

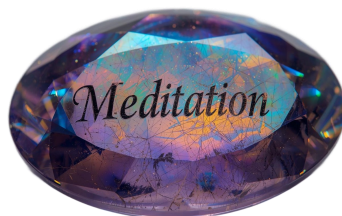
The Search for Spiritual Disciplines



Meditation Week 4

Kids' Booklet

**An Adventure to Find the Gem of
Meditation Gem**



Created By

Professor Whoopie's Kids Bible Stories

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Chapter 1 Welcome to the Adventure!

Hi, kids! I'm Laura, and today were learning about Meditation! The Bible teaches us to think deeply about Gods Word, His love, and what He does for us. This is different from the world's way of emptying your mind. When we meditate on Gods Word, like in Psalm 1:2, we grow closer to Him and become wiser. Lets see what the team has for us today!

Activity: Quiet Thought Jar Get a jar and fill it with colorful paper strips. Write things about God (like love, strength, or peace) on each strip. Shake the jar and pick one to think about quietly each day

Chapter 2 The Meditation Gem

Hi, kids! I'm Danny, and my dad, Clyde is here! Biblical meditation isn't about an empty mind, it's about thinking about what you read in the Bible verses to understand them better. We focus on Gods teachings, and what He does, so our hearts grow like a strong tree! Think Deeply: Ponder Gods Word every day. Grow in Jesus: Let it change how you act. Find Joy: God's wisdom so it makes us happy.

Activity: Treasure Map Meditation Draw a treasure map leading to a big X that stands for God's wisdom. Add pictures of Bible stories or verses along the way. Follow your map to think about God!

Chapter 3 Memory Verse with JV the Bible Junkie

Hey, kids! I'm JV, the Bible Junkie, with a fun verse from Psalm 1:2 (NIV): But whose delight is in the law of the Lord, and who meditates on his law day and night. Let's say it together: One, two, three! This means were happy to think about God's Word all the time. Try to memorize it this week!

Activity: Verse Puzzle Write Psalm 1:2 on strips of paper, cut them into pieces, and mix them up. Put the puzzle back together and say the verse aloud.

Chapter 4 Object Lesson: We Can All Meditate

Hi, kids! I'm Bill, and guess what? All of us can meditate on the Bible! You don't need to read a lot just pick one or two verses, like Psalm 1:2 (NLT), and think about them. Pray and listen to what God might tell you. Its easy and helps us grow closer to Jesus!

Activity: Scripture Treasure Hunt Pick a Bible (or ask an adult to help). Find Psalm 1:2 and read it. Draw a picture of what it means to you, like a happy tree by water!

Chapter 5 Professor Whoopies Bible Blast

Hey, kids! I'm Professor Whoopie, and today we're talking about meditation! It's thinking deeply about God's Word, like Joshua 1:8 says: Keep this Book of the Law on your lips; meditate on it day and night. This helps us grow and follow God. Here's a few more verses: • Philippians 4:8 (NIV): Think about what's true, good, and lovely. • Psalm 1:2: Delight in God's law day and night. Isaac, Joshua, and David: They all meditated on God!

Activity: Prayer Garden Make a small garden with paper flowers. Write a Bible verse or Gods name on each flower. Place them in a quiet spot to pray and think about God.

Chapter 6 Comic Video: Finding the Meditation Gem

Hi, kids! I'm Samantha, and our explorers (Clyde, Danny, Leo, Hayden, Emma) are on a mission to find the Meditation Gem at Scorpio Mountain Pass! They face scorpions but trust God to keep them safe. They learn meditation helps us hear God's voice.

Activity: Scorpion Safety Plan Draw a plan to stay safe on an adventure, like wearing boots or watching for dangers. Add a God's Protection shield from Ephesians 6:10-20 to your plan.

Chapter 7 Ollies Big Finish

Wow, kids! I'm Ollie, and that scorpion story was scary but cool! Meditation on God's Word helps us grow strong and wise. Think about a verse, repeat it, and focus on God's love. It's how we get to know Him better!

Here's A Challenge: Pick a verse like Psalm 1:2 or Philippians 4:8. Think about it for 5 minutes each day this week!

Activity: Gods Wisdom Book Make a small book with paper. Write or draw one thing you learn about God each day. Keep it as your Wisdom Book!

Chapter 7 End Credits

Thanks to the team.

Final Activity: Meditation Journal

Start a meditation journal. Write today's prayers and thanks. Add to it daily.



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