

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 #6



DAY - 1

Last week we started learning about **the belt of truth.**



A lot of people disagree about if you can know what is true. But you and I know that we can. **The Bible is true, and Jesus is the Truth!**



John 14:6 - Jesus said: "I am **the way**, **the truth**, and **the life**. NO one comes to the Father except through Me."

Jesus is: 1) **The** _____
2) **The** _____
3) **The** _____



Jesus is **the ONLY way to God**, everything He says is **only truth** (true), and **He is the ONLY One** Who can give you forgiveness of sins and life forever with God in Heaven.

Do you believe this? _____ Yes _____ NO

If you do not know Jesus as your Savior from sin, God has a wonderful promise for you. **John 3:16** says, "For God so loved the world, that He gave His only begotten Son [Jesus], that whosoever believeth in Him should not perish, but have **everlasting life**." If you believe that Jesus is God the Son and that He is the only One Who can save you from your sin, you can tell God something like this. "**Dear God, I know that I sin. I believe Jesus died on the cross for me. Please save me.**" if you believe these things, He will keep His promise, and He will save you!

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DAY - 2

Ephesians 4:25

"Therefore, putting away **lying**, 'Let each one of you speak **truth** with his **neighbor**.'"

[Fill in the blank.]

Every Christian soldier who puts on the belt of truth must put away (stop) L _____ .

A good soldier must also speak T _____ with his N _____ (everyone).

Do you have a hard time telling the truth?
Spend time today talking to God. Ask Him to help you to tell the truth even when it's hard.

Dear God,



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DAY - 3

Psalm 51:6

"Behold, You desire **truth** in the inward parts [your heart]..."

What does God desire?

Love

Peace

Truth



When this verse talks about your "inward parts," it is talking about your heart! The heart is the part of you that no one sees or knows, except G _____. He sees and knows EVERY-THING!

In your heart, do you always want to tell the truth? _____

Ask God to help you desire truth in your heart.



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DAY - 4

It is not enough just to tell the truth. God wants you to speak the truth in LOVE (with kindness).

Ephesians 4:15

"...Speaking **the truth in love**...."

Sometimes, it may be hard to speak **the truth in love**. Think about the following situation and think about how you can speak **the truth in love**.

When I see my friends are making fun of the new kid in school, I should tell them:



- "Don't say that! You should look at yourself!"
- "Stop it! If you make fun of them again, I'm going to hurt you!"
- "Guys, we shouldn't say things like that about that kid. It isn't kind and it doesn't please God."

When my brother broke my mother's favorite vase while he was playing, I should tell him:



"I'm telling Mom! You're going to be in so much trouble."



"What's wrong with you? I'd never do anything like that!"



"We should tell Mom what happened. Here, I'll go with you."

Remember
God wants
you to speak
the truth in
LOVE (with
kindness).



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DAY - 5

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

Ephesians 6:14



*Belt
of Truth*