

Frequency: Learning to Hear from God

John 10:27 NIrV

DAY
1

Be Still and Listen

When you are quiet, you can listen better. God says: "Be still and know that I am God" (Psalm 46:10 NIrV). When your body is calm and your heart is quiet, you can listen for God. He loves to speak to you.

Jump up and down and count to five out loud. Now, sit still and count to five quietly or in your head. Did you notice how you were moving and then were still? Did you notice how you were making noise and then you were quiet?

LOOK for moments when you can be still and listen for God.

DAY
2

Hearing from God

Hearing from God doesn't necessarily mean you will hear His voice the same way you hear someone speaking out loud. It can happen in different ways—when you pray, practice being quiet, read the Bible, or even hear others talk about God.

Draw one way to connect with God here:

KNOW that when you pray, read the Bible, talk, or take time to be still, you can hear from God.

DAY
3

Practice Listening

Play a game of Simon Says. One person will call out simple instructions, such as "Touch your toes." Then, everyone else follows the commands, but only if the leader says "Simon Says." Listen carefully to whoever is leading the game. Pay attention to what they say and what they don't say. When you truly listen to the leader, you're more likely to succeed in the game. In the same way, listening to God will help you in life.

ASK God to help you hear His voice.

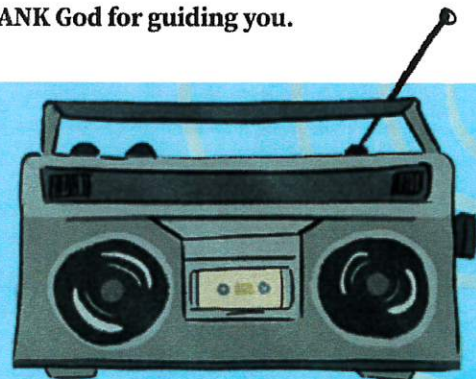
DAY
4

God Will Guide Me

God promises to guide you. The Bible says: You will hear your Teacher's voice behind you. You will hear it whether you turn to the right or the left. It will say, "Here is the path I want you to take. So walk on it" (Isaiah 30:21 NIrV). God helps you know what is right. God is always guiding you.

PRAY: "Dear God, thank You for speaking to me. Help me listen and follow You every day. In Jesus' name. Amen."

THANK God for guiding you.



I can hear from God.

I can hear from God!

Color ways that God speaks to you.



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John 10:27 NIrV

DAY
1

God Speaks Good Things

God's voice is always good, kind, and loving. If you hear something in your heart that tells you to be kind, help someone, or tell the truth, that matches who God is. The Bible teaches that every good and perfect gift comes from God (James 1:17 NIrV). God speaks what is good.

Draw it out: Listen to this verse, and draw what you think of when you hear the words: Every good and perfect gift is from God (James 1:17 NIrV).

KNOW that God's voice is always good and loving.

DAY
2

The Bible Shows Me God

When you read the Bible, you learn that God is loving, kind, and good. Psalm 145:9 says: The Lord is good to all. He shows deep concern for everything he has made. The Bible helps you learn more about who God is.

LOOK for good things God made.

DAY
3

I Can Read God's Word

You can read the Bible a little at a time. Even one verse matters! When you read, you are spending time with God. He can teach you and help you understand.

With a grown-up, read one Bible verse. Talk about one thing it shows you about God.

ASK God to help you understand His Word.

DAY
4

Thank You for the Bible

The Bible is a special gift from God. It helps you know Him better every day. When you read it, your heart grows closer to Him. God loves to speak to you through His Word.

PRAY: "Dear God, thank You for the Bible. Help me learn who You are as I read it. In Jesus' name. Amen."

THANK God for giving us the Bible.

I can learn to know God
through the Bible.

I can learn to know God through the Bible.

Draw something you learned about God.



Frequency: Learning to Hear from God

John 10:27 NIV

DAY
1

Stay Close

When you stay close to God, your heart grows strong. Spending time with Him helps you learn and grow every day. The Bible says: Come near to God, and he will come near to you (James 4:8 NIV). God is always ready to be close to you.

Draw a picture of you spending time with God (praying, reading, or being quiet).

LOOK for ways you can stay close to God today.

DAY
2

Listen to My Voice

You can read the Word of God and hear God's voice. Jesus said that people who follow God are like sheep, and God is the shepherd. Did you know that real sheep can hear the difference between the voice of their shepherd and a stranger? They specifically listen to that voice for their next direction. In the same way, you should listen to and follow God's voice to understand where to go or what to do in your life.

KNOW that God is always good.

DAY
3

Stay With God All Day

You can stay close to God all day long. You can talk to Him in the morning, at school, at practice, and before bed. God is always with you and ready to listen.

With a trusted adult, pick 3 times today (morning, afternoon, night) to say a short prayer and stay connected to God.

ASK God to help you stay close to Him.

DAY
4

Speak and Listen

When you pray, you are talking to God—and God always listens! When you pray, you can also ask God to guide and direct you when you need help. You can use the prayer below, or you can pray something of your own:

PRAY: "Dear God, thank You for being a God who listens. Please guide me today and help me hear Your voice in my heart. I pray that I can do what is good and right and that You will lead me where I should go. In Jesus' name. Amen."

THANK God for hearing you when you pray!

I can grow when I stay close to God.



Stay close to God!

Color the branch that is growing.



Frequency: Learning to Hear from God

John 10:27 Nlrv

DAY
1

God Wants Me to Ask

God loves when you talk to Him. You can ask Him anything! God says: "Call out to me. I will answer you" (Jeremiah 33:3 Nlrv). When you ask God to speak, you are showing that you trust Him. He is always ready to listen and speak to your heart.

Write or draw one thing you want to ask God.

LOOK for times you can talk to God today.

DAY
2

I Can Listen to God

Have you ever tried to listen really, really carefully? Maybe for a bird chirping or someone whispering? God talks to us too, but God often speaks in a quiet way to our hearts. So we have to be still and listen with our hearts. God says: "Be still and know that I am God" (Psalm 46:10 Nlrv). Being still helps you hear Him better.

KNOW that you can listen for God's voice.

DAY
3

God Helps Me Hear

Sometimes it can feel hard to know if God is speaking. That's okay! God can help you understand. The Bible says: If any of you needs wisdom, you should ask God for it. He will give it to you (James 1:5 Nlrv). You can always ask Him for help.

With a trusted adult, build a special fort. Add blankets, pillows, and a plush animal. Then, go inside and pray: "God, please speak to me. Show me the right thing to do." Sit quietly in your fort for a few seconds and listen together.

ASK God to help you hear His voice.

DAY
4

Thank You for Speaking

Guess what? God loves you! God wants to spend time with you and guide you every day. When you ask Him to speak and take time to listen, you grow closer to Him. He is always near and always ready to help you. So take time to stop and say, "Hi, God!"

PRAY: "Dear God, thank You for speaking to me. Help me listen and follow You every day. In Jesus' name. Amen."

I can ask God to speak to me.

I can ask God to speak to me!

In the space below, draw what you want to ask God.

SPEAK, LORD.
I'M LISTENING.

