

NAME:

**ONE-YEAR  
DAILY DEVOTIONAL  
FOR GRADES  
1 & 2**

**QUIET TIME**

# CHALLENGER

  
**Olympians**

A Word of Life Ministry

# Introducing your Quiet Time

a special time that you set aside each day to read God's Word, to get to know Him better, and to learn how He wants you to live. During this time, God speaks to you through His Holy Word, the Bible, and you speak to God through prayer. What an adventure! As a Christian, spending this time in God's Word every day is very important for you to grow closer to Him.

**This booklet is divided into two sections:**

## Personal Prayer Diary

where you can write prayer requests to remind yourself to pray for people that you care about and things that are happening.

## Quiet Time Activity Pages

where creative activities challenge you to understand the truths from the Bible every day.



Hey, Parents! This Quiet Time is a great opportunity for you to have fun together with your child. Here are some tips to help your child get the most out of their time in God's Word.

- Sit down with your child around the same time each day.
- Gather supplies needed for activities.
- Use the Bible to look up references together.
- Talk through the activity and personal application.
- Encourage your child to use the prayer suggestions in the Pray section and pray with them.
- Complete the week by documenting how many days were completed and writing an encouraging note.

There is a Word of Life Quiet Time available for every person in your family! Look up Family Devotionals at [wolstore.org](http://wolstore.org). Since all the Quiet Times are based on the same Scripture passage each day, it's a great way to get the whole family talking about what they're learning from God's Word.

# Your Daily Quiet Time

## WEEKLY INTRODUCTION

Get a sneak peek into what you will learn about each week.

## DAILY PASSAGE

Each day, read the verses shown from your Bible.

## DAILY ACTIVITY

Complete the activity for that day.

## PRAYER

Let the prayer statement guide you as you pray each day.

You can also write down prayer requests in the front of this Quiet Time. The important thing is to remember to spend time talking to God in prayer.

**WEEK 1** **Our Inheritance**

**SUNDAY** **EPHESIANS 1:5**  
 God knows all things. When you believe in Jesus, God calls you His child.  
 Color the picture below. Are you a part of God's family? Talk to your parents or an adult at church if you are not sure.

**PRAY** Thank God for His great love for you.

**MONDAY** **EPHESIANS 1:12**  
 As a child of God, you should want to obey His Word and do things that please Him. When you obey God, you are showing others that you love Him.  
 Circle the words below that bring praise to God.  
 Hitting Obeying Helping Others  
 Sharing God's Word Cheating Saying Bad Words

**PRAY** Ask God to help you do things that are pleasing to Him.

**TUESDAY** **EPHESIANS 1:19**  
 You have power to do great things for God because He works in you and through you.  
 Hold your Quiet Time up to a mirror. What does God give you? Write the word on the line.  
 ɹəwɔq

**PRAY** Thank God for giving you strength to do good things when you ask Him.

Things I need for my Quiet Time:



MY BIBLE



MY QUIET TIME



CRAYONS OR MARKERS



A QUIET PLACE

# My Personal Prayer Diary

## Spend time with God through prayer.

Keeping a Personal Prayer Diary is a great way to remind yourself to pray for specific people and things. It also reminds you to thank God and to tell others when He answers your prayers.

### **FRIENDS AND FAMILY**

Ask God to help you to be more obedient and get along with others, so you can become the person He wants you to be. Your prayer time could include praying for friends and family, especially those who don't know Jesus as their Savior.

### **MISSIONARIES**

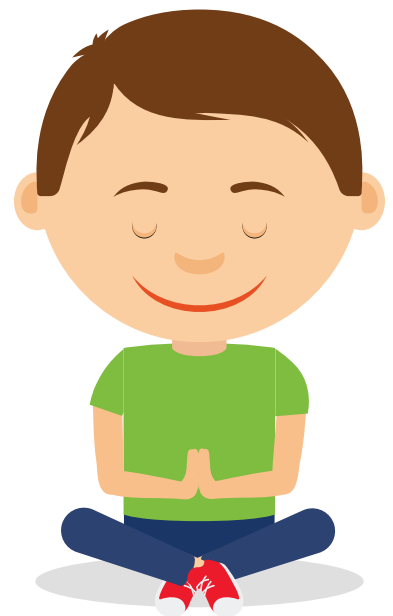
As you learn about missionaries who serve the Lord around the world, you can pray for them, too.

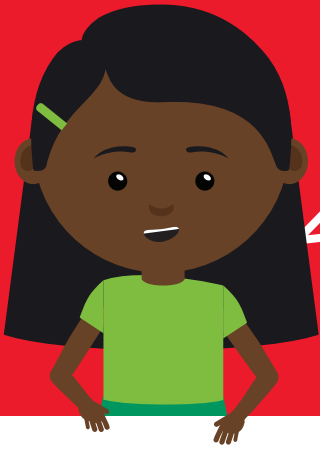
### **PRAISE AND THANKSGIVING**

Some of your prayer time should be used to thank and praise God. Thank Him for sending Jesus to die on the cross for your sins. You can thank Him for things like your family, home, friends, and church, and for creating the beautiful world we live in.

### **YOU CAN TALK TO GOD ABOUT ANYTHING!**

If someone in your family will be traveling, you can ask God to protect them. You can also ask God to meet needs for things like clothing, food, or even a job for your dad. Really, you can talk to God about anything. But be careful not to be selfish! Don't ask for things that you want only for yourself.





# Prayer Requests

**PRAYER REQUEST**

**HOW MY PRAYER WAS ANSWERED**


**I am thankful to God for...**


**I praise God for...**


# Our Inheritance

Can you name some of the things God gives those who respond to His offer of salvation?

- A new life
- Adoption into God's family
- He hears us when we pray.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# SUNDAY

EPHESIANS 1:5

God knows all things. When you believe in Jesus, God calls you His child.



Color the picture below. Are you a part of God's family? Talk to your parents or an adult at church if you are not sure.



## PRAY

Thank God for His great love for you.

# MONDAY

EPHESIANS 1:12



As a child of God, you should want to obey His Word and do things that please Him. When you obey God, you are showing others that you love Him.

Circle the words below that please God.

Hitting  
Obeying

Helping  
Others

Cheating

Sharing  
God's  
Word

Saying Bad  
Words

# TUESDAY

EPHESIANS 1:19

You have power to do great things for God because He works in you and through you.

Hold your Quiet Time up to a mirror. What does God give you? Write the word on the line.



**19WOQ**

## PRAY

Thank God for giving you strength to do good things when you ask Him.

## PRAY

Ask God to help you do things that are pleasing to Him.

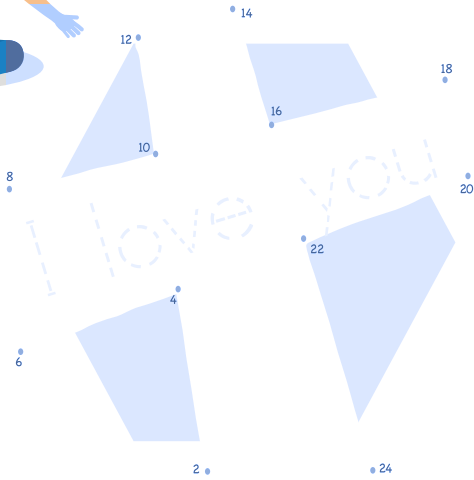
# WEDNESDAY

EPHESIANS 2:4-5



God loves you so much that He wanted to save you from your sin even before you knew about Him.

Count by twos from 2 to 24 to connect the dots. Trace the letters written on the cross to see what God says to you.



# THURSDAY

EPHESIANS 2:8-9



The only way you can be saved from your sin is by believing that Jesus died on the cross to take your punishment. You cannot do anything on your own to be saved.

God offers you the free gift of salvation. Use the color code to color the picture.



- 1 = Yellow
- 2 = Blue
- 3 = Red

## PRAY

Thank God for being so kind and forgiving.

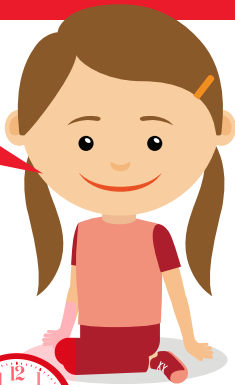
## PRAY

Thank God for His free gift of salvation.

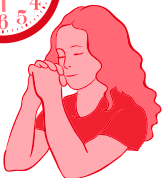
# FRIDAY

EPHESIANS 2:18

You can pray to God without having to have someone else pray for you. You can pray to God any time you want.



When is each child praying? Write the time.



## PRAY

Tell God thank you for always listening when you pray.

# SATURDAY

EPHESIANS 2:19



When you ask Jesus to save you from your sin, you are part of God's family and are no longer a stranger to God.

Take the boy through the maze to meet Jesus.



## PRAY

Ask God to bless your church, your Christian friends, and your family.

# Olympians

is a fun Bible-based program for kids just like you in grades 1-6!

## CHALLENGERS

(grades 1-2)

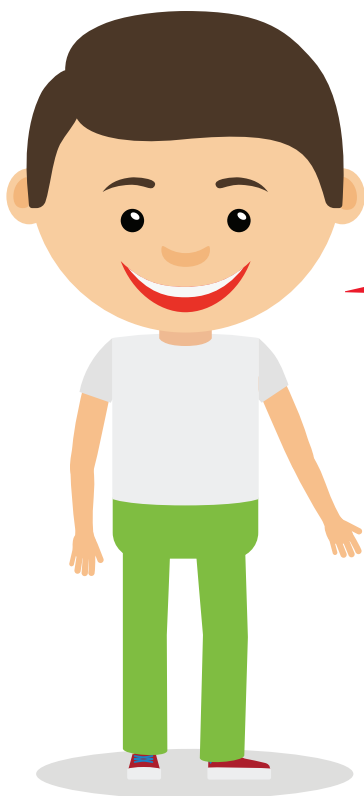
## CONQUERORS

(grades 3-4)

## CHAMPIONS

(grades 5-6)

Just like Olympic athletes train to be the very best they can be, your Olympians coach will help train you to be the best you can be for Jesus! The goal is to please Jesus in everything we think, say and do!



### HERE'S WHAT'S WAITING FOR YOU AT OLYMPIANS:

**A FANTASTIC KICK-OFF** followed by fun songs, exciting games, and a Bible lesson to learn from

**A CARING OLYMPIANS COACH** to help you learn about the Bible, pray for your needs, and have fun with you

**A GREAT TIME WITH FRIENDS**

Olympians will be the **highlight** of your week! Don't miss it!

# HOW TO KEEP TRACK OF YOUR PROGRESS

Qualifier Award

## QUALIFIER

Meeting 1
Meeting 2
Meeting 3
Motto

### BRONZE LEVEL

TARGET DATE \_\_\_\_\_

VERSE TEST DATE \_\_\_\_\_

**MEMORY VERSES**  
4 verses and pass the Test

Genesis 9:13	James 1:5a	Bronze Verse Test
Jonah 2:2a	Proverbs 12:22	

**SERVICE ACTIVITIES**

Service 1	Description: _____
Service 2	Description: _____

**CHRISTIAN BOOKS**

Book 1	Title: _____
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**FAITHFULNESS**

Quiet Time	Attendance
------------	------------

### SILVER LEVEL

TARGET DATE \_\_\_\_\_

VERSE TEST DATE \_\_\_\_\_

**MEMORY VERSES**  
4 verses and pass the Test

Galatians 3:6	John 5:24a	Silver Verse Test
Genesis 1:27	Romans 5:5b	

**SERVICE ACTIVITIES**

Service 3	Description: _____
Service 4	Description: _____

**CHRISTIAN BOOKS**

Book 2	Title: _____
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**FAITHFULNESS**

Quiet Time	Attendance
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### GOLD LEVEL

TARGET DATE \_\_\_\_\_

VERSE TEST DATE \_\_\_\_\_

**MEMORY VERSES**  
4 verses and pass the Test

Isaiah 7:14b	Romans 6:23	Gold Verse Test
Proverbs 28:13	Ephesians 2:10	

**SERVICE ACTIVITIES**

Service 5	Description: _____
Service 6	Description: _____

**CHRISTIAN BOOKS**

Book 3	Title: _____
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**FAITHFULNESS**

Quiet Time	Attendance
------------	------------

**EXTRA CREDIT**  
Memorize books of the Bible.

Old Testament	New Testament
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This form is for those keeping records of program progress.  
Detailed instructions and a listing of Service Ideas are located in the Challenger program pages in the back of this book.

## QUALIFIER

Come to Olympians three times and recite the Motto to receive your Qualifier Award!

## MEMORY VERSES

Keep track of each Bible verse you memorize. Your Verse Sheets are in this Quiet Time.

## SERVICE ACTIVITIES

Your Olympians coaches will help you show the love of Jesus to others through service activities.

## CHRISTIAN BOOKS

Read some great Christian books written just for you.

## FAITHFULNESS

Read your Bible and do your Quiet Time regularly, plus don't forget to come to Olympians weekly.

As you finish the **Bronze**, **Silver**, and **Gold** levels, you will be able to receive some great awards to recognize your hard work. **You can see them on the next page!**

# Old Testament

- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy
- Joshua
- Judges
- Ruth
- 1 Samuel
- 2 Samuel
- 1 Kings
- 2 Kings
- 1 Chronicles
- 2 Chronicles
- Ezra
- Nehemiah
- Esther
- Job
- Psalms
- Proverbs
- Ecclesiastes
- Song of Solomon
- Isaiah
- Jeremiah
- Lamentations
- Ezekiel
- Daniel
- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakkuk
- Zephaniah
- Haggai
- Zechariah
- Malachi

# Scripture Memory

✓ Check each verse as it is memorized.

## Olympians Motto:

“I press toward the mark for the prize of the high calling of God in Christ Jesus.”

PHILIPPIANS 3:14



Want to review your verses online? Scan the QR code to open the Quizlet App to help review your verses.

### 1 Why did God make rainbows?

#### Genesis 9:13

I do set my bow in the cloud, and it shall be for a token of a covenant between me and the earth.

### 2 What should I do when I am stressed?

#### Jonah 2:2a

And said, I cried by reason of mine affliction unto the Lord, and he heard me.

### 3 What should I do when I need wisdom?

#### James 1:5a

If any of you lack wisdom, let him ask of God, that giveth to all men liberally.

### 4 What does God think about lying?

#### Proverbs 12:22

Lying lips are abomination to the LORD: but they that deal truly are his delight.

### 5 How was Abraham saved?

#### Galatians 3:6

Even as Abraham believed God, and it was accounted to him for righteousness.

### 6 How were people created?

#### Genesis 1:27

So God created man in his own image, in the image of God created he him; male and female created he them.

# Scripture Memory

✓ Check each verse as it is memorized.

**How do I have everlasting life?**

7

**John 5:24a**

Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life.

**What does the Holy Spirit put in my heart?**

8

**Romans 5:5b**

The love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

**What was prophesied about Jesus in the Old Testament?**

9

**Isaiah 7:14b**

Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.

**What happens when I try to cover my sins?**

10

**Proverbs 28:13**

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

**What is God's gift to me?**

11

**Romans 6:23**

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

**Why was I created?**

12

**Ephesians 2:10**

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

## New Testament

Matthew

Mark

Luke

John

Acts

Romans

1 Corinthians

2 Corinthians

Galatians

Ephesians

Philippians

Colossians

1 Thessalonians

2 Thessalonians

1 Timothy

2 Timothy

Titus

Philemon

Hebrews

James

1 Peter

2 Peter

1 John

2 John

3 John

Jude

Revelation



The following chart displays the Bible books and chapters for this year's Quiet Times. All Quiet Times cover the same passages each day so the whole family can stay connected to God's Word. Two schedules have been included or you can create your own for your group or family.

# Daily Passages



Week #	Books (Chapters)	2024-25 Academic Schedule	2025 Calendar Schedule
week 1	Ephesians 1-2	Aug 25 - Aug 31	Dec 29 - Jan 4
week 2	Ephesians 3-4	Sep 1 - Sep 7	Jan 5 - Jan 11
week 3	Ephesians 5-6	Sep 8 - Sep 14	Jan 12 - Jan 18
week 4	Psalms 77, 98, 104, 114, 115	Sep 16 - Sep 21	Jan 19 - Jan 25
week 5	John 1	Sep 22 - Sep 28	Jan 26 - Feb 1
week 6	John 2-4	Sep 29 - Oct 5	Feb 2 - Feb 8
week 7	John 4-5	Oct 6 - Oct 12	Feb 9 - Feb 15
week 8	John 6	Oct 13 - Oct 19	Feb 16 - Feb 22
week 9	John 7-8	Oct 20 - Oct 26	Feb 23 - Mar 1
week 10	John 8-9	Oct 27 - Nov 2	Mar 2 - Mar 8
week 11	John 9-11	Nov 3 - Nov 9	Mar 9 - Mar 15
week 12	John 11-12	Nov 10 - Nov 16	Mar 16 - Mar 22
week 13	John 12-14	Nov 17 - Nov 23	Mar 23 - Mar 29
week 14	John 14-16	Nov 24 - Nov 30	Mar 30 - Apr 5
week 15	John 17-19	Dec 1 - Dec 7	Apr 6 - Apr 12
week 16	John 19-21	Dec 8 - Dec 14	Apr 13 - Apr 19
week 17	Proverbs 18, 20-21	Dec 15 - Dec 21	Apr 20 - Apr 26
week 18	Proverbs 21-23, 26	Dec 22 - Dec 28	Apr 27 - May 3
week 19	Isaiah 1, 6, 11-12, 14, 25, 40	Dec 29 - Jan 4	May 4 - May 10
week 20	Isaiah 40-41, 43, 53, 58, 66	Jan 5 - Jan 11	May 11 - May 17
week 21	Philippians 1-2	Jan 12 - Jan 18	May 18 - May 24
week 22	Philippians 2-4	Jan 19 - Jan 25	May 25 - May 31
week 23	Hebrews 1-3	Jan 26 - Feb 1	Jun 1 - Jun 7
week 24	Hebrews 4-6	Feb 2 - Feb 8	Jun 8 - Jun 14
week 25	Hebrews 7-9	Feb 9 - Feb 15	Jun 15 - Jun 21
week 26	Hebrews 9-10	Feb 16 - Feb 22	Jun 22 - Jun 28
week 27	Hebrews 10-11	Feb 23 - Mar 1	Jun 29 - Jul 5
week 28	Hebrews 12-13	Mar 2 - Mar 8	Jul 6 - Jul 12
week 29	Psalms 100, Proverbs 8, 10	Mar 9 - Mar 15	Jul 13 - Jul 19
week 30	Exodus 1-4	Mar 16 - Mar 22	Jul 20 - Jul 26
week 31	Exodus 4-8	Mar 23 - Mar 29	Jul 27 - Aug 2
week 32	Exodus 8-11	Mar 30 - Apr 5	Aug 3 - Aug 9
week 33	Exodus 12-14	Apr 6 - Apr 12	Aug 10 - Aug 16
week 34	Exodus 14-17	Apr 13 - Apr 19	Aug 17 - Aug 23
week 35	Exodus 19-20, 24-25, 31	Apr 20 - Apr 26	Aug 24 - Aug 30
week 36	Exodus 32-34, 40	Apr 27 - May 3	Aug 31 - Sep 6
week 37	Proverbs 11, 14, Psalm 103	May 4 - May 10	Sep 7 - Sep 13
week 38	Revelation 1-2	May 11 - May 17	Sep 14 - Sep 20
week 39	Revelation 3-5	May 18 - May 24	Sep 21 - Sep 27
week 40	Revelation 19-22	May 25 - May 31	Sep 28 - Oct 4
week 41	Psalms 141, Proverbs 15-16	Jun 1 - Jun 7	Oct 5 - Oct 11
week 42	Romans 1-3	Jun 8 - Jun 14	Oct 12 - Oct 18
week 43	Romans 3-6	Jun 15 - Jun 21	Oct 19 - Oct 25
week 44	Romans 7-9	Jun 22 - Jun 28	Oct 26 - Nov 1
week 45	Romans 10-12	Jun 29 - Jul 5	Nov 2 - Nov 8
week 46	Romans 13-16	Jul 6 - Jul 12	Nov 9 - Nov 15
week 47	Psalms 107, 139, Proverbs 17	Jul 13 - Jul 19	Nov 16 - Nov 22
week 48	2 Chronicles 1, 5, 7, 9, 12	Jul 20 - Jul 26	Nov 23 - Nov 29
week 49	2 Chronicles 20, 26, 34	Jul 27 - Aug 2	Nov 30 - Dec 6
week 50	Psalms 121, 143, 145-147	Aug 3 - Aug 9	Dec 7 - Dec 13
week 51	2 Timothy 1-2	Aug 10 - Aug 16	Dec 14 - Dec 20
week 52	2 Timothy 3-4	Aug 17 - Aug 23	Dec 21 - Dec 27