

Journey Journal



Name: _____



HARRISBURG
BAPTIST CHURCH



October 3-7

Peace

Memory Verse:

**A heart at peace gives life to the body,
but envy rots the bones.**

Proverbs 14:30

-Monday, October 3-

We are still learning about the Fruit of the Spirit. Can you list the Fruit of the Spirit again? Look in **Galatians 5:22-23** if you need help.

_____	_____	_____
_____	_____	_____
_____	_____	_____

So far we have learned about love and joy. For the next few days we will learn about peace. Write down some words that come to mind when you hear the word peace.

You may have written words like "calm" or "quiet" .

Take a minute to write this week's memory verse,
Proverbs 14:30.

This verse compares two things: peace and envy. It says that peace gives _____ and envy _____ the bones.

Wow! Would you rather have a life of peace or envy?

Say a prayer and ask God to help you understand what it means to have peace. Ask God to show you times in your life that you are not satisfied with what you have and you are jealous of others.

-Tuesday, October 4-

Yesterday we began to think about this week's memory verse:

**A heart at peace gives life to the body,
but envy rots the bones.** *Proverbs 14:30.*

What does it mean to envy someone else?

It means to be jealous of them, to want something they have, or to want to be good at something they are good at.

Have you ever been jealous? _____
Was it a good feeling? _____

Have you ever noticed that God doesn't give us all the same blessings? He doesn't make us all good at the same things.

One way to have peace as a Fruit of the Spirit is to be thankful and content (that means happy) with the things you have. We shouldn't always want something else, or constantly think about the next thing we can get or buy. And, we should be happy for our friends when good things come their way.

Think of a good friend you have who is different from you in some way. He or she may be great at music or sports or school.

Say a prayer and thank God for your friend. Ask God to help you encourage your friend instead of being jealous. Ask God to help you have peace about His plan for you.

-Wednesday, October 5-

What is our memory verse for the week? Can you write it?

Now let's look at another verse that talks about peace. Look up Psalm 119:165 and fill in the blanks.

Great _____ have they who _____ your _____, and _____ can make them _____ . Psalm 119:165.

Now read that verse again. Notice that it tells us that people who love God's law will have peace.

How do you think that knowing God's word and following His commands helps you have peace?

Just like the second part of the verse says, following God's laws gives you peace because you don't stumble into sin. Doing what is right makes your life happier. It helps you stay out of trouble.

Spend time praying. Ask God to help you learn to love His laws and follow them.

-Thursday, October 6-

What are we learning about this week? _____
That's right. We are learning about peace.

Let's think about another aspect of the peace we have as the Fruit of the Spirit. When we trust in Jesus as our Savior, we have peace. We know that we will live in Heaven with God when we die.

Read Colossians 1:19-20. Fill in the last part of the verse:

"For God was pleased to have all his fullness dwell in him, and through him to RECONCILE to himself all things, whether things on earth or things in heaven, by making _____ through _____, shed on the _____."

Did you notice the word RECONCILE? Reconcile is a very important word in this verse about peace. Reconcile means: to restore friendship.

In these verses we learn that our sin is enough to make us enemies with God. But, through Jesus, we can be friends with God again. We can have **peace** with God through Jesus. We can have **peace** by knowing that we are forgiven for our sins.

Spend time talking with one of your parents, or another adult, about what it means to be reconciled (friends) with God because of Jesus. Pray and thank God for loving us enough to send his Son so that we can have peace.

-Friday, October 7-

Fill in the blanks to complete this week's memory verse. Say this verse at Sunday School to receive \$25 Disciple Dollars!

A _____ at _____ gives _____ to the _____, but _____ rots the _____.
Proverbs 14:30.

Let's review what we have learned about peace.

We have learned that being at peace means that you are happy with what God has given you instead of always wanting what others have. What do you need to ask God to help you stop being jealous about? _____

We learned that knowing and following The Bible helps us be at peace instead of having trouble all the time. What is one of God's commandments that is difficult for you to keep. _____

Why is it important to try to obey that rule?

How will obeying God's rules help you get along with others?

Finally we learned that when we trust in Jesus to save us from our sins we have peace with God. We know that we are forgiven and going to Heaven. That is the best kind of peace!

Spend time praying. Thank God that we can experience His peace.

October 10-14

Patience

Memory Verse:

**My dear brothers, take note to this:
Everyone should be quick to listen,
slow to speak, and slow to become angry.**

James 1:19

-Monday, October 10-

This week we will be learning about something that is difficult for almost all of us: patience.

Being patient is hard for kids and adults too. What is something you are usually impatient about?

I remember being really, really impatient about opening my birthday presents at my birthday parties. My mom always made me wait until after we had played for a while and eaten the birthday cake. It seemed like it took forever. I could hardly enjoy the party because I was so impatient about the gifts.

Have you ever been impatient with a friend? _____

Have you ever been impatient with your parents? _____

Have you ever been impatient when waiting for dinner at restaurants? _____

Have you ever been impatient while waiting for your turn to do something fun? _____

Have you ever been impatient while waiting for God to answer a prayer? _____

Say a prayer. Ask God to show you all of the times that you are impatient today. Ask God to show you how different we look from Him when we are impatient.

-Tuesday, October 11-

Fill in the blanks of this week's memory verse:

My dear _____, take note to this: _____
should be _____ to _____, slow to _____,
and _____ to become _____. James 1:19

We need to have patience in a lot of different situations. One time we need to have patience is in dealing with others. How we speak to others, and how well we listen to them, really shows how much patience we have.

Can you think of a friend who makes you think of the first part of this verse? Do you have a friend who is always willing to listen to you? _____

Now think about the opposite kind of person. Do you have a friend who gets angry easily or always interrupts you? Circle one: YES NO

Which kind of person are you? Does this verse describe you? Are you a good listener? Do you think before you speak? Does it take a little bit, or a lot, to make you angry?

Spend time talking to God. Ask God to help you be a kind and patient friend to those around you. Ask Him to help His loving patience show in your words and actions.

-Wednesday, October 12-

See if you can write this week's memory verse without looking at it.

Read Psalm 37:7-13. Now read **verse 7** again. This verse show us another way to be patient. In this verse we read that we should wait patiently for God to punish people who do wrong. In this verse we are told that we should wait patiently for Him when we see others getting ahead because they are cheating or going about things in an evil way.

Have you ever tried really hard to win something? _____

Have you ever lost at something and known that the person or team who won cheated? _____

It's a really bad feeling to try to do right and then see others win because they are being dishonest.

In the passage of the Bible we read (Psalm 37:7-13) what will happen to the "evil men"? _____

It says in verse 9 that they will be cut off.

So, another part of begin patient is understanding that God will deal with evil in His own way and in His own timing. We should not spend our time feeling frustrated that the "bad guys" seem to win. We should spend our time focusing on doing what is right and knowing God better.

Pray and ask God to help you understand how to deal with people who do NOT obey His commands.

-Thursday, October 13-

What are we learning about this week? _____

That's right. We are learning about patience.

Look up *Romans 12:12* and fill in the blanks.

"Be _____ in _____, _____ in affliction, _____ in prayer."

This verse says to be **patient** in affliction. Affliction means great pain or suffering. So *Romans 12:12* tells us that when we are suffering we should be patient and wait for God to help.

Now read *Psalms 40:1-3*. In this passage of the Bible we learn that David waited patiently for God. God heard his cry for help and helped him with his problem.

Sometimes we want God to solve our problems. We want him to fix things for us when something is wrong. Sometimes what we want is not what God has planned for us. We all have to learn to wait patiently to see what God has in store for us. Lots of times God uses time to help us understand His plan.

Can you think of a time that you have had to wait for God to answer a prayer? What happened? _____

Pray and ask God to help you understand how to wait for His answer when you have a problem.

-Friday, October 14-

You have done a lot of Bible reading this week. See if you can remember this week's memory verse. Our verse is James 1:19. It's ok if you need to look it up. Write it here:

Look back through your Journey Journal at the things you have studied this week.

What is something new that you have learned?

What is one way you need to show more patience?

Is there somebody in your family you need to be more patient with? _____

Think of a person who has always been patient with you. Be sure to thank them for showing God's work in their life by being patient with you.

Pray and ask God to help you respond to others with HIS patience. Pray specifically that He will help you show patience to your family at home this weekend.

October 17-21

Kindness

Memory Verse:

**Be kind and compassionate to one another,
forgiving each other,
just as in Christ God forgave you.**

Ephesians 4:32

-Monday, October 17-

This week we will be learning about kindness. Before we begin let's be sure that we know what KINDNESS means. When you hear the word "kind" what other words do you think of?

You may have written words like "nice" or "friendly".

But, there is really a difference between being kind and being nice.

Being nice means doing what is expected of you even if you really don't want to. Think of being nice as having good manners.

Being **kind** means that you are helpful because you have sympathy for someone else. Do you understand the difference?

A good example of being nice is saying "Yes Ma'am" when your mom reminds you to.

A good example of kindness might be the loving way your mom takes care of you when you are sick.

Give an example of a time you have had to be NICE.

Give an example of a time someone has been KIND to you.

Read this week's memory verse, *Ephesians 4:32*. Read it one more time. Think about what it means.

Pray and ask God to show you whether or not others can see His kindness, or just good manners in the way you treat them.

-Tuesday, October 18-

Let's review our Memory Verse:

Be _____ and _____ to
One _____, forgiving each
_____, just as in _____
God _____ . *Ephesians 4:32*

One of the big words in this verse is "compassionate". If you are a compassionate person, you understand the pain or difficulty others feel. You want to help them with that pain. Being kind and compassionate both have to do caring about others and trying to help them because you care.

Let's look at some verses in Proverbs that are about being kind. See if you can answer the questions about each verse.

Proverbs 11:16

What does a kindhearted woman gain? _____
What does the ruthless man gain? _____

Proverbs 12:25

What weighs a man down? _____
What cheers him up? _____

Proverbs 14:21

Who does this verse say is blessed? _____

Read *Proverbs 14:21* again. Are you KIND to people in need? Think of a kid in your class at school who really needs your kindness. Pray and ask God to give you the courage to show HIS kindness to that person today.

-Thursday, October 20-

Read *Ephesians 4:29-32*. Did you recognize our memory verse at the end of that passage?

Have you ever said something and then really regretted saying it? It is really impossible to take something back once you have said it. Think about a tube of toothpaste. If you squeeze all of the toothpaste out into your bathroom sink, do you think you can ever get it all back into the tube through the little hole? NO WAY! That's how our words are.

Do you show kindness in the way you talk to and about others? Has anybody ever said anything to you that really hurt your feelings? I can still remember something cruel that somebody said about me when I was in college. That was over 10 years ago!!

One of the best ways a kid can show God's kindness is by following this verse. Read it one more time.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. *Ephesians 4:29*

Spend time praying. Talk with God about how you use your words. Ask God to help you use the words you speak each day to show KINDNESS to others. Ask God to forgive you for unwholesome things you have said. Ask God to help you apologize to others that you might have hurt by saying cruel things.

-Friday, October 21-

Can you write *Ephesians 4:32*, our memory verse for this week?

Let's think about that last part of the verse—the part that has to do with forgiving each other. Do you think that kindness and forgiveness are connected?

Remember that kindness involves helping someone because you can understand or imagine how they feel. Do we all know what it feels like to sin or mess up? Circle one: YES NO

Let's check and see what the answer to that question is. Look in *Romans 3:23*.

It looks like the answer is YES! We have ALL sinned.

So, if we have all sinned then we all have needed to be forgiven. And in our verse *Ephesians 4:32* who does it say forgave us? _____ That's right. God forgave us through Jesus Christ's sacrifice. We have all felt what it feels like to need forgiveness. We should be KIND and forgive others just like God forgave us.

Pray and ask God help you forgive any person who has done wrong and truly wants to apologize.

October 24-28

Goodness

Memory Verse:

**He has showed you, O man,
what is good. And what does
the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.**

Micah 6:8

-Monday, October 24-

This week we will be learning about goodness. Let's begin by thinking about our memory verse.

Copy this week's memory verse:

That's a long one. Be sure you start memorizing it today. You can say it in Sunday School this Sunday to earn more Disciple Dollars!

Look at the first word of the memory verse. Who is "He"?

That's right "He" is God.

God has shown us (or told us) what we should do. He has shown us what is good. In this part of the Bible, God is using Micah to remind the people that they have been taught to love and follow God; but, they have chosen to disobey over and over and over.

Are there certain sins that you seem to do over and over and over?

Pray and ask God to help you with that sin. Ask God to help you want to do what is good.

-Tuesday, October 25-

Begin by reading *Psalm 37:1-6*.

Look again at *Psalm 37:3*. It says:

“Trust in the Lord and do _____.”

In the verses you just read there are two types of people. There are people who trust God and do good. And, there are people who do wrong. What does *Psalm 37:1* say that people who do wrong are like?

The people who do wrong are like grass or green plants that will wither and die away.

Summer is over. It's Fall now. Soon we will see the green plants and grass in our yards wither away. Those things are only green for a certain time each year. It's the same way with disobedience. Sometimes breaking rules or laws may be fun for a **little while**. But, in the end you will be punished. The person who chooses to do evil instead of good will eventually be caught.

Sometimes it is frustrating for us to try to do what is good and see others who are mean, or lie, or cheat get away with it. But, this *Psalm* reminds us to focus on our own actions.

Pray and ask God to help you to follow His commands even when others around you are not.

-Wednesday, October 26-

Fill in the blanks:

He has _____ you, O man, what is _____. And what does the _____ of _____? To act _____ and to love _____ and to _____ humbly with _____. *Micah 6:8*

Let's look at another verse now. Look up *1 Corinthians 15:33*. It says:

"Do not be misled: _____ company corrupts _____ character."

Have you ever noticed that when you spend a lot of time with a friend you start to like similar things? You may even start to dress more alike and talk more alike. You pick up the habits of the people you spend a lot of time with.

That is why it is important to spend most of your time with people who make good choices—people who are trying to do what is good.

If we spend a lot of time around people who do not make good choices, it becomes more and more difficult for us to make good choices. That's what *1 Corinthians 15:33* reminds us of.

Do you have some really good friends who make it easier for you to do good? Do you have some friends who make bad choices who make it easier for you to make bad choices?

Pray and ask God to help you love EVERYONE and to give you great friends who love Him and help you be more like Him.

-Thursday, October 27-

Read the memory verse out loud three times.

He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. *Micah 6:8*

Now try to say it once without looking.

Look up *1 Timothy 6:17-19*.

Did you know that you are rich? Compared to people who live in many other parts of the world, you are rich. There are lots and lots of people that live in poverty who would love to have what you throw away everyday!

Read *1 Timothy 6:17-19* again and fill in this part of verse 18:

“Command them to do _____, to be rich in _____
_____, and to be generous and willing to share.

Wow! Be RICH in doing GOOD DEEDS. What a great way to think about the way a Christian should live.

Can you think of 3 good deeds you can do for someone else today?

Pray and ask God to help you realize how RICH you are, how much you have that He has blessed you with. Ask Him to show you good deeds you can do to share your riches with others.

-Friday, October 28-

Good job working on your Journey Journal this week!
Can you write this week's memory verse?

We have learned a lot this month. We have studied about Peace, Patience, Kindness, and Goodness.

What is something you have learned about one of those aspects of the Fruit of the Spirit? _____

Do you think others can see God in you when you have Peace, Patience, Kindness and Goodness? _____

Think of a person who is a good example of Peace, Patience, Kindness or Goodness. Take some time and write that person an encouraging note.

Spend time praying. Talk to God about whatever is on your mind. Spend time telling God about struggles you have. Thank God that He is full of Peace, Patience, Kindness and Goodness.