

## Three easy steps for an at-home experience!



### BIG IDEA: SPEND TIME WITH GOD

David grew up as a shepherd. He spent a lot of time alone with God out in nature. Many of the psalms that David wrote indicated that David spent a lot of time with God. Even later in life, while he was king and in battles, he still wrote these poems and songs reflecting his love and trust in God.



#### STEP ONE: READ THE BIBLE STORY

Book of Psalms from the NIV  
Pages 218-221 in the [Read with Me Bible](#)

#### STEP TWO: WATCH THE TEACHING VIDEO

Available at [youtube.com/eastviewkids](https://youtube.com/eastviewkids)  
Game On - Week 1



#### STEP THREE: CHOOSE AN ACTIVITY

**FOR ALL KIDS:** Color and Pray

**Materials:** Coloring sheet and crayons or markers

It can be hard for kids (and adults) to focus as they pray. Coloring and praying at the same time can be a way to spend time alone with God. Have everyone in the family get a coloring sheet. If you have a coloring book at home, each member could choose the page they want to color. Or you could look online for coloring sheets to print out. Gather together around the kitchen table and put the markers or crayons out for everyone to share.

Lead your family in a pray-and-color time. Explain that you will give an idea or prompt to pray about. As you are all coloring, each person should pray silently about that idea or prompt. Spend as much time on each prompt as you feel is appropriate for your family. Here are the prompts you can use:

- Praise God that he is the Creator! Thank him for all the wonderful things he has made!
- Ask God for forgiveness. Confess to God things you have said or done that have made him sad.
- Thank God for sending Jesus! Remember that God loves you so much and wants to be your forever friend!
- Thank God for the people in your life—your family, friends, teachers, neighbors.
- Finally, just take time to listen. Does God have something special to say to you right now?

You could conclude the pray and color time with an out loud prayer and thank God for this special family time.

**FOR OLDER KIDS:** Quiet Time

**Materials:** Bibles

Our lesson today is a perfect one to put into practice. Have everyone grab their Bible. Together, look up Psalm 23. Each person should find a quiet spot in the house to read through the Psalm at least one time. After they are finished reading, they should spend some time praying. Encourage them to talk to God about what they read and ask him to speak to them through the Scripture.

Set a timer for 10 minutes. When the timer goes off, call everyone back together and ask them to share one thing they may have learned or felt God telling them.



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