

My Quiet Time

This belongs to:

As you **READ** the Bible this week,
THINK about these things:

- God made me to have a special relationship with Him.
- My greatest joy will come from knowing and loving God.
- I can learn more about God by spending time with Him in His Word.





THE ARMOR OF GOD

Week #7

DAY - 1

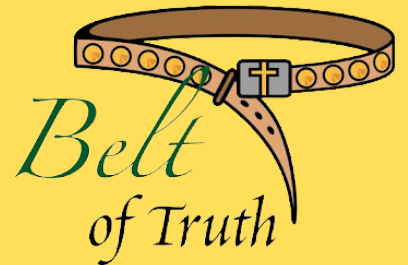
Key Verse

Hebrews 4:15

"For we do not have a **High Priest [Jesus]** who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet **without sin.**"

When Jesus was alive here on earth, He was tempted to sin too!

Jesus used the Belt of Truth. He believed God's Word (the Bible) was true. He used It to say no when **He was tempted to sin**. We can look at how Jesus used the Belt of Truth to help us say no when Satan tempts us to sin too.



When Satan tempted Jesus, He had been alone in the wilderness fasting (not eating) and praying for 40 days and 40 nights. Can you imagine going 40 days without food?

Satan came to Jesus to tempt Him when He could have been tired and hungry. Satan said to Jesus, "If you are the Son of God, command that these stones become bread."

Do you think Jesus wanted to do that?

Yes

No



Of course He did! He was hungry. But God the Father wanted Him to fast (not eat) and pray.

Satan was tempting Jesus to think that He would be happier if He disobeyed God.

Satan tempts us with the same lie too. Think about a time Satan tempted you to think you would be happier if you disobeyed God.

Write about it below.

Ask God to help you to believe this verse:

Proverbs 28:14

"Always obey the Lord and you will be happy."

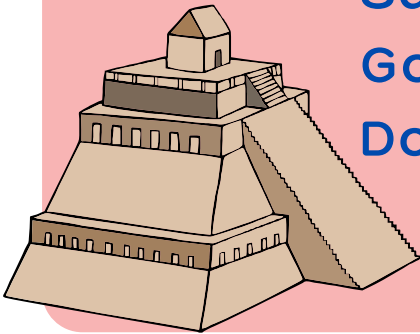
THE ARMOR OF GOD

DAY - 2

Next, Satan took Jesus to the top of the temple, where people would go to worship God.

Satan said to Him, "If you are really the Son of God, throw Yourself down. It is written, He shall give His angels charge over you."

Satan was saying, if you really are God the Son, jump down and prove it. Do you think Jesus wanted to do that?



Yes

No

I think so, I'm sure He wanted to show Satan how powerful He really is.

Again Jesus knew that was not what God the Father would want Him to do, so He used the Belt of Truth. He believed God's Word (the Bible) and used It to help Him say no to Satan.

Satan may tempt you to show off so that others look at you and see how great you are.



Put a check mark beside the pictures below that show times when Satan may tempt you to sin so others will look at you and think good things about you.



When Satan tempts you to show off so that others look at you and see how great you are, ask God to help you remember this:

1 Corinthians 1:31

"Let the one who boasts, boast in the Lord."

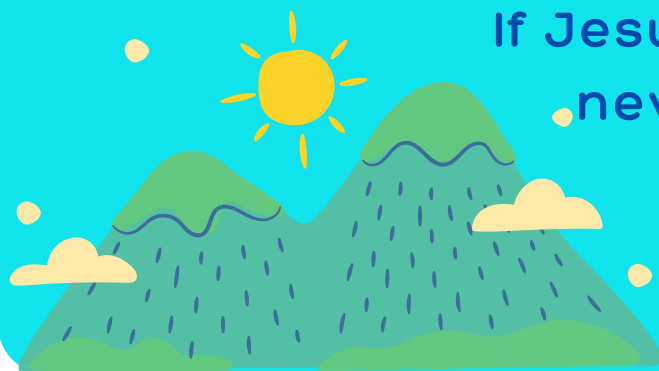
Instead of wanting others to look at you and think about how good you are, you should want others to look at God and think about how great God is.

THE ARMOR OF GOD

DAY - 3

Next, Satan took Jesus to a high mountain. Satan said to Jesus, "I will give You all You see if You will fall down and worship me."

Satan was trying to ruin God's plan. He wanted Jesus to skip the cross and rule the world now.



If Jesus did that, you and I could never have our sins forgiven. We could never be made right with God.

Satan was trying to get Jesus to think that another way would be better than God's way.

Satan tempts you and me with this same lie too.

Sometimes it is hard to wait for God to do what is best for us. **We are tempted to try to make things happen the way we want** instead of trusting God's way is best.



Are you tempted to think your way is better than God's way? It is hard to trust God's way is best when hard things happen.

Put a check mark beside the pictures below that show a hard thing that has happened to you.



Pray. Ask God to help you remember this verse and that His way is always best.

Romans 8:28

"...We know that for those who love God all things work together for good..."

THE ARMOR OF GOD

DAY - 4

Satan is known as **the great deceiver** and as **the father of lies**. He is a master at lying to you. This means he is good at it. This is why you need to be trained in the Truth.

The Belt of Truth (the Bible) helps you defend yourself against **Satan's lies**.

Are you putting on the Belt of Truth?

Yes

No

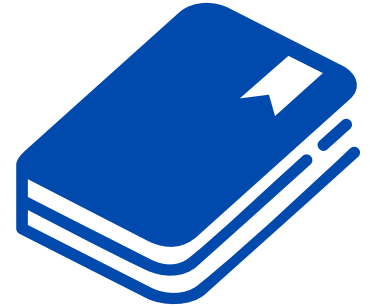
What must you study to know the Truth in order to defend yourself against **Satan: God's enemy**?



THE BIBLE



HISTORY BOOK



DICTIONARY



Can you think of a place you can go each week to learn the TRUTH of God's Word?

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THE ARMOR OF GOD

DAY - 5

Look back at the Key Verse on Day 1. Try to memorize it. Then write it on the lines below.

Hebrews 4:15



*Belt
of Truth*