

NAME:

**ONE-YEAR
DAILY DEVOTIONAL
FOR GRADES
3 & 4**

QUIET TIME

CONQUEROR

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 book is divided into three sections:

Your Personal Prayer Diary

This is 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

These pages contain creative activities to challenge you to understand truths from the Bible every day.

Olympians Program Pages

This section tells you all about the Olympians program if you attend one at your church. It also provides a place to document your progress.



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.

This Quiet Time is just one part of a comprehensive Children's Ministry program called Olympians. You can learn more about it in the back of this book, or go to wol.is/olympians for more information.

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

SUNDAY

EPHESIANS 1:3-6

DID YOU KNOW?

As early as 6 B.C., Persians delivered mail by placing messengers a day's journey apart (very similar to the Pony Express). However, personal letters were delivered by friends or traveling traders.

MONDAY

EPHESIANS 1:13-14

We have redemption through His (Christ's) _____, the _____ of sins.

The moment you accept Jesus as your Savior, you become a child of God. One day your home will be in Heaven.

Color the dotted areas.



Who is the Seal of Promise? _____

GET STARTED

What is an inheritance? (Look it up if you don't know.)

If you have accepted Christ as your Savior, you have an inheritance waiting for you in Heaven. Take a moment to thank God for your inheritance in Heaven.

TUESDAY

EPHESIANS 1:15-20

These ideas below were all in your quiet time today.

Find them in this puzzle.

C	E	F	P	S	W	O	E	U	Y	Z
G	S	B	R	D	G	I	V	H	L	N
F	A	U	A	R	L	E	Y	E	S	D
A	I	V	Y	U	M	W	E	A	R	S
I	N	H	E	R	I	T	A	N	C	E
T	T	P	R	I	N	H	T	K	O	R
H	S	N	S	G	L	O	V	E	U	T
W	I	S	D	O	M	P	N	W	A	R

FAITH WISDOM LOVE
SAINTS INHERITANCE
EYES PRAYERS

GET STARTED

Paul wanted the believers to get wisdom. Wisdom is the main idea of this passage. Pray and ask God to give you wisdom.

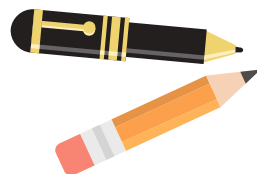
Things I need for my Quiet Time:



MY BIBLE



MY QUIET TIME



PEN OR PENCIL



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.

PRAISES 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!

Just like your best friend, God wants to hear what you're thinking and feeling. You can talk to Him about anything that's on your heart. God created you. He knows you better than anyone else. Prayer is the chance you have to talk to the One who loves you the most.



Prayer Requests

PRAYER REQUEST

HOW MY PRAYER WAS ANSWERED

I am thankful to God for...

I praise God for...

WEEK 1

SUNDAY

EPHESIANS 1:3-6

The moment you accept Jesus as your Savior, God adopts you into His family.

Fill out the “New Birth” certificate below.

BIRTH CERTIFICATE

Name:
 I accepted Jesus as my personal Savior.

When:

Where:

How:

My special verse:

GET STARTED

Have you accepted Jesus as your Savior? If so, please fill this out and thank God for adopting you into His family. If you have not, please talk to your parents, your Sunday School teacher, church leader or pastor to explain to you how you can be adopted into God’s family today.

DID YOU KNOW?

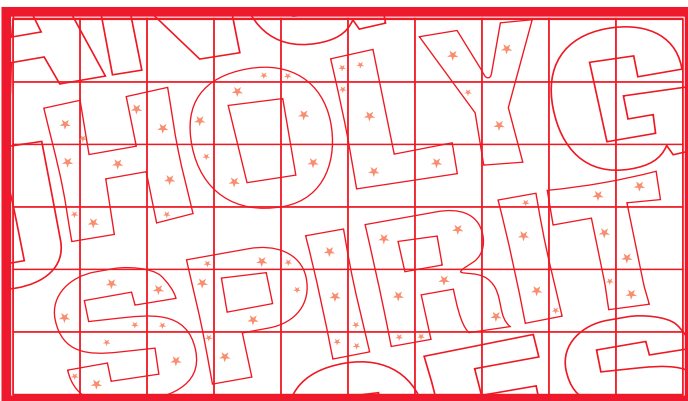
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A	I	V	Y	U	M	W	E	A	R	S
I	N	H	E	R	I	T	A	N	C	E
T	T	P	R	I	N	H	T	K	O	R
H	S	N	S	G	L	O	V	E	U	T
W	I	S	D	O	M	P	N	W	A	R

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 SAINTS INHERITANCE
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WEDNESDAY EPHESIANS 2:1-7

Draw a line from the words Before and After to the words that show what we are like before and after we receive Jesus as our Savior.

God

dead alive mercy

Before sin wrath After

heavenly Satan

disobedience worldly

GET STARTED

Write one way your life has changed since you became a Christian. If you aren't sure you are a Christian, ask your parents about it.

THURSDAY EPHESIANS 2:8-9

According to the verses you read, a person gets saved by what? _____ and through what? _____.

Salvation is the _____ of God!



GET STARTED

If you've already received God's gift of salvation, please share with someone today. If you have not received God's gift, please talk to your parents and/or your church leader about how you can receive the gift of salvation.

FRIDAY EPHESIANS 2:14-18

The best way to bring peace between enemies is for them to both believe in _____.

**JESUS
BROUGHT
PEACE**



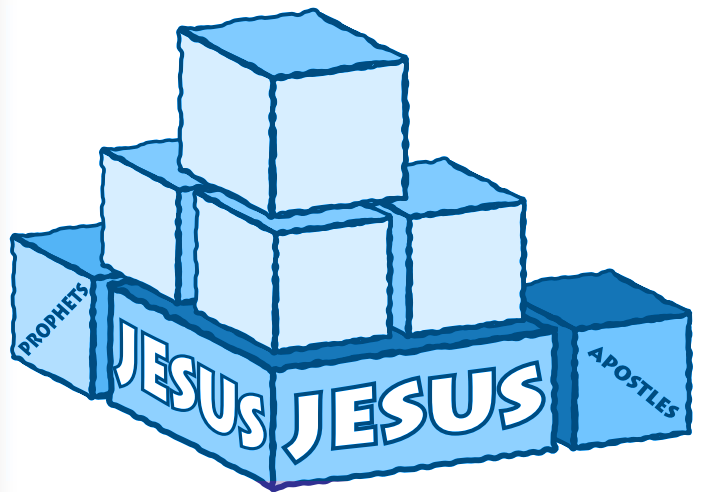
GET STARTED

Do you know people who are fighting with each other? Pray that they come to know Christ and can begin loving each other instead.

SATURDAY EPHESIANS 2:19-22

Every building needs a foundation. The church (all those who receive Jesus as their Savior) is part of God's building.

Who is the Chief Cornerstone? _____



GET STARTED

If you have received Jesus as your Savior, add your name to a block and the names of others who you know are Christians. If you could not write your name on one of the blocks, be sure to talk to your parents and/or a church leader.

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 coaches will help train you to be the best you can be for Jesus!

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
6 verses and pass the Test

Genesis 9:13	James 1:5a	Colossians 3:9	Bronze Verse Test
Jonah 2:2a	Proverbs 12:22	Hebrews 13:16	

SERVICE ACTIVITIES

Service 1	Description: _____
Service 2	Description: _____
Service 3	Description: _____

CHRISTIAN BOOKS

Book 1	Title: _____
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FAITHFULNESS

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

SILVER LEVEL

TARGET DATE _____

VERSE TEST DATE _____

MEMORY VERSES
6 verses and pass the Test

Galatians 3:6	John 5:24a	Mark 16:15	Silver Verse Test
Genesis 1:27	Romans 5:5b	Galatians 6:6	

SERVICE ACTIVITIES

Service 4	Description: _____
Service 5	Description: _____
Service 6	Description: _____

CHRISTIAN BOOKS

Book 2	Title: _____
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FAITHFULNESS

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

GOLD LEVEL

TARGET DATE _____

VERSE TEST DATE _____

MEMORY VERSES
6 verses and pass the Test

Isaiah 7:14b	Romans 6:23	1 Peter 4:10	Gold Verse Test
Proverbs 28:13	Ephesians 2:10	Romans 14:13a	

SERVICE ACTIVITIES

Service 7	Description: _____
Service 8	Description: _____
Service 9	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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QUALIFIER

Collect all these items to be a qualifier and get 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.

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

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!**

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.

Why did God make rainbows?

1

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.

What should I do when I am stressed?

2

Jonah 2:2a

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

What should I do when I need wisdom?

3

James 1:5a

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

What does God think about lying?

4

Proverbs 12:22

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

Once I give my life to God, what should I no longer do?

5

Colossians 3:9

Lie not one to another, seeing that ye have put off the old man with his deeds.

Who is pleased when I share?

6

Hebrews 13:16

But to do good and to communicate forget not: for with such sacrifices God is well pleased.

How was Abraham saved?

7

Galatians 3:6

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

How were people created?

8

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.

How do I have everlasting life?

9

John 5:24a

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

Old Testament

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

Scripture Memory

✓ Check each verse as it is memorized.

10
What does the Holy Spirit put in my heart?

Romans 5:5b

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

11
Where should I go to tell others about Jesus?

Mark 16:15

And he said unto them, Go ye into all the world, and preach the gospel to every creature.

12
How should I treat my Pastor and teachers from church?

Galatians 6:6

Let him that is taught in the word communicate unto him that teacheth in all good things.

13
What was prophesied about Jesus in the Old Testament?

Isaiah 7:14b

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

14
What happens when I try to cover my sins?

Proverbs 28:13

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

15
What is God's gift to me?

Romans 6:23

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

16
Why was I created?

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.

17
What should I do with the gifts God has given me?

1 Peter 4:10

As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.

18
What should people stop doing?

Romans 14:13a

Let us not therefore judge one another any more.

New Testament

Matthew

Romans

Philippians

2 Timothy

1 Peter

Jude

Mark

1 Corinthians

Colossians

Titus

2 Peter

Revelation

Luke

2 Corinthians

1 Thessalonians

Philemon

1 John

John

Galatians

2 Thessalonians

Hebrews

2 John

Acts

Ephesians

1 Timothy

James

3 John

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