

Frequency: Learning to Hear from God

John 10:27 NlrV

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: GOD IS SPEAKING

Read James 1:22 NlrV

God speaks to you in many ways, but one of the clearest ways is through the Bible. When you read God's Word, you are learning what He says is true and right. But God doesn't want you to just read and hear His Word; He wants you to live it out. Sometimes, it's easy to listen and then move on without doing anything. You might read about being kind, forgiving, or helping others, but then forget to actually do it. The Bible reminds us that listening is not enough. We are meant to take action.

When you read something in the Bible, think about how you can do it today. If it says to be kind, choose kindness. If it says to help others, look for someone who needs help. Start today!

DAY 3: QUIET ENOUGH TO HEAR

Read Psalm 46:10 NlrV

Life can get really noisy. There are voices from friends, games, shows, and school. All that noise can make it hard to notice when God is speaking. That's why it's important to slow down and be still sometimes.

When you get quiet, you can start to notice what is going on in your heart. You might think about someone who is lonely. You might remember a way you could help someone. Those moments can be ways God is speaking to you.

God often speaks in a quiet way, not a loud one. So if you want to hear Him, you have to make space to listen. When you do, you might start to see the needs around you more clearly. And when you see a need, you can start meeting it right away.

Try this: Set a timer for 30 seconds. Sit quietly until the timer goes off. Then, write one need you noticed:

DAY 4: WHAT IS TRUE

Read 2 Timothy 3:16-17

The book of 2 Timothy was written by the missionary Paul to his student, Timothy, who was leading a group of people who followed Jesus. Paul wanted to encourage Timothy and make sure he was prepared to teach others how to follow God. Timothy had learned the Scriptures from his

mother and grandmother as a child, and Paul reminded him to stay true to what he had been taught. Paul explained that the Bible is inspired by God and is useful for teaching us what is true, correcting our mistakes, and training us to do what is right.

Each time you read God's Word, you can ask yourself three questions:

1. What is true?
2. What does God say I should do?
3. What does God say I shouldn't do?

DAY 5: HEAR FROM GOD

Read Colossians 3:10

Have you ever read something in the Bible and thought: “Huh? I don’t get it.” That’s totally normal! We’re talking about the God who made the whole universe and who made YOU! Of course, some parts of God’s Word can be hard to understand sometimes. But here’s the good news: God wants you to understand. Pray and ask Him for help, and He will help you learn and grow.

Now, take a moment to think about something you've always found confusing in the Bible. Maybe it's a story like creation or Jesus rising from the dead. Maybe it's a verse you don't understand or even a prayer that feels unanswered. Once you have something in mind, you can talk to God about it using this prayer:

Pray: “Dear God, thank You for giving us Your Word to guide us and help us know what to do. Sometimes I still have a hard time understanding and hearing You. Right now, I especially need help understanding

Please give me wisdom to hear You clearly, and let Your Word guide my life. In Jesus' name. Amen."

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What does it look like for you to hear from God?

[illegible]

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DAY 2: START WITH GOD'S WORD

Joshua 1:8 NlrV

The Bible is one of the main ways God speaks to you. When you read it, you aren't just reading words. You are learning who God is. You discover what He loves, how He treats people, and how He wants you to live. Sometimes, reading the Bible can feel confusing or hard. That's okay! Everyone starts somewhere. The important thing is that you begin. Even a few verses can help you understand something new about God.

As you read, ask yourself: "What does this show me about God?" The more you read, the more you will know

God. And the more you know God, the more you will see how He wants you to live your life.

Write one thing you want to learn about God:

DAY 3: THE BIBLE SHOWS YOU TRUTH

Psalms 119:105 NlrV

Tonight, after it gets dark, ask a grown-up to come with you and grab a flashlight. Go outside, and shine the light on the ground as you walk. Notice something: If you look too far away from the light, it's hard to see where you're going. But when you stay close to the light, you can see each step clearly: where to step and where not to step.

When you go back inside, talk with your grown-up about what that was like. How is a flashlight like God's Word? Share ways God has helped guide you, and listen to how your grown-up has seen God guide them too. Then, ask your grown-up to help you practice hearing from God. Maybe you can check in once a week and talk about what you're learning or add "read your Bible" to your daily routine.

Remember, listening to God isn't something you have to do, it's something you get to do! And when you listen to Him, He helps show you the right way to go.

Not sure where to begin? Ask someone at home: "Where do you see God using me right now?" Write their answer:

Hebrews 4:12 NIrV

Ask a trusted grown-up how they read the Bible. Try reading a short passage together this week.

Read Hebrews 4:12

Prayer: “Dear God, help me trust You more than myself. Give me courage to say yes when You lead me. Use my life to do what only You can do. In Jesus’ name. Amen.”

What do you want to learn from the Bible?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has some minor discoloration and small dark spots, possibly due to age or scanning artifacts. The edges of the paper are slightly irregular.

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DAY 2: STAY CONNECTED

Colossians 2:6 NlrV

Following Jesus isn't just something you decide to do one time. It's something you choose every day. The Bible says that just as you accepted Jesus, you should continue to live your life in Him. That means staying close to Him, listening to Him, and doing what He says.

Think about walking with a friend. You stay close so you can talk, listen, and go the same direction. If you wander off, it gets harder to hear them. The same is true with Jesus. When you stay close to Him by praying, reading the Bible, and paying attention, you can hear Him more clearly.

When you hear Him, the next step is to follow. You might feel like you should help someone, include someone, or tell the truth. That is your moment to walk with Jesus.

Finish this sentence: Today, I can walk with Jesus by

Circle one:

I will stay close to Jesus by:

Praying • reading my Bible • helping someone • singing worship music • going for a walk in nature

DAY 3: STAY CLOSE TO GOD

JAMES 4:8 NIRV

Imagine your best friend has to move far away, and the only way you can talk to them is through email. Would you read the messages they send you? Of course you would! You wouldn't be able to stay close friends if you never read them.

God wants to have a relationship with you too. One way we get to know Him is by reading the Bible. But it takes commitment. You have to choose to spend time reading it. If you want to stay connected to God and understand how He wants you to live, it's important to make a plan to read His Word.

Start Here: With the help of a trusted adult, come up with a plan for completing these devotionals. Choose a time of day, pick a special place in your home as your devotional spot, and gather what you need, like your Bible, a pen, and paper. This will help you be ready and consistent as you spend time with God.

DAY 4: DON'T DRIFT AWAY

Hebrews 10:24–25 NlrV

It's easy to drift away from God without even noticing. Life

gets busy. Distractions take over. Before you know it, you aren't spending time with God like you used to.

Staying close to God takes practice. You can talk to Him, read the Bible, and spend quiet time listening. You can also stay connected by being around people who follow God.

When you stay connected, you will begin to see needs more clearly. You will notice when someone needs help or encouragement. Then, you can step in and do something about it.

Write one distraction that pulls you away from God:

**Ask someone at home how they stay connected to God.
Try one of their ideas this week.**

DAY 5: SHARE WHAT YOU LEARN

Read 1 Peter 3:15 NIrV

When something exciting or important happens in your life, do you keep it a secret? Probably not! You usually tell your family or share it with your friends, right? In the same way, if you've found a Bible story or verse that has helped you, why not share it with others? It could help them too!

Take a moment to think about your favorite Bible story or verse. What do you love about it? How has it helped you think differently or make better choices?

You can write it here:

Prayer: “God, help me stay close to You. Grow Your love in me, and help me act when I see a need. In Jesus’ name. Amen.”

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What is standing in the way of you and Jesus?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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DAY 2: ASK GOD TO SPEAK

Read Jeremiah 33:3 Nlrv

God wants to talk with you. That might feel surprising, but it's true. You don't have to guess if God cares about you. He does, and He wants you to hear from Him. One way to start is simple. Just ask. You can say: "God, speak to me. I'm listening." Then, take a moment to be quiet.

When you ask God to speak, you may begin to notice thoughts that line up with what is true and good. You may notice someone who needs help or encouragement. That could be God guiding you. You don't have to wait for something big. Start by asking and then paying attention.

Write a short prayer: God, speak to me about :

DAY 3: LISTEN WITH YOUR HEART

Read Proverbs 3:5-6 Nlrv

Maybe you wish God would just speak out loud and tell you exactly what to do. But most of the time, God speaks in quieter ways. He guides your thoughts and helps you know what is right. The Bible says to trust in the Lord with all your heart and not depend on your own understanding (Proverbs 3:5 NLT). That means you don't have to figure everything out on your own. You can trust that God is leading you, even when you aren't completely sure what to do. When a thought is kind, helpful, and lines up with what God says in the Bible, it may be God guiding you. You might feel like you should include someone, help someone, or say something encouraging. That's your moment to trust Him and act. God is showing you the right path. Your job is to trust Him and take the next step..

Finish this sentence: I think God is leading me to

DAY 4: CHECK WHAT YOU HEAR

Read 1 John 4:1 Nlrv

Not every thought you have is from God. That's why it's important to check what you hear. God will never tell you to do something unkind or wrong.

If you aren't sure, you can ask a trusted adult who follows God. You can also think about what the Bible says. Does it

