

# JAM TIME

## JESUS AND ME

October 19th - October 25th

Bottom line: When you're not truthful, you lose trust.

My name is:

"Anyone who lives without blame walks safely.  
But anyone who takes a crooked path will get caught."

*Proverbs 10:9 NIV*

# MONDAY

Why do we spend time with God? Ask Him!

Ask Jesus, "What do you want to tell me today?"

This might be a picture, word or a verse! Draw or write it here:

**WORSHIP**

Make up a song to sing to Jesus today!

**TALK TO GOD**

"Thank you God for"..."  
"God, will you please...?"

**READ**

Psalm 32:1-2

# TUESDAY

Close your eyes and imagine Jesus bringing you a gift! You open it, what's inside?

**WORSHIP**

How do you want to give your love to Jesus today?

**TALK TO GOD**

"Thank you God for"..."  
"God, will you please...?"

**READ**

Ephesians 4:25

"Cheaters never win."

"Honesty is the best policy."

"Lying lips sink ships."

Have you ever heard any of these sayings before? They are TRUE! Remember that when you're not truthful, you lose trust. Create your own integrity phrases like the ones above. Try to keep it to five words or less.

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# WEDNESDAY

Open your hands and tell God, "I receive Your love today!" What does this feel like?

**WORSHIP**

Tell Jesus 5 things you love about Him!

**TALK TO GOD**

"Thank you God for"..."  
"God, will you please...?"

**READ**

Luke 6:31

Rewrite the golden rule in your own words: \_\_\_\_\_

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How can you live this verse out this week? \_\_\_\_\_

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Pray and ask Jesus to help you treat others the way you want to be treated so you build trust!

# THURSDAY

Close your eyes and imagine traveling somewhere with Jesus! Where are you going? What is it like?

**WORSHIP**  
Make up a song to sing to Jesus today!

**TALK TO GOD**  
"God, I want you to know that"...

**READ**  
Colossians 3:9

Thank you, God, for \_\_\_\_\_

God, will you please \_\_\_\_\_

Jesus, I will follow you today by \_\_\_\_\_

# FRIDAY

Close your eyes and imagine Jesus bringing you a gift! You open it, what's inside?

**WORSHIP**  
Turn on your favorite song about God & sing to it!

**TALK TO GOD**  
"Thank you God for"..."God, will you please...?"

**READ**  
1 John 3:18

Write a note to yourself by filling in the blanks below. Ask Jesus to help you show love by choosing to be honest in all we say AND do this week.

Dear \_\_\_\_\_,  
(your name)

Don't just talk about love, show \_\_\_\_\_ love by  
(friend/family member)

\_\_\_\_\_  
(a specific example of integrity)

Then it will truly be love.

# SATURDAY

A friendship with Jesus is AMAZING!

**ASK JESUS WHAT TO READ TODAY!**

I read: \_\_\_\_\_

Draw or write about it here!

# SUNDAY

Let's Celebrate God!

**ASK JESUS WHAT TO READ TODAY!**

- Play outside together
- Go for a walk and talk about what you see
- Ask each other questions
- Dance and sing
- Create something together
- Other:

Draw a SMILE in the box when you do it!

**WE CAN'T WAIT TO SEE YOU AT CHURCH! BRING YOUR JAM TIME SHEET FOR A PRIZE!**