

Frequency: Learning to Hear from God

John 10:27 NlrV

DAY 1

Listen Up!

Read James 1:19

Did you have to hurry anywhere today? Maybe you hurried to catch the bus to school or finish your homework so you could go and play. Maybe you had to grab your cleats and water bottle quickly so you wouldn't be late for soccer practice.

When it comes to controlling our tongues, there is one thing we should always be in a hurry to do—listen. When you listen, you always learn something. When we're quick to listen, it helps us hear what the other person is feeling. When we're slow to speak, we give ourselves time to calm down before we lose our tempers.

Hop to It:

Grab some index cards or small pieces of paper, and write the verse in phrases on them. Place them on the ground so you can jump or hop from one card to the next. Walk over the phrases quickly or slowly as you repeat the verse.

DAY 2

Quiet Time Challenge

Read Psalm 46:10

God wants to talk with you every day. But it's hard to hear Him if you're always busy. Being still helps you notice His voice. Find a quiet place today. Turn off screens. Sit down, and take slow breaths. Ask God: "What do You want to say to me?" Then wait quietly. You might remember a Bible verse or a worship song. You might think of something kind to do. These can be ways God speaks to your heart. God's voice will never tell you to do something wrong. He leads you to love others and make wise choices. The more you practice being still, the easier it becomes. God is always near and ready to guide you.

Activity:

Set a timer for three minutes. Sit quietly and listen. Afterward, tell a trusted adult what you noticed or felt during your quiet time today.



DAY 3

What Do You Hear?

Read Proverbs 2:2

Think about your day. What voices do you hear most—friends, teachers, music, or shows? There are many voices around you. God's voice is different. It is gentle, wise, and good. He helps you make right choices and show love. But you must choose to listen. Ask yourself what distracts you. (Maybe screens, noise, or rushing through your day.) These can make it harder to hear God. Now, think about what helps you listen. Reading the Bible, praying, being quiet, and talking with a trusted adult can help. God is not far away. He is always ready to guide you. When you pay attention to Him, you begin to understand His voice better.

Reflection:

Name one distraction that makes it hard to hear God.

DAY 4

Talk and Listen

Read Jeremiah 33:3

Prayer isn't just talking to God—it's also listening. God wants a real relationship with you. That means you speak and listen too. You can tell God anything. Thank Him. Ask for help. Share your feelings. After you talk, pause and be quiet. God may place a thought in your heart or remind you of truth. God's answers don't always come right away, but He always hears you. He always cares. He always responds in the right way at the right time. Listening during prayer helps you grow closer to God. It helps you trust Him more each day.

Prayer:

"God, thank You for loving me and speaking to me. Help me slow down and listen. Teach me to know Your voice. Guide my thoughts and choices today. I want to follow You. In Jesus' name. Amen."

I can hear from God.



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John 10:27 NIV

DAY 1

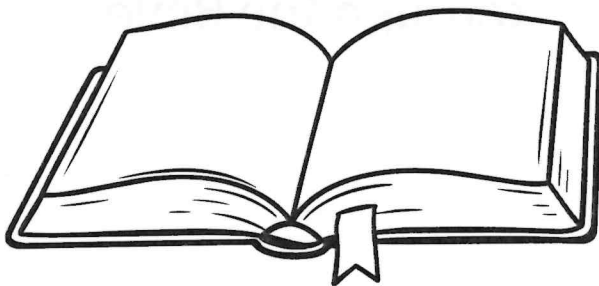
More Than a Book

Read Psalm 119:18

The Bible is more than just a book of rules or stories. It helps you learn who God is. When you read the Bible, you aren't just reading words. You are learning about God's heart. You see how He loves people. You see how He keeps His promises. You see how He helps and guides. Sometimes you might not understand everything you read. That's okay! You can ask God to help you understand. He loves to teach you. Each time you read, ask yourself: "What does this show me about God?" The more you read, the more you begin to know Him. And the more you know Him, the more you will trust Him every day.

Activity:

Inside the Bible, write or draw one thing you learned about God today.



DAY 2

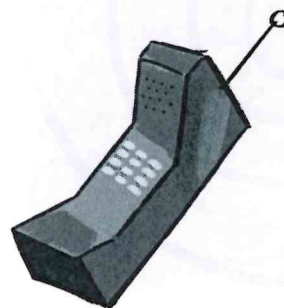
Start Small

Read Joshua 1:8

Reading the Bible can feel big. It has many books and many pages. You might wonder where to start. Here's the good news: You don't have to read a lot at once. You can start small. Even one verse can help you learn something about God. When you read a little each day, it adds up. God can use even a short time to teach you something important. Try reading a few verses, and then think about them. Ask: "What do these verses tell me about God?" God's Word helps you grow. It helps you understand what is true and what is right.

At-Home Activity:

Choose a short Bible passage with a trusted adult. Read it together. Then, each of you share one thing you learned about God.



DAY 3

Keep Going

Read Psalm 119:105

Sometimes reading the Bible can feel confusing. You might not understand every word. You might feel like stopping. But God wants you to keep going. His Word, the Bible, is like a light. It helps you see what is true. It helps you know what is right. Maybe you'll learn that God is always with you. Maybe you'll learn that He's good. Each time you read it, you grow a little more. Over time, you begin to understand more and more.

Activity:

Open your Bible to John 10:27. Turn off the lights, and try to read the verse. Then, turn the lights back on and read the verse. Which way helps you see God's Word?



DAY 4

Talk with God

Read Jeremiah 29:13

Reading the Bible isn't just about learning facts—it's about knowing God. When you read, you can talk to Him too. You can ask questions. You can say: "God, what does this mean?" You can ask: "What are You showing me about who You are?" God wants you to find Him. He promises that when you look for Him with your whole heart, you will find Him. When you read and talk with God, your relationship with Him grows stronger.

Prayer:

"Dear God, thank You for giving me the Bible. Help me learn who You are as I read. Teach me to understand Your words. Help me keep coming back to read and talk with You. I want to know You more every day. In Jesus' name. Amen."

**I can learn to know God
through the Bible.**

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DAY 1

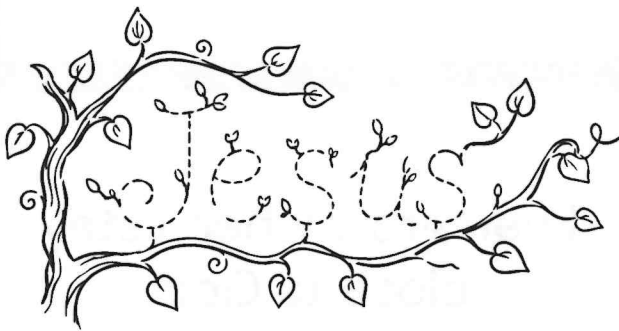
Stay Connected

Read Psalm 63:1

Jesus said we are like branches. He is like the vine. Branches must stay connected to the vine to live and grow. In the same way, we need to stay close to Jesus. When you stay connected to Jesus, you grow. You begin to show love, kindness, and patience. Those things are like fruit growing in your life. But when you forget about Jesus, it's like a branch lying on the ground. It can't grow good fruit on its own.

Activity:

On the vine, trace "Jesus." By the branches, draw ways you can stay connected to Him.



DAY 2

Grow Good Fruit

Read Galatians 5:22

Unscramble the words from Galatians 5:22-23 (NLT).

OELV

NDSNSKIE

EEACP

IECENATP

DOSSEOEN

ORLOFTSLNEC

OJY

LUFSSSESNHTFIA

SGTLSEENS

(For hints, look up the Bible verse.)

Activity:

At dinner, write down the fruit of the Spirit on small pieces of paper. Put them in a bowl, pass the bowl around, and have each person pull out a piece of paper. Then, have each person say their word and share about a time when they saw someone show that fruit of the Spirit.

DAY 3

Don't Drift Away

Read Hebrews 2:1

It's easy to drift away from Jesus. You may not mean to. Life just gets busy. You might forget to pray. You might stop thinking about God during the day. Slowly, you feel farther away. God doesn't move away from you. He is always close. But you can choose to turn your attention back to Him. You can stop and pray. You can read a verse. You can remember that He is with you right now. Staying connected takes small choices every day. Each time you choose to think about Jesus, you grow closer again. God wants you to stay near Him. He helps you stay connected when you choose to come back.

Reflection:

What is one thing that distracts you from staying close to Jesus? What is one simple way you can stay connected to Him tomorrow?



DAY 4

Stay in His Love

Read Romans 8:39

Jesus wants you to stay connected to Him. He also wants you to stay in His love. God's love is strong and never ends. Nothing can separate you from it. But sometimes, you might forget that He loves you. When you stay close to Jesus, you remember His love more. You begin to live in that love every day. You can stay in His love by talking to Him, obeying Him, and trusting Him. When you do, your heart fills with joy. Even when you mess up, God still loves you. You can always come back to Him. Staying connected to Jesus helps you feel His love and share it with others.

Prayer:

"Dear God, thank You for loving me all the time. Help me stay close to You every day. Remind me that You are always with me. Teach me to live in Your love and share it with others. In Jesus' name. Amen."

I can grow when I stay
close to God.

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John 10:27 NIrV

DAY 1

Speak, I'm Listening

Read Psalm 5:3

When you watch movies or shows, is there always non-stop drama and action the entire time? Most likely not. Even in an action movie, it still gets a little quiet at times, or the story gets a little slow. Even in life, we might have a lot happen, and then a pause ... and then something else happens! And then a pause ...

How do you handle the pauses? Joseph had a huge pause. He was in prison for something he didn't even do! But he had to wait and trust God. Eventually, more action came!

A verse in the book of Psalms says: I wait for you in hope (Psalm 5:3 NIrV). We aren't supposed to sit around and do nothing, even in the waiting. We wait in hope. That's doing something.

Activity:

Look at this squiggly line—it has ups and downs, just like life. There's action, and there are pauses. But in the middle of it all, God is still working!



DAY 2

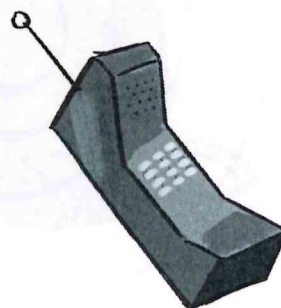
Ask and Listen

Read Jeremiah 29:12

God listens when you talk to Him. He also wants you to listen when He speaks. Prayer isn't just talking—it's talking and listening. When you pray, you can ask God questions. You can say: "God, what do You want me to know?" or "What should I do?" After you ask, pause. Take a quiet moment. You might notice a thought that reminds you to be kind. You might remember a Bible verse. These can be ways God speaks. God's voice is always loving and wise. He helps you make good choices. You don't have to rush. Listening takes time and practice.

At-Home Activity:

Tonight, pray with a trusted adult. Each of you ask God one question. Then, sit quietly for a minute, and share what you think God might be saying.



DAY 3

Learning His Voice

Read 1 Samuel 3:1-14

Samuel didn't recognize God's voice at first. He thought someone else was calling him. But over time, he learned to listen and understand. You can learn to hear God's voice too. It takes time. It takes practice. Just like you learn a friend's voice, you learn God's voice by spending time with Him. You can spend time with God by reading the Bible, praying, and being quiet so you can listen. Each time you do, you grow more familiar with Him.

Reflection:

When is a good time in your day to listen for God? What is one step you can take to practice listening this week?



DAY 4

Ready to Hear

Read John 10:27

In the Bible, people are often described as sheep. Sheep need a shepherd to know where to go. They listen to the shepherd's voice and follow him. Jesus described Himself as our Good Shepherd. We just have to listen to His voice.

How do we do that?

He speaks to us through the Bible.

He speaks to us through the Holy Spirit whom He puts in us when we're saved.

He speaks to us through others.

He speaks to us through the world He created.

Next time you read a Bible verse that makes you feel something in your heart—that's God speaking to you.

Prayer:

"Dear God, thank You for speaking to me. Help me listen carefully and trust Your voice. Show me the right way to go. Give me the courage to follow what You say. I want to hear You and obey You every day. In Jesus' name. Amen."

**I can ask God to
speak to me.**