

# GOD Time

Day 1

Read 1 Timothy 4:8

Week 1 01

We like things NOW. That's why there's fast food, instant messaging, and mobile phones. Discipline, though, is doing something NOW that will positively impact your FUTURE. Today's verse takes it one step further: training to become more like God will help you today AND in your "life to come." How do you begin this "training"? By "working out" regularly with your Bible. Now THAT'S the wise choice!



Write your thoughts under each heading below:

**How to train my body**

**How to be more like God**

THANK God for giving you  
His guide book, the Bible!

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# GOD Time

Day 2

Read 2 Timothy 3:16a (read from the NIV, if possible)

Week 1 01

"Life" is what distinguishes living things from lifeless objects. Your Bible may look like any other book; like any other lifeless object. But today's verse tells us it's ALIVE! That means it's active ... thriving ... vigorous. Even though it was written "way back when," the words are still very much true and helpful today. Why? God Himself breathed life into it. **If you want to know God better, read His Book.**



Using an encyclopedia or the Internet, learn 5 new facts about the Bible. Write them here:

ASK God to help you  
listen as He speaks to you through the Bible.

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# GOD Time

Day 4

Read 2 Timothy 3:16a (read from the NIV, if possible)

Week 1 01

Remember Humpty-Dumpty, who had a big fall and was cracked beyond repair? Sometimes we feel broken, too, when someone we love gets a divorce or is sick, when a parent loses a job, or a best friend moves away. But today's verse makes a powerful statement: God breathed life into Scripture to heal the parts of your life that are broken. Only God has that complete and unlimited power! **If you want to know God better, read His Book.**



Rinse and dry a discarded eggshell. Break it into pieces. Attempt to reassemble it. Say a sentence prayer thanking God for His power, His Word, and His love for you.

KNOW that God can take your  
brokenness and make you whole again.

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# GOD Time

Day 3

Read 2 Timothy 3:16a (read from the NIV, if possible)

Week 1 01

If you wake up one morning and put your shirt on backwards, forget to zip your jeans, and put on mismatched shoes, then your bathroom mirror is going to serve a very useful purpose that day! The Bible—the living Word from the living God—serves the same purpose. It's like a MIRROR, revealing the things about us that need to change.

Look up Proverbs 29:15a and answer this question:

**What is the benefit of "correction"?**

LISTEN to loving correction  
from your heavenly Father.

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