

# JAM TIME

## JESUS AND ME

October 26th - November 1st

Bottom line: Focus on what's true.

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 18:30

# 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**

Proverbs 4:25-26

Play the game, and then come back and finish reading.

GAME: Grab some pillows and spread them out across the floor of your room. Stand in the doorway. The floor is lava!! Make it from your doorway to your bed without touching the floor. Start over if your foot touches the floor!

Just like you had to think carefully which path to take in order to reach your bed without touching the floor, we need to be careful that we make the kind of decisions that lead us in the right direction. When we choose to be honest, we don't have to worry because we'll always end up heading in the right direction! Focus on what's true.

# 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**

Philippians 4:8

It's time to think about what you're thinking about! Our thoughts are important because what we think about affects how we act. If you think that the day is going to be terrible, then everything that happens to you will be interpreted through that lens.

What did you wake up thinking about today? \_\_\_\_\_

Is that thought true? \_\_\_\_\_ If it's not true, then tell that thought to "Take a HIKE!"

Work on replacing those untrue thoughts with noble, pure and right thoughts.

What is something that you thought today that IS true? \_\_\_\_\_

# 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**  
1 Peter 3:10-11

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**  
Proverbs 28:18

Focusing on what's true keeps you safe. What are some true things we know about God?

- God always does what He says He will do.
- God will *help* us, even when we're afraid of the truth.
- God will *guide* us, even when it feels like cheating will get us there faster.
- God will *forgive* us, even if we do mess up and find ourselves on that crooked path.

Write the words "Help", "Guide", and "Forgive" on separate sticky notes and stick them to the wall beside your bed. As you wake up each morning, say a quick prayer and ask God to help and guide you to focus on what is true. And if you mess up, ask Him to forgive you so you can walk without blame and stay safe.

# 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!