

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

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?

Read Colossians 3:10

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.”

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]