

I Can Spend Quiet Time with God

Week #1 (10th Mar 2024):

The Big Point: I Can Spend Quiet Time with God!

God's Word: Nicodemus Spends Time with Jesus (John 3:1-18)

Memory Verse: It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed. Mark 1:35 (NIRV)

Application: I can spend quiet time with God.

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Series Aim: For kids to learn about spending time with God in Quiet Time.

Creative Video (Optional):  [God's Story: Nicodemus](#)

TEACHER'S WORD STUDY

♥ CENTRE YOUR HEART!

Why we do what we do

One of the most important ways to remain in God and grow in our friendship with Jesus is by spending time with God in Quiet Time. Even Jesus took time to get away from people and busyness to spend quiet time with God. This series aims to teach kids the importance of Quiet Time and hopes to inspire kids to have the habit of starting quality Quiet Time with God!

Series Aim: For kids to learn about spending time with God in Quiet Time.

♥ Prayer Points

Keep the Kids and the Kingdom in our hearts!

Let's pray for the following (and feel free to add on your own!) :

- Pray for kids to grow in their friendships with Jesus.
- Pray that as the kids remain in Jesus, they will grow to bear fruits that will please Him - good character / fruit of the spirit, a willingness to share of the gospel with others
- Pray for the kids to learn to spend quality time with God through Quiet Time.
- Pray for the kids to come to love spending time with God and being in His presence.

♥ Memory Verse Write Up

It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed. Mark 1:35 (NIRV)

Throughout 2024, we will have “Remain” as the focus in HopeKids. This series continues to help kids to learn how to remain in God. Beyond prayer, another way kids can grow to love God’s presence is learning to have the habit of Quiet Time - spending time with Him.

When we look at the above verse, we see four verbs (got up/left/went/prayed) - all these verbs emphasised Jesus’ resolve to have quality time with God, His Father. Jesus prayed at a very early hour: while it was still dark. Jesus made less time for sleep and more time for spending time with God in prayer. Jesus also made sure to go to a place where he could be alone – Jesus knew the importance of having quality alone time with God. While it is good and important for us to join with others in the presence of God, there is much in our Christian life and friendship with God that can only be learned and experienced through quality alone time with God.

GROW DEEP ROOTS!

Understand the Big Point's focus

Through this year, we are teaching kids to Remain in God, in hope that kids will grow in their friendship with Jesus. One of the most important ways to remain in God and is to learn the habit of having quiet time - spending time with Him, which can include prayer, but also goes beyond prayer.

Living a Christian life is to have a living friendship with God. In church, people tend to focus on “getting saved”—but then what after that? While our ultimate destination with our Creator is to be cherished and celebrated, Jesus also died to welcome us into a relationship with Him during this life on earth! Through this series, we hope for kids to learn the techniques to enjoying a personal “quiet time” with God so they can deepen their friendship with Him. They will also discover how to enjoy the Lord’s presence throughout the day and how to call on Him in times of need. Meeting with God is something we can do in a focused “quiet time,” but God is also available anytime we want to experience His presence and power.

I Can Spend Quiet Time with God

The first step in learning to meet with God is to follow Jesus’ example and the examples of saints through the ages by getting away to focus on time with God in prayer and Bible reading. In this lesson, children will not only be challenged to have a daily quiet time with God but will also be given practical tips on how to plan this time so that they know what to do to make it a positive experience they enjoy. May kids learn that meeting with God is the most important part of your day!

On top of that, spending Quiet Time with God can happen any time of the day because God never sleeps! Even so, we should prioritise a good time when we can focus because Quiet Time is all about focusing on God. We call it a Quiet Time—not because we have to be quiet, but because we turn off everything else in our mind and heart to focus on God only. Normally when we pray,

we are talking to God. In a “Quiet Time,” while it can include prayer, we also give God some time to talk to us!

Read Mark 1:35 (See also Memory Verse Writeup)

Jesus Himself, showed us how he made time to spend alone time with God in quietness and away from others. When we look at the above verse, we see four verbs (got up/left/went/prayed) - all these verbs emphasised Jesus’ resolve to have quality time with God, His Father. Jesus prayed at a very early hour: while it was still dark. Jesus made less time for sleep and more time for spending time with God in prayer.

Jesus was said to get up and pick a place for himself to spend time with God, showing us that we sometimes need to get away from our usual comfortable places as they may distract us from focusing on God. Jesus also made sure to go to a place where he could be alone – Jesus knew the importance of having quality **alone** time with God. It doesn’t mean that Jesus didn’t love people anymore, but he simply wanted to focus on God for a while and it is okay for us to get away from people at times. While it is good and important for us to join with others in the presence of God, there is much in our Christian life and friendship with God that can only be learned and experienced through quality alone time with God.

In spending time with God, Jesus also showed us how it included prayer – talking to God like what we learnt in the past few weeks. Jesus prayed not because He was weak but precisely because He was strong, and the source of His strength was His relationship with God His Father. Jesus knew that pressure and busyness should drive us *towards* prayer, not *from* prayer. If Jesus prayed and prioritised time to spend with God, we are sure to need to pray and spend time with God too!

Read John 3:1-18

This is the story of Nicodemus, an important pharisee and teacher of the law, and is even a ruler of the Jews – a member of the Jewish governing body called the Sanhedrin. Even so, he believed in the authority and identity of Jesus and came to find Jesus to spend time with him, asking him questions about God. Nicodemus isolated himself to find Jesus alone and away from people so that he could have quality time with Jesus. In the same way, we too, can always carve out time to seek time with God/Jesus in our moments of Quiet Time.

V1-2 Nicodemus comes to Jesus by night, which in the book of John (John 9:4, 11:10, 13:30) usually carries a symbolic overtone of spiritual darkness. Nicodemus comes to Jesus, addressing him as “rabbi” and “teacher” shows that he has respect for Jesus, especially since it was known that Jesus did not have formal rabbinic training (John 7:15). The signs presumably include many miracles performed by Jesus in Jerusalem (John 2:23).

V3-9 Jesus then tells Nicodemus that no one can see God’s Kingdom unless they are born again. This exchange shows a change from singular to plural in I said to you [singular], “You [plural] must be born again,” which probably meant to include Nicodemus and his fellow Sanhedrin members. Even so, the plural also carries broader application to all people: everyone “must be born again.” Nicodemus was first confused as it is impossible to be born again physically a second time but Jesus was actually referring to being born again spiritually.

Being born again means that someone who is dead in their sin is brought to life by the power of the Holy Spirit through faith! Because of sin, we were spiritually dead. But when we become a Christian, the Holy Spirit breathes new life into our spirit and makes us alive inside so that we can believe and begin a whole new journey with God and living for God. Jesus said that was like being “born again”.

V10-15 These verses state how Nicodemus was confused and did not properly understand what Jesus was talking about. Jesus is also shown to be pretty surprised by Nicodemus’ lack of understanding considering how Nicodemus is a prominent teacher of the law, Pharisee and a member of the Sanhedrin. Nicodemus should be able to understand Jesus, since this new life is like the resurrection depicted in Ezekiel 37 and the new heart in Deuteronomy 30:6; Jeremiah 31:33; and Ezekiel 36:26. Earthly things probably refers to Jesus’ teaching about the new birth, which takes place in a person’s life on earth. If Nicodemus as a teacher cannot even understand this, then Jesus cannot convey deeper truths to him. V13-15 tells us how Jesus is indeed from God and one with God but it is not within the scope of today’s lesson to go in-depth to these themes.

V16-18 Jesus ended his conversation with Nicodemus, telling him how God’s love is for all who will put their trust in him. John 3:16 is the most famous summary of the whole gospel in the Bible, explaining what happened to make it possible that someone will be saved, not perish and have eternal life. John 3:16 starts with “God so loved the world”, which was an astounding statement in that context because the OT and other Jewish writings had spoken only of God’s love for his people Israel. God’s love for “the world” made it possible for “whoever” (v. 15) believes in Christ, not Jews alone, to have eternal life. God’s love for the world was not mere sentiment but led to a specific action: he gave his only Son, which John elsewhere explains as sending him to earth as a man (v. 17) to suffer and die and thereby to bear the penalty for sins (see note on [1 John 2:2](#), [Romans. 3:25](#)). The purpose of giving his Son was to make God’s great gift of eternal life available to anyone—to whoever believes in him, that is, whoever personally trusts in him. To not perish means to not perish in eternal judgement, in contrast to having eternal life, the life of abundant joy and immeasurable blessing in the presence of God forever. Those who “believe in” Christ have that “eternal life” and already experience its blessings in this present time, not yet fully, but in some significant measure.

Jesus came, sent by God the father to save us. Thus, only those who believe and trust in Jesus will be able to stand right before God while those who do not, will neither have a positive nor a neutral standing before God. Instead, they stand condemned before their God for their sins because they have not trusted God’s solution for guilt of their sin - Jesus, the only son of God. Thus, this refutes the assertion that a sincere / good person following any religion can have eternal life with God, affirming again what Jesus was telling Nicodemus, that to be with God and enter God’s Kingdom, we have to be spiritually born again.

Link and Conclusion

Nicodemus was an important person in the Jewish, religious society. Even so, his heart was soft and he came to Jesus, seeking answers and to spend time with Jesus, so that he could better

understand God. Nicodemus was already highly knowledgeable, and yet, he didn't allow his own knowledge to become his pride, and he sought to have time with Jesus. In our own lives, we can also afford to be like Nicodemus, to seek after alone and quiet time with God and/or Jesus, beyond time in church and what we know or even what we think we know. May we also seek after time with God and not be afraid to isolate ourselves to seek God's presence in prayer and reading our Bible!

Link to the Gospel

Like what we have mentioned, God is the creator God who loves us and longs for us to live in perfect love and harmony with Him. However, people fell into sin by disregarding God and His words and sin separates us from God, who is righteous and holy. Even so, God still loves us which is why He sends Jesus to be born on earth as a human. Jesus took our punishment for sin by dying on the cross and on the third day, came back to life because He is from God. If we believe in Jesus, we will then be connected back to God and become a part of His Kingdom and his people. We will be born again spiritually and will never perish, but have eternal life and be forever with God! And may we grow in our friendship with God to always seek after alone and quality time with Him in our Quiet Times! **I Can Spend Quiet Time with God!**