time when He surprised you by doing something loving for you. Surprise someone you know by doing something loving for him or her today.

I Thessalonians 5:11 Pray for church workers and missionaries who are feeling lonely, sad, and tired. Ask God to send someone to show them His love in a very real way. Do you know a church worker you could encourage?



















Prayer Activities

Love Jelly

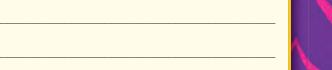
Fill an empty jelly jar with different objects that remind you of God's love. Perhaps a cotton ball reminds you that His love is gentle, or a stone reminds you that His love for you is rock solid, and so on. How many things can you find?

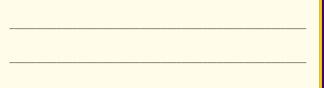


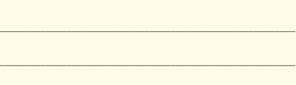
Family Tree Prayer

Ask a grown-up to help you draw your family tree. Pray for each person on your tree. Thank God for family, pray for their special requests, and pray that God will help you to show them your love, too.

My Thoughts & Feelings











Thank Him for treasuring you and wonder which song He is singing over you right now.

Psalm 145:13 (first part) God is everlasting and eternal, and He has invited us to live forever too. Tell God that you want to accept His wonderful invitation to live forever!

Psalm 145:1, 13 God is our King! If God came to your church or home today as a King, what would you like to say and do to worship Him? Use your ideas to inspire your praise prayers today.

or sort out, and ask God to help you.



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Prayer Activities

Take a sheet of paper and fold it in half, short sides together. Mark the center of the page with a light crease. Open it out again, and then fold the two short sides inwards so that their edges meet on the center fold-line, like two doors. Open the "doors" and draw or write about something that worries you, scares you, or makes you feel sad. Fold the "doors" over your drawing or writing. Draw two arms across the doors, like God's arms giving you a big hug. Think about something comforting or encouraging that God might like to say to you. Write it on the space around the arms that you've drawn.



Key Ring

God's Hug

Design a key ring to remind you that God is with you wherever you go. Use it to remind you that God is always close to you and to remind you to pray for His protection and care when you travel.



My Though+s & Feelings











Community

Romans 8:38, 39 Jesus died for us because God doesn't want sin or anything else to stop us from being with Him. Thank God that He's made special plans for us to live with Him forever.

John 12:1-3 Mary poured perfume on Jesus to show how much she loved Him. Ask God to help you find a creative way to show your love to someone special.

John 17:20–23 Jesus prayed a special prayer during the Last Supper. He prayed that His followers would always be filled with love and peace. Pray that God will help you live peacefully with others.

Matthew 26:40 Jesus wanted His disciples to pray with Him in Gethsemane, so He wouldn't have to suffer alone. Is there someone you can pray with who is sad and discouraged today?

Proverbs 17:17 The disciples were afraid when Jesus was arrested, and they ran away. Pray that you will be loyal, loving, and able to stand by your friends when they go through hard times.

Luke 24:52. 53 The disciples were so happy and excited when they realized that Jesus had truly risen from the dead! Tell God how happy you are that Jesus is alive!

Hebrews 13:16 Jesus shows us that when we love people we need to think of their needs and put them first, even if it means making a big sacrifice. Think of three people you love. Ask God to help you think of their needs and to do something special that puts them first.



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Ephesians 4:32 Jesus appreciates and enjoys everything we do to serve others, just as He appreciated Mary washing and anointing His feet. Do something kind today as your prayer of love.

John 13:4, 5 Jesus washed His disciples' feet. He can help us do unpleasant jobs to care for others. Ask God to help you do an unpleasant job for someone else today, with a smile!

Mafthew 5:11, 12 Jesus suffered terribly even though He hadn't done anything wrong. Pray for the prisoners around the world who are suffering even though they aren't guilty.

Isaiah 43:2 Simon of Cyrene helped Jesus by carrying His cross when He was too weak and sore to bear it anymore. Pray for the people who are struggling with difficult challenges today.

John 19:26, 27 Even when Jesus was dying on the cross, He took special care of His mother, Mary. Ask God what you can do to help your parent or caregiver today.

Luke 24:9-II When the women told the disciples that Jesus was alive, the men didn't believe them at first! Pray that someone you know who isn't a Christian will believe in Jesus today.

I Peter 3:15 Jesus' death and resurrection were some of the most exciting events in world history! Pray about how you can share this amazing story with someone who doesn't know Jesus. Plan a creative way to tell someone else about the real meaning of Easter—write a mini-book, share a video, plan a treasure hunt, and so on.

Proverbs 17:28 Jesus was silent when He was accused by the people who wanted to crucify Him. Ask God to help you know when it's best to be silent.

Mark 9:23, 24 Thomas found it hard to believe that Jesus had risen from the dead until he saw Jesus for himself. Ask God to help you trust Him about something you find hard to believe.







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Living Pictures

Think of several important events in the last week of Jesus' life. Then, with your family's help, search for artists' paintings of each event, using the Internet, books, or your local library or art gallery. Or draw your own pictures of these events. Pick two or three pictures that you really like and talk with your family about what each person in the picture might be thinking and feeling. Pray that you will understand more about how much Jesus loves you by understanding how He died for you.

Prayer Requests



God always answers our prayers. Sometimes He says,

GO Yes, it's OK.

NO It's not good for you.

SLOW Just wait; I have something better for you.

Answered Prayers