

Quiet Time

INTERACTIVE 

1
YEAR

Daily devotional
FOR **teens**
& **adults**



Word of Life
Youth Ministries

My Quiet Time Schedule

Welcome to a new year of Quiet Time! With most trips, you'll want to map out where you're going to go, and this Quiet Time journey is no different. Below you will find some tools to help you plan and reach your destination of spending this year with God in His Word.

The following chart displays the Bible books and chapters that will be covered in this year's Quiet Time. You may want to use it to help you plan when you (or you and your family) want to study specific books of the Bible throughout the year. Since all Word of Life Quiet Times cover the same passages each day, the whole family (from preschool-adult) can stay connected with each other in God's Word.

WEEK #	BOOKS (CHAPTERS)	PLANNED START DATE
WEEK 1	James 1-3	_____
WEEK 2	James 3-5	_____
WEEK 3	Genesis 1-5	_____
WEEK 4	Genesis 6-11	_____
WEEK 5	Genesis 12-22	_____
WEEK 6	Genesis 24-27	_____
WEEK 7	Genesis 27-35	_____
WEEK 8	Genesis 37-41	_____
WEEK 9	Genesis 41-44	_____
WEEK 10	Genesis 45-50	_____
WEEK 11	Psalms 1-5, Proverbs 6	_____
WEEK 12	Galatians 1-3	_____
WEEK 13	Galatians 3-4	_____
WEEK 14	Galatians 5-6	_____
WEEK 15	Matthew 1-5	_____
WEEK 16	Matthew 5-8	_____
WEEK 17	Matthew 8-10	_____
WEEK 18	Matthew 11-13	_____
WEEK 19	Matthew 13-16	_____
WEEK 20	Matthew 16-18	_____
WEEK 21	Matthew 18-20	_____
WEEK 22	Matthew 21-22	_____
WEEK 23	Matthew 23-25	_____

My Quiet Time Schedule

WEEK #	BOOKS (CHAPTERS)	PLANNED START DATE
WEEK 24	Matthew 25-26	_____
WEEK 25	Matthew 27-28, Psalm 19	_____
WEEK 26	1 Thessalonians 1-3	_____
WEEK 27	1 Thessalonians 4-5	_____
WEEK 28	2 Peter 1-2	_____
WEEK 29	2 Peter 3, Psalms 22-23	_____
WEEK 30	1 Corinthians 1-3	_____
WEEK 31	1 Corinthians 3-7	_____
WEEK 32	1 Corinthians 7-10	_____
WEEK 33	1 Corinthians 10-12	_____
WEEK 34	1 Corinthians 12-15	_____
WEEK 35	1 Corinthians 15-16	_____
WEEK 36	Proverbs 1-3	_____
WEEK 37	Nehemiah 1-4	_____
WEEK 38	Nehemiah 5-8	_____
WEEK 39	Nehemiah 9-13	_____
WEEK 40	1 Timothy 1-4	_____
WEEK 41	1 Timothy 4-6	_____
WEEK 42	Mark 1-3	_____
WEEK 43	Mark 3-5	_____
WEEK 44	Mark 5-7	_____
WEEK 45	Mark 7-9	_____
WEEK 46	Mark 9-11	_____
WEEK 47	Mark 11-13	_____
WEEK 48	Mark 13-14	_____
WEEK 49	Mark 14-16, Proverbs 2	_____
WEEK 50	Psalms 27, 37, 46, 51, 53	_____
WEEK 51	Ecclesiastes 1-12	_____
WEEK 52	Jude 1-20, Proverbs 4	_____

For those that want to use an academic or calendar date schedule, the following QR code provides these two schedules for this year for your group or family.



The Bible Changes You

The Word of God, the Bible, is the most powerful resource that every Christian has. It changes us as we read it, think about it, and do what it says. The Holy Spirit who lives inside every believer also uses the Bible to speak to us. He takes the words written in the Bible and tells us what God wants us to know for our lives. When something is interactive, it works in a way to have an effect on another. Quiet Time Interactive does just that: it is a tool that helps you to interact with the powerful Word of God and with God Himself, which will have an incredible effect on your life.

Quick Start Guide

Follow these simple steps to grow in your relationship with God.

1. **ASK – Ask God to speak to you.**

Ask God to take the words written in the Bible to tell you what He wants you to know. Ask Him to help you do what He tells you to do.

2. **READ – Read and interact with the passage.**

Read the verses and answer the questions as they apply to your life.

3. **DO – Think of one action to take.**

Applying God's Word is where you do something with what you have read. Here are some easy ways for you to act on what you learned:

- Post a verse or a key thought from the reading on your favorite social media platform.
- Tell or text a friend what you learned.
- Create a very short application phrase and review it throughout the day.

**That's what Quiet Time
is all about: spending
time with God.**

A dark blue silhouette of a house with a chimney on the right side. Inside the house, the words "Home Connect" are written in white, bold, sans-serif font. Below the text is a large white QR code. The background is a vibrant teal with abstract geometric shapes like circles, triangles, and lines in various shades of blue and green.

Home Connect



HOME CONNECT

Family or Group Devotions

Home Connect simplifies the organization of your family or group devotions, providing a curated weekly devotional centered around the Word of Life Quiet Times. Every devotion begins with a shared reading of the text, followed by discussions on its significance and practical applications in daily life. Tailored questions cater to various age groups, ensuring engagement from grades 5-6 to Teens and Adults, fostering inclusive growth and participation.

The beginning of each week features a Home Connect document for a particular day of the week. It can be used online or printed. Fifty-two devotions are included with this quiet time.

A graphic featuring a large white number "1" with a white ribbon banner wrapped around its base. The word "YEAR" is written in white, bold, sans-serif font on the banner. The background is dark blue with white geometric shapes like triangles and circles.

1
YEAR

Daily devotional
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The Cause Circle

The Cause Circle is a simple tool that will help you be more intentional about sharing Jesus' message, the Gospel, with your friends. It is built around three simple priorities: **Prayer. Care. Share.**

Prayer. Jesus knew how important it was to talk to God about people, before He talked to people about God. . .and the same is true for us. When we start by praying for the people we are seeking to reach with the Gospel, it prepares their hearts to hear the Good News of Jesus.

Care. Jesus often healed the sick, fed the hungry, and helped the hurting. In the same way, we must show love to those we are trying to reach. We do this by listening to them and caring for them.

Share. We must lovingly share the Gospel message clearly and confidently. A restored relationship with God is the absolute best news on the planet, so don't be afraid to ask them to put their trust in Jesus! If they say "No," or "Not now," continue the Prayer, Care, Share process. And if they say "Yes," celebrate! Then get them plugged into a good church, help them grow deeper in the faith, and challenge them to begin their own Cause Circle of Prayer, Care, Share with their own friends.



My Prayer List

DATE / REQUEST

DATE / ANSWER

Weekly Action Sheet

DO IT!

Write the action step you will take to live out what you have learned this week from God's Word.



MY CAUSE CIRCLE

CARE: Write how you will show Christ's love to your lost friend this week.



SHARE: Write where, when, and how you will share the gospel this week.

MY WEEKLY PRAYER



REQUESTS

Home
Connect



Featured day: **Wednesday**

Use the QR code to open this week's Home Connect devotional.



TRUTH: James 1:1-8

James 1:1

James wrote to _____, which were Jewish Christians scattered due to persecution.

He introduced himself as a _____.

Notice: He didn't brag about being the half-brother of Jesus!

James 1:2

Count trials and difficulties as what??? _____

Because these Jews believed in Jesus, the traditional Jews hated them.

The non-Jews (Gentiles) rejected them, too.

What is my natural reaction when people reject me, or I face hard circumstances?

James 1:3-4

How could I ever be glad about trials? _____

James says trials produce patience. Google and define that:

"Patience is not a passive acceptance of circumstances. It is courageous perseverance in the face of suffering." ~ Warren Wiersbe

God uses difficulties to make me stronger . . . if I let Him! (**Romans 8:28**)

In what areas do I think God is trying to grow me right now? _____

God wants to grow me in patience and that will take a lot of intense training, but He promises to help me in the process!

James 1:5

I need wisdom to face these difficulties.

How does James say I can get this? _____

I will write a prayer asking God for wisdom to know how to handle the trial(s) I am facing right now. _____

Will I let God use this to grow me?

Yes. I will ask a friend to pray for me to grow in this area as well.

I will choose to pray instead of complain.

James 1:6-8

Do I *truly* believe God will help me with what I wrote down? Y N

With God's help, I will gratefully see trials as opportunities to grow! Y N



Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: James 1:9-18

James 1:9

James said believers who may be poor or may not have high positions can boast in their privileged position in Christ! (**Ephesians 2:7**)

True or False?

T | F I have a hard time seeing the riches I have in Christ.
If I believe in Christ to save me from my sin, what is my position?

(See **Romans 8:16-17** for help.)

James 1:10-12

Do I think money will make me happy? Y N

Does money last? Y N

Yet followers of Jesus can enjoy everlasting riches in Him.

Earthly riches don't last, but God's rewards do.

If I obey God through difficult trials in my life, what does He promise me in **verse 12**? _____

If I'm honest, which rewards do I value more? **Earthly | God's**

I will ask God to help me see the value of His gifts.

James 1:13-15

Does God tempt me? (**v. 13**) Y N

Where do temptations come from? (**v. 14**)

my desires | God | my enemies

According to **verse 15**, sin always brings forth _____ (separation from God).

Sin never accomplishes good.

I will ask God to help me obey Him regardless of how I feel.

James 1:16-17

Where does everything good come from? _____

Some of the good things God has done for me are: _____

James 1:18

God made us His children because He wanted us!

Why does a loving parent discipline their children? _____

Why does a good teacher test their students? _____

I will commit to trusting God to grow me through trials instead of thinking He is against me. Y N

I will thank God right now that He is always for me—never against me.

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:



SHARE IT

TRUTH: James 1:19-27

Time to be honest! How well do I really listen?

- So good I even remember all the little details people say!
- I listen well if others listen well to me.
- No comment.
- I don't listen because what I have to say is more important.

James 1:19-20

James said to be: quick to _____, slow to _____, slow to _____.

Not only should I listen to others, but also to God's Word.

How well do I listen to God's Word? **Not well** 0 1 2 3 4 5 **Very well**

The last time I got angry was _____.

How did my anger affect me? _____

True or False?

T | F Anger produces righteousness.

Next time I want to get angry with someone, I need to remember that anger will not help! I agree. I disagree.

James 1:21

This verse says to get rid of evil and filth in my life.

For me that would be the following: _____.

Who will I ask to keep me accountable in this? _____

To humbly accept/receive with meekness the . . . word means to obey and submit to God's Word even when I don't want to.

- I will ask God to help me with this.

James 1:22-25

I am supposed to not only listen to God's Word, I am supposed to:

_____.

One thing I have learned from God's Word that I need to actually do is:

_____.

How do I receive the blessing? _____

James 1:26

I have the hardest time controlling my tongue when _____.

- I cannot be an obedient child of God and at the same time be careless with my words, so I will pray for strength to control my tongue.

James 1:27

Real Christianity is seen by serving others.

Who will I serve today? _____



SHARE IT

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: James 2:1-9

What are examples and effects of favoritism in my world? _____

James 2:1

Am I obeying God when I show favoritism? Y N

James 2:2-7

“Showing partiality is identified as ‘evil thoughts’ because our real motivation is to benefit ourselves.” ~ Dr. Tom Davis

Who were these believers favoring? _____

Why would they do that? _____

Are there people or groups that—if I’m honest—I tend to favor? Y N

If so, who is it and why am I doing it? _____

Do I show favoritism to my friends over my family? Y N

Real devotion to God is seen in:

helping the helpless. | helping those who can help me.

Yesterday, I was challenged to serve someone.

Did I serve someone for my own advantage, or did I serve someone expecting nothing in return? _____

Do I trust God to take care of me when I help those who can’t help me?

Y N

Am I willing to...? (Check any that apply.)

risk my reputation give my time give my money

James 2:8-9

“Love your neighbor as _____” (**Leviticus 19:18**) is an old and famous teaching given to us by God.

Does He mean...? (Check all that apply.)

- the kids who gossip about me
- the unpopular kid
- the person who sadly follows a false religion
- the mean person
- the friend who failed to be there for me

God asks me to love everyone. That doesn’t mean I have to agree with everything everyone does but to love them as Christ loves me.

I will take time now to ask God for forgiveness for showing partiality and for help to grow in this area.





TRUTH: James 2:10-17

James 2:10-11

True or False?

T | F James said to break one of God's Laws is to be guilty of breaking all of God's Law.

T | F I have broken at least one or more of God's Laws.

T | F There is no hope since I have broken God's Laws.

According to **Galatians 2:16**, how am I justified (made right with God)?

- Going to church Faith in Jesus Christ Obeying God's Law

That means I have hope because of Christ's sacrifice on the cross!

- I will praise Him now for saving me even though I am a sinner.

James 2:12-13

True or False?

T | F James said I am to obey the law of liberty.

Do I let God tell me what to do on a daily basis? Y N

A parent commands their child not to play in the busy highway in order to protect them; that command gives them life and freedom.

God's Laws set me free by protecting me.

- I will thank Him for protecting me!

Am I usually a merciful person? Y N

Do I usually judge or speak to others harshly? Y N

One way I need to be more merciful is: _____

James 2:14-17

According to these verses, if faith has no works, it is _____. (v. 17)

True faith acts. It changes a person.

Is my faith just something I said in a prayer once, or is it alive and changing me?

What is one way my faith in God has changed me? _____

Do I know someone who says they know God but lives like they don't know Him?

Y N

If so, I will pray for them now to have a real relationship with God.

If this describes me, I will ask God's forgiveness in order to have a real relationship with Him.



SHARE IT

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: James 2:18-26

James 2:18

According to this verse, I can **show** my faith by:

my works. my words.

James 2:19

Do the demons believe God exists?

Y N

Are they afraid of Him?

Y N

But the demons are not going to Heaven so saving faith isn't merely believing God exists and fearing Him! Saving faith is believing that God sent Jesus to die on the cross for my sins that were separating me from having a personal relationship with Him and trusting in Him alone to save me.

James 2:20-26

We are justified by faith alone in God alone, not by works (**Rom. 3:20**), but we were created to do good works (**Ephesians 2:10**).

Good works do not buy our salvation; good works demonstrate to others that we have saving faith.

Verses 21-24 give two people who demonstrated their saving faith:

_____ and _____.

What did Abraham do that proved his faith? (**v. 21**) _____

What did Rahab do? (**v. 25**) _____

In both examples, these people did something because they *believed* God! They did *NOT* do it so God would save them, but they did it because they *trusted* in God—*belief* then *action*.

Time to self-reflect!

Do I only have intellectual knowledge of Jesus, or do I have living, saving faith in Jesus that has made changes in my life?

Do I trust Christ alone to save me from Hell? Y N

Do I do good works because God has saved me? Y N Sometimes

James 2:26

Faith without works is: (Circle.) **dead.** | **alive.**

I will ask God right now to help me to show others the saving faith He has given me.

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:





TRUTH: James 3:1-12

James 3:1-2

Why did James warn against many people becoming leaders?

- The church could not afford to pay them.
- Teachers are judged very strictly.
- They had enough leaders already.

Who stumbles/offends or sins? (v. 2) _____

I think the most dangerous thing in the world is: _____
 Some say the tongue is the most dangerous of all as it can grant life, and it can take life.

James 3:3-8

What can control a strong horse? (v. 3) _____

What can control a large boat? (v. 4) _____

Though these are both small, they have a huge impact!

Similarly, my _____ (v. 5) is a small part of my body but has a big impact.

The tongue is a _____. (v. 6) It can damage a lot!

Can humans tame the tongue? (v. 8) Y N

Do I use my tongue more to encourage people or to start problems?

Start problems 0 1 2 3 4 5 **Encourage**

At home, do I use my words to show love or impatience? _____

Do I struggle with gossiping? Y N

The tongue is full of deadly _____. (v. 8)

A time that my words hurt someone was: _____

James 3:9-12

Can one tree produce both oranges and apples? Y N

Can a spring produce both saltwater and fresh water? Y N

Can an obedient Christian bless God and curse people? Y N

Have I ever sung a praise song and then afterwards used my words to be rude/mean to someone? Y N

I will ask God to help me use my words for good.

Today, I will do that specifically by:

- Encouraging someone who needs it
- Refusing to gossip about someone
- Writing a thank you note, text, etc.
- _____



SHARE IT

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

Quiet Time

INTERACTIVE 

MOBILIZE for the cause

**A GUIDE TO SHARE
AND GROW YOUR FAITH**

This guide is designed to help in two ways.

For those of you who have recently put your faith in Jesus for the forgiveness of sins and received eternal life, these lessons will show you how to have a meaningful relationship with Jesus and guide you in sharing Jesus with your friends.

For those of you who have led a friend to faith in Jesus, these lessons will help you teach your friend how to have a meaningful relationship with Jesus and how to share Jesus with their circle of friends.

Jesus said we should go and make disciples (Matthew 28:19–20). As you progress through these lessons, you are joining the greatest cause ever: to reach your generation with the Gospel.

Remember, God wants to use you, your words, and your life to reach your friends. It's time to get going and mobilize for THE CAUSE!

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Life with Jesus Lasts Forever

List a few things that don't last.

1. _____
2. _____
3. _____
4. _____

Most everything in our world wears out and needs to be replaced. We get new clothes, new phones, and sometimes new friends. When we are really pressed to think about it, we realize not much lasts forever. That is what makes God's promise of eternal life, life with Jesus forever, so amazing.

Read Romans 6:23

According to this verse, what has God given to us as a gift?

- A better attitude
- Eternal life
- The ability to do good works

Notice that the verse says eternal life is a gift. If something is a gift, all you need to do is receive it and it is yours; there is no work involved!

Read Romans 3:23

According to this verse, what is it that we all do?

- Seek God
- Try to do good
- Sin

If eternal life, life with Jesus forever, depended on you and me being good enough to deserve it, it would be a lost cause because we all come far short of God's standard of sinless perfection. We all think, say, and do things that disobey God; we all have sin as a part of our "DNA." We were born with a natural propensity to sin. Think about it: no one had to teach you how to lie, you just did it instinctively.

Read John 3:16

This verse says God gives eternal life to everyone who believes. That is so simple. Anyone who believes in God's one and only Son (Jesus) can have eternal life, life with Jesus forever. Jesus is God. He was born of a virgin and lived a perfect life without sin. Jesus took the punishment for our sins. He died and rose again, proving He is God and has the power to forgive our sins and give us eternal life. By believing in Jesus, we receive the forgiveness of sins and eternal life that lasts forever.

Read John 10:28

What promises do you see in this verse? (Check all that apply.)

- I will never perish.
- If I am a good person, I receive eternal life.
- Jesus gives me eternal life.
- No one will take me out of God's hand.

This verse teaches that eternal life is *given*, it's not something you work for or something you have to work to maintain. **ETERNAL LIFE IS A GIFT THAT LASTS FOREVER!**

We can have confidence that eternal life is a gift from the loving and never-changing God of the universe. The next time you are thinking about those things that DON'T last forever, let it remind you of the one thing that *does* last forever, eternal life. Remember, eternal life started the day you believed in Jesus and will last forever.

ACTION STEPS

- As you wake up each day this week, take a few minutes to thank Jesus for giving you eternal life that lasts forever.
- Write out a prayer to God thanking Him for the forgiveness of sins.

Quiet Time

Now that you have begun a relationship with the Best Friend you will ever have, you will want to spend time with Him every day; this is called a quiet time. Quiet time is all about spending time with God, learning how to listen to Him (by reading the Bible) and learning how to talk to Him (through prayer).

Read Psalm 42:1-2

What words do you see in this verse that show the writer's desire to spend time with God? (Check all that apply.)

THIRST LOOK LONG PANTS

In the following paragraph, put a box around “Word of God,” circle “the Bible,” and highlight “Best Friend.”

The Word of God, the Bible, changes us as we read it, think about it, and do what it says. God's Holy Spirit, Who lives inside every believer, also uses the Bible to speak to us. He takes the words written in the Bible and tells us what God wants us to know for our lives. Investing time to read the Bible, trying to understand it, and then applying it in your life, will have an incredible effect on you!

YOUR QUIET TIME PLAN

Think through your typical day and decide what time you will set aside for your quiet time. Select a time that you can make consistent each day, when things are quiet, and you can really think. Choose a place that is quiet and has no distractions. Put a reminder somewhere, like on your phone, to help you build the habit. Plan to share what you learn each day with a friend, youth leader, or parent. The more detailed you are about the plan, the more likely you will be to follow through with it.

YOUR TIME WITH GOD

Pray

Before you start reading, take some time to talk with God by asking Him to speak to you through His Word. Ask Him to help you understand what you read and also to help you do whatever He tells you.

Peruse: “to examine with attention”

Go to the Quiet Time page and look up the Bible verses. If you aren't sure where the verses are, use the index in the front of your Bible, do a Google search, or use a Bible app. Read the verses and answer the questions. Your Word of Life Quiet Time will help you think about the meaning of the verses and how they can apply directly to your own life. You can use some of the following questions to help you with this:

- What does this passage teach me about God, others, myself, or life?
- Is there a command to obey?
- Is there a promise from God that applies to me?
- Is there a warning for me to pay attention to?
- Is there an example to follow or avoid?

If you have any questions, get stuck or have a hard time understanding something, feel free to ask for help from the person going through this lesson with you.

Practice

The last step is to apply God’s Word. This is when you take what you read and do something about it. Ask yourself, “If I were to take action on what I have learned, what would I do?” These questions can help you think through your application:

- Is there sin in my life I need to stop?
- Is there a way of thinking or an attitude that needs adjustment?
- Is there something I can celebrate and thank God for?
- Is there an action I need to take or a conversation I need to have?
- How will I live this out in my life today or this week?

You can reinforce what you learn by:

- Posting what God shows you to your favorite social media platform.
- Make a note about what you learned somewhere and read it a couple of times a day.
- Text what you learned to your parents, a friend, youth leader, or pastor and ask them what they learned from their quiet time with God.

ACTION STEPS

- Get your own Quiet Time this week at wol.is/Quiettime. If needed, have the friend going through this lesson help you. Once you have your Quiet Time, use the information in this lesson to set up your plan. (Scan the QR code)



- **WHEN** - I will have it: morning afternoon evening.
- **WHERE** - I plan to have it at this location: _____
- **WHO** - I will daily share what I learn with: _____

- Have at least one day of Quiet Time before your next meeting.