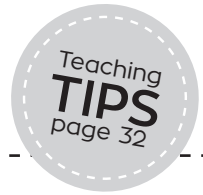


# God's Power in My Life



A. Spend regular quiet time with Jesus to talk with Him and learn about Him. Journal your thoughts by writing, drawing, or recording a video.

Here are some ideas. Check off where and when you spent time with Jesus, and what you did. Circle what you like best.

## Days

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

## Place

- on my bed
- in my room
- in my favorite chair
- outdoors in a special spot

## Time

- when I get up in the morning
- after breakfast
- after supper
- at bedtime
- at \_\_\_\_\_ o'clock

## WHAT TO DO

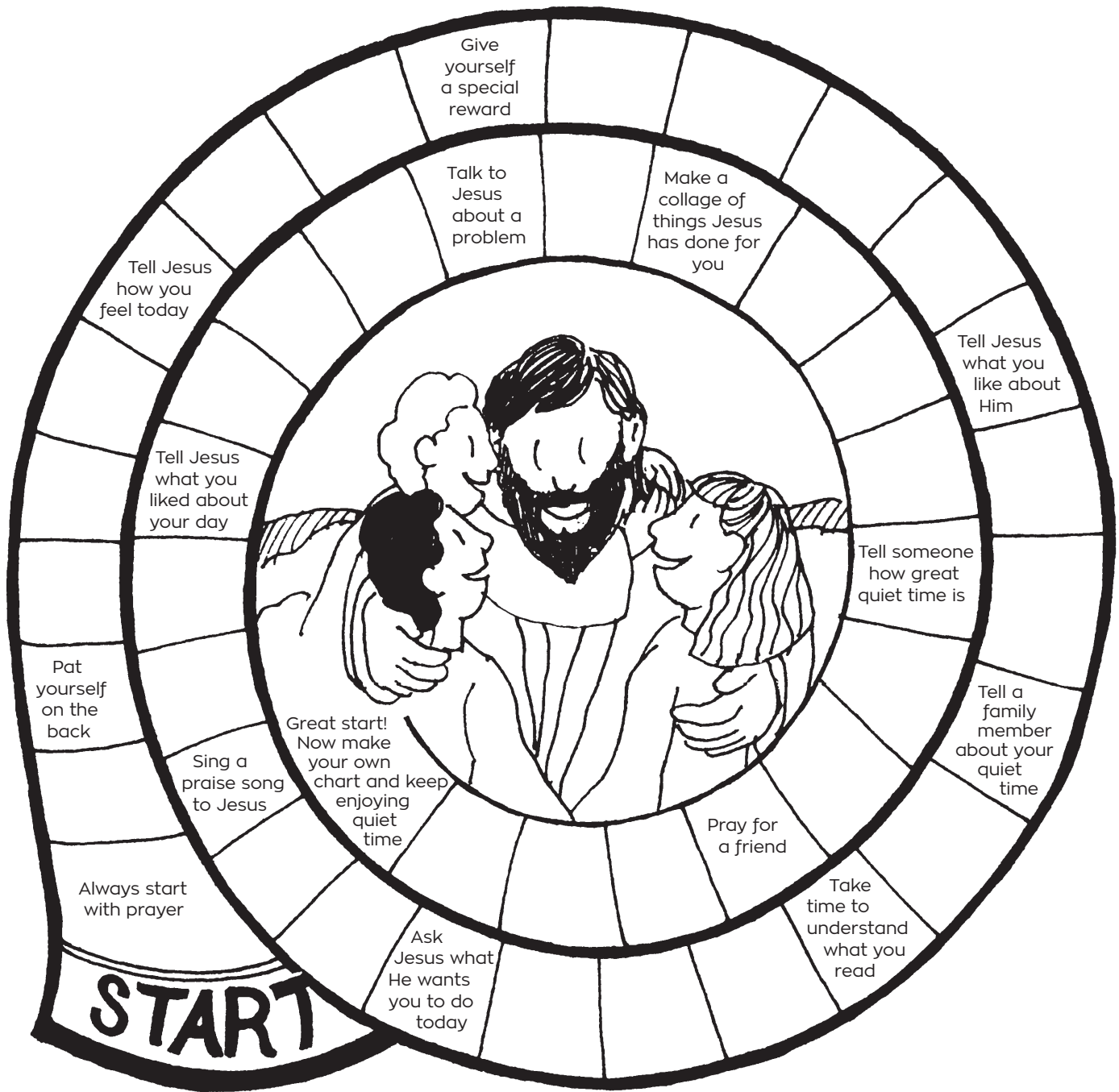
### First

- read your Bible
- study your Sabbath School lesson
- read a book about God
- write a Bible verse on a card to keep with you all day

### Second

- sing a song
- memorize a verse
- keep a journal or scrapbook
- make a prayer or thank you list
- draw a picture
- write a song, poem, or letter to God

Journal your thoughts by writing or drawing in a square each time you have quiet time.



**B. With an adult, choose one thing in your life which Jesus has promised to help you improve. With His help, pray, plan, and work together to reach your goal.**



1. Pray that God will help you make a good choice.
2. Name one thing in your life that you know God would like to help you improve. Tell exactly what change you want to make.

---

---

---

3. Use your concordance to find and read what the Bible has to say about this. Write a text that promises God will help you.

---

---

4. List steps that will help you make this change. \_\_\_\_\_

---

---

5. Memorize the promises you wrote.

- Every morning, ask God to give you a new heart and ask Him to help you want to do what is right.
- When you are tempted, repeat your promise, then choose to do or think about something else.

6. Be patient. Changing a habit is hard work. If you make a mistake:

- Ask God to forgive you
- Think about what you will do different next time
- Thank God for all the times He has helped you do it right

7. Meet with your adult leader at least once a week. Pray and talk about how it's going.

8. Work together for three weeks or more, until you are meeting your goal consistently. Have a celebration and thank God for His faithfulness.

\_\_\_\_\_ is consistently reaching his/her goal.

Helping Hand's signature \_\_\_\_\_

Adult's signature \_\_\_\_\_