



LESSON

18

FAMILY DISCIPLESHIP TIME

Quiet Heart: Being Still and Not Making Noise

Objective: Students learned that being still and quiet helps us to be more like Jesus.

Bible Verse: Ecclesiastes 3:7 "[There is] a time to be quiet and a time to speak." (NLT)

Bible Story: Jesus is Quiet Before the Rulers (Matthew 27:11-31)

Action Steps:

1. Bible Time: As a family, read *Jesus Is Quiet Before the Rulers*, and talk about why Jesus needed to be quiet, ultimately to pay the price for our sins. Talk about times when we need to be quiet, like when parents are talking to other adults, going to the library, etc. (You may want to explain that God doesn't want us to be quiet if someone is hurting us (like in this story of Jesus). If someone is hurting us, we should always yell and get help.)

2. Scripture Memory: Practice singing or reciting the memory verse each day as a family.

3. Practice: For younger children, if they have difficulty being quiet and still, one way to practice self-control is by having them fold their hands and sit on the couch at home. Set the timer for one minute and call it "quiet hands time." Practice each day and work up to five minutes or more. Praise them for their practice! Then when you need them to be quiet or still in situations like at the check-out counter or in church, all you have to say is "quiet hands," and they will know what to do. For older children, practice having them be quiet in certain situations that you know are difficult for them. Remind your child that there are times when God wants us to be quiet, but there are times when God wants us to speak be loud and have fun too. **Place stickers or checkmarks next to QUIET on your Character Trait Sticker Chart every time you catch your children displaying a quiet heart.**

4. Model: Practice being quiet with your kids during moments like going into the library or sitting in church. When they know you are "practicing" with them, it will make it more fun! Children will pick up character traits more easily when they see a good model from parents! ☺