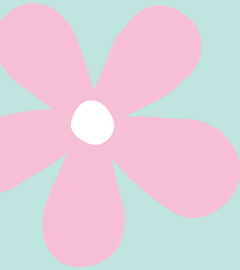
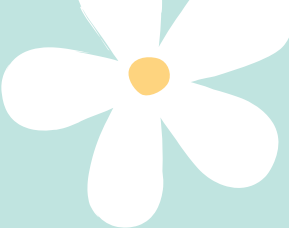
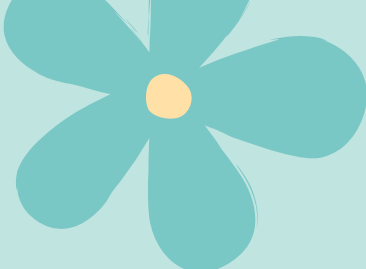




Reflections journal

— Chapter Seven —
WRITTEN BY LINSEY DRISKILL

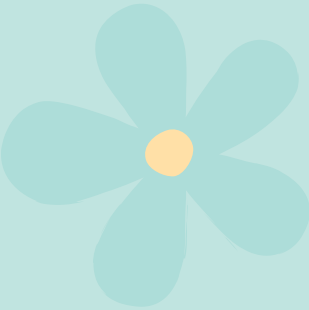
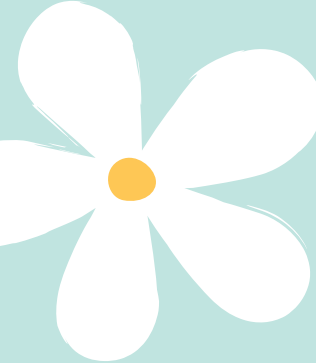
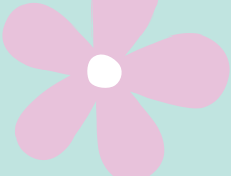


Heart



treasure

**Lord, Thank You
that I am *Available*.**





Reflections journal

-Chapter Seven-

Week one day 1

"GOD AND ME" TIME IS A PHRASE the Daniels Sisters talk about in their fiction series—they mean having alone time with God. When we are available by making time for God, He works in our hearts.

"Early in the morning, while it was still dark, Jesus got up and slipped out to a solitary place to pray."

MARK 1:35

We might have to wake up ten minutes earlier to make time to pray, but when we do that, we are making ourselves available to God, and being like Jesus.

Heart  treasure

Lord, Thank You that I am Available
and can make time for You.

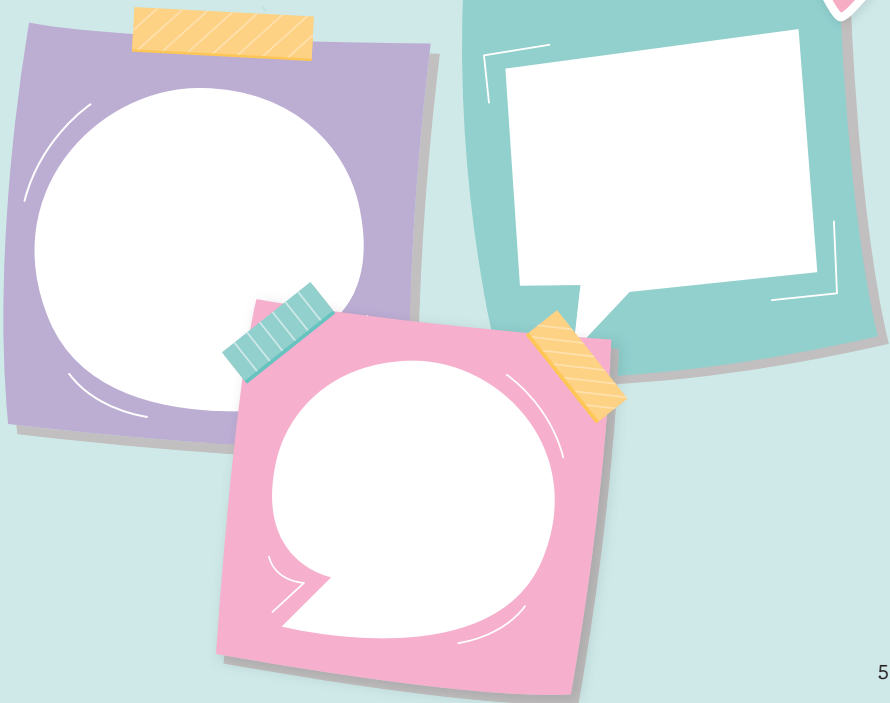
In Jesus' name, amen.

When do you like to spend time with the Lord?

What does Jesus taking time to pray tell us about the importance of prayer?

If you haven't been spending time with God, you can start today!
Just doing this journal is a way to spend quality time with God.

Have some "God and me" time and make a prayer wall below to share things on your heart. On the post-it notes, write your thoughts or prayers to God. And, if you'd like, turn one of the walls in your house into a prayer wall!



Week one *day 2*

ONE OF THE COOL THINGS ABOUT SEEKING GOD

DAILY is that He'll reveal new awesome things to us when we seek Him! God spoke these words directly to Jeremiah while Jeremiah was in prison for sharing God's message. What words of hope!

"This is what the Lord says, He who made the earth, the Lord who formed it and established it—the Lord is His name: 'Call to me and I will answer you and tell you great and unsearchable things you do not know.'"

JEREMIAH 33:2-3

Heart treasure

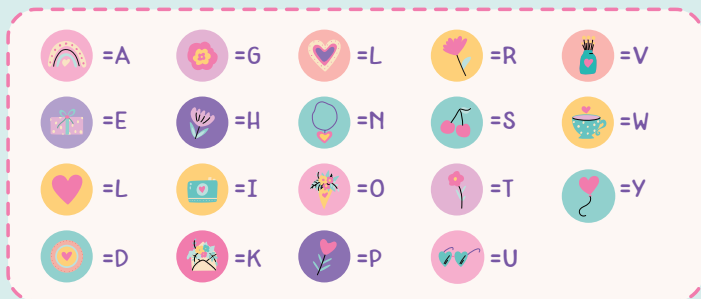
Lord, Thank You that I am Available.

As I make time with You, would You reveal great and awesome things to me?

Thank You, Lord.

In Jesus' name, amen.

DECODE THE PUZZLE to discover an awesome truth about God!



ONE OF THE AWESOME THINGS ABOUT GOD IS THAT HE'S A MYSTERY, but He reveals more of who He is when we seek Him just like Jeremiah did. What is one thing He has shown you about who He is?

Week one day 3

ONE OF THE WAYS WE CAN MAKE OURSELVES AVAILABLE TO GOD is by simply loving Him. After all, He loves us more than anyone else, and we get to love Him right back!

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

MARK 12:30

Heart  treasure

Lord, Thank You that I am Available.

And thank You for loving me so much. I pray I would love You above all.

In Jesus' name, amen.

Who are some people who love you and how do they show you they care about you?

Can you believe that God loves us more than anyone else does—even the people you mentioned above? What are some ways God shows you He loves you?



What are some ways that you can show God you love Him too?





UNSCRAMBLE THE WORDS

to find out more ways:

1. VRESE _____
2. YRPA _____
3. VIGFERO _____
4. EB DNKI _____
5. DERA RPSUERCIT _____
6. RHAES BUOAT SSEJU _____

Week one day 4

WHEN PEOPLE ARE CLOSE, THEY SPEND TIME

WITH ONE ANOTHER—quality time where they're not just scrolling on their phones, but are simply being together. Jesus shared the second greatest commandment with His followers in Mark. It is a great reminder that loving those around us matters a whole lot.

"The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

MARK 1:31

Heart  treasure

Lord, Thank You that I am Available.

I am grateful that I get the gift of spending quality time with You.

In Jesus' name, amen.

What is one of your favorite memories of having quality time with someone?

What was special about that time?

When you spend time with God, what are some fruits or good things that come from that?

In the word search see if you can discover some more fruit and good things that come from spending quality time with the Lord.

Z P A
Y V X P T
T V D C I
Z T O Y K W G N G
C J Y I P C S O S O T
E Z W N P I G U R A Q T U
I L D N O I T C E N N O C
N C E G P R L A W
D K R A K
L M N V W E O D J C H
T O R N F W O G C
F Z I G R Z T I B
K E E L H



G S S E N E V I G R O F N
N S T O E E J L U K G
H D E T B D D U G F I
B B B N U I D P E O M
E L E O D F P H M L T
Y Y Y X D N L I S L Q
W G Z Y K I P N I
F J G Z U D K S D

CONNECTION
GROWTH
LOVE
KINDNESS
FORGIVENESS
REFRESHMENT

Week one day 5

WE'VE LEARNED ALL ABOUT THE GOODNESS OF SPENDING QUALITY TIME WITH GOD because we love Him and He loves us. The joy and treasure and love that we uncover when we spend time with God is so beautiful!

“Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.”

MATTHEW 13:45-46

Heart  treasure

Lord, Thank You that I am Available.

Thank You for loving me so much. I pray I would also love You more than anything.

In Jesus' name, amen.

What does our verse today compare the kingdom of heaven to?

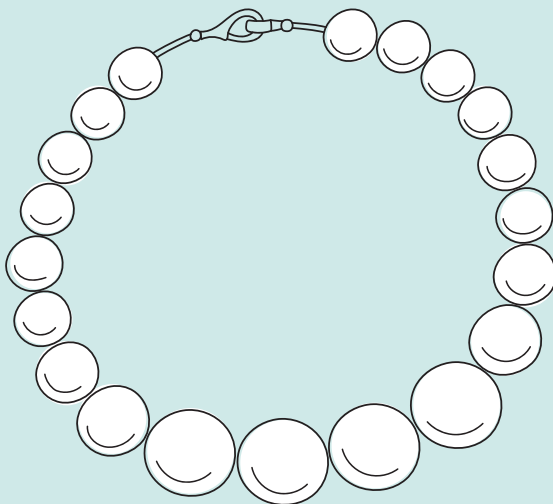
What do we know about fine pearls of great value?

What did the merchant do when he found the fine pearls?

So, what does that say about the kingdom of heaven?



And guess what! Every time you spend time with God, you get to experience more and more of His kingdom and Him! It's greater than even the finest pearls! As you color in the pearl necklace, think about how the kingdom of God is greater than anything here!



Week two day 1

SOMETIMES OTHER PEOPLE OR PLACES MIGHT APPEAR TO BE ALL PUT TOGETHER ON THE OUTSIDE, but remember that, on the inside, we are all imperfect and need Jesus.

“Jesus answered them, ‘It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance.’”

LUKE 5:31-32

Heart  treasure

Lord, Thank You that I am Available.

Lord, I repent and humble myself before You so I can be available for You to move in my heart. I need You.

In Jesus' name, amen.

Jesus said that He has come to call sinners to repentance (asking for forgiveness). Look up Romans 3:23 in your Bible. Who does this Scripture say has sinned and fallen short of the glory of God?

Because we have all sinned, Jesus came for each and every one of us. We all need Jesus' forgiveness.

Just as someone might seem put together on the outside, like a house, the inside is still imperfect. In the spirit of being humble and repenting, confess your sins to God by writing them in the second floor of the house and writing ways you need God on the first floor.



Week two day 2

SOME REALLY AWESOME THINGS HAPPEN WHEN WE ARE HUMBLE BEFORE THE LORD. Humility makes us available to God because it shows our need for Him. When we are humble, God will strengthen us.

“Humble yourselves before the Lord, and He will lift you up.”

JAMES 4:10

Heart  treasure

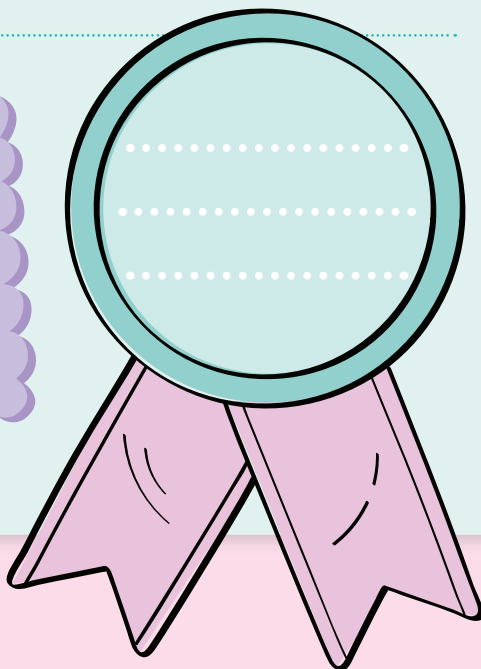
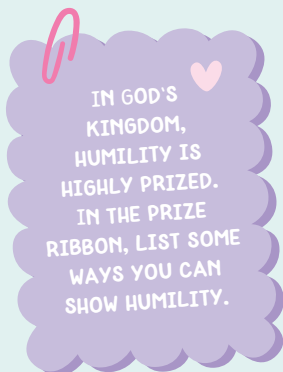
Lord, Thank You that I am Available.

I need You. Thank You for lifting me up.

In Jesus' name, amen.

Is there a situation right now in which you need to be helped and strengthened by the Lord? Be humble and share your need with Him.

When we choose pride over humility, it's harder to be available to God. But, staying humble and in need of God helps us be open to Him working in us. What are some ways you show humility and your need for God?



Week two day 3

WHEN WE TRY TO LOVE OTHERS, if our hearts are not filled with Jesus and His forgiveness, it will be a lot harder to. If we are forgiven and filled with God's love, loving others will be an outpouring of God's love.

"First clean the inside of the cup and dish, and then the outside also will be clean."

MATTHEW 23:26

Heart  treasure

Lord, Thank You that I am Available.

Lord, please clean my heart and forgive me so I can love You and others better.

In Jesus' name, amen.

What do you think Jesus means when He says to first clean the inside of the cup and dish, and then the outside will also be clean?

.....

.....

How can you do that?

.....

How will filling your heart with Jesus' love and forgiveness help you with loving God and others?

.....

.....



ON THIS CUP, CONFESS AND WRITE SOME SINS THAT YOU WANT TO BE FORGIVEN FOR SO YOU CAN CLEAN THE INSIDE OF YOUR "CUP" OR HEART.



NOW WRITE GODLY QUALITIES THAT WILL BLOOM IN YOUR "CUP" OR HEART AFTER SPENDING TIME WITH GOD.

Week two *day* 4

WHEN WE SIN, IT MAKES US MORE SELFISH AND SELF-CENTERED. But if we cleanse our hearts by asking for forgiveness for our sins, we more clearly see the needs of others, and how God wants to work. Confessing our sins to the Lord each day will help us connect with Him and refresh our souls.

“Don’t be selfish; don’t try to impress others. Be humble.”

PHILIPPIANS 2:3

Heart  treasure

Lord, Thank You that I am Available.

I confess times when I am selfish.
Give me a pure heart and help me
to see the needs of others.

In Jesus’ name, amen.

What is a situation or time when you were selfish?

How did it turn out?

What is a time when someone else was selfish and didn't think about your needs?

How did that feel?

Sharing our hearts with others when we are hurt can help us heal and also make those who hurt us aware of their actions.

Selfishness is something all of us can struggle with at times. What can help our hearts be less selfish and more loving?

ISN'T IT WONDERFUL THAT WHEN WE CONFESS OUR
SINS TO THE LORD, He forgives us right then and
there, and makes our hearts more like His?
WE ARE MADE NEW!

Week two day 5

**WHEN WE'RE AWARE OF THE GIFTS AND TALENTS
GOD HAS GIVEN US AND ALSO HAVE HUMILITY,**

we can see the needs of others more clearly
and can use our gifts to love like Jesus calls
us to.

*"For we are God's handiwork, created in
Christ Jesus to do good works, which God
prepared in advance for us to do."*

EPHESIANS 2:10

Heart



treasure

Lord, Thank You that I am Available.

I pray for opportunities to use my gifts to
help others. I pray I would be available and
have eyes to see the needs around me.

In Jesus' name, amen.

What do you think it means that we are God's handiwork?

.....

What are some gifts and talents God has given you?

.....

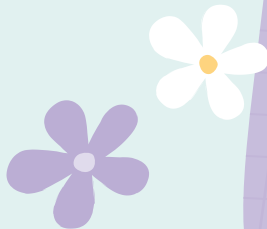
What is a way you can use your gifts to encourage others?

.....

.....

How cool that God uses you and the gifts
He's given you to help and encourage others!

THINK ABOUT SOME OF
THE PEOPLE IN YOUR
LIFE AND LIST THEM
TO THE RIGHT ... HOW
CAN YOU HELP OR
ENCOURAGE THEM IN A
SMALL OR BIG WAY?

A purple notepad with a green ring at the top right corner is shown. It has several horizontal lines for writing. On the left side of the notepad, there are six small white circles, each followed by a horizontal line, intended for listing people. A small white flower is drawn at the bottom right of the notepad.

Week three day 1

PAUL, WHO WAS A GREAT MISSIONARY, made his life available to God. In Colossians, Paul shares about a mystery and how we are a part of that.

“To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.”

COLOSSIANS 1:27

Heart  treasure

Lord, Thank You that I am Available.

I pray that You would shine Your hope and love through me as I am available to You.

In Jesus' name, amen.

What does Colossians 1:27 say is the glorious riches of this mystery:

When you think of glorious riches, what do you think of?

Paul describes the glorious riches being Christ in you! How cool is that! The verse also says something at the end that is amazing!

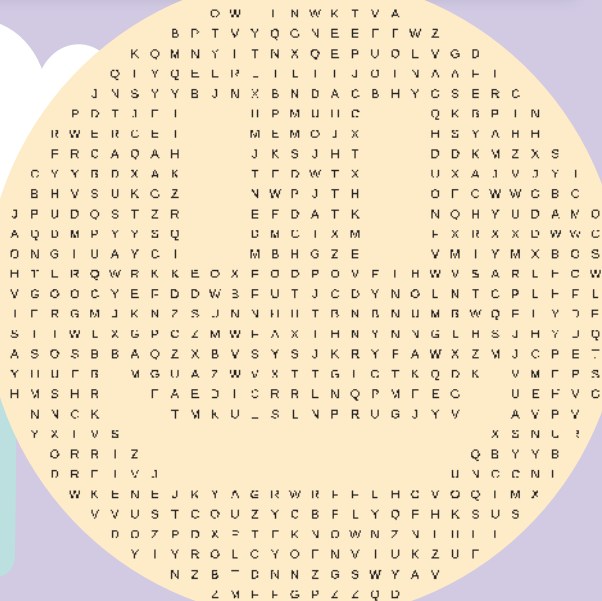
Christ in YOU is the _____ of glory.

Who in your life could use God's hope?

Say a prayer to God for that person to come to know the greatest and richest hope of all time—Jesus.

**FIND THE HIDDEN
WORDS IN THE WORD
SEARCH FROM OUR
VERSE TODAY:**

**HOPE
CHRIST
YOU
MYSTERY
GLORY
KNOWN
RICHES
CHOSEN
GLORIOUS**



Week three day 2

WE CAN MAKE OURSELVES AVAILABLE TO GOD

AND OTHERS by giving them our full attention.

We connect with others when we listen to them.

It's also a simple way to let them know we are available and care about them.

“He who answers before listening—that is his folly and his shame.”

PROVERBS 18:13

Heart



treasure

Lord, Thank You that I am Available.

Help me be available to others, fully listening to show them I care.

Help me to listen to You also.

In Jesus' name, amen.

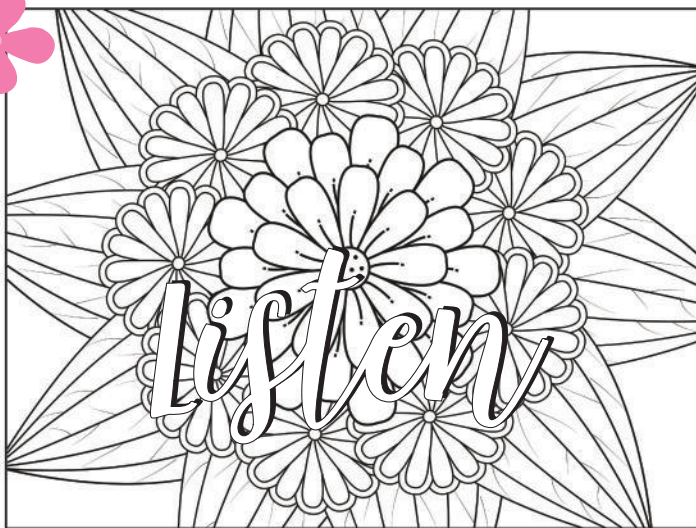
What does it feel like when you are talking with someone who seems like they're not listening to you?

What can help you be a good listener?

Why do you think it's important to listen well to others?

In Proverbs 18:3, we are told that it is foolishness
to answer before _____.

Let's not be fools, but instead, listen. Remember God's
second greatest commandment? To love others. Listening is
part of loving well.



Week three day 3

ONE WAY TO HELP YOU TREAT ALL PEOPLE WITH LOVE is to remember that God created all people.

*“So God created mankind in His own image,
in the image of God He created them; male
and female He created them.”*

GENESIS 1:27

Heart  treasure

Lord, Thank You that I am Available.

Work in my heart so that I can remember
that You created each person I see
throughout the day.

In Jesus' name, amen.

How can remembering that God created all people help us treat others with love?

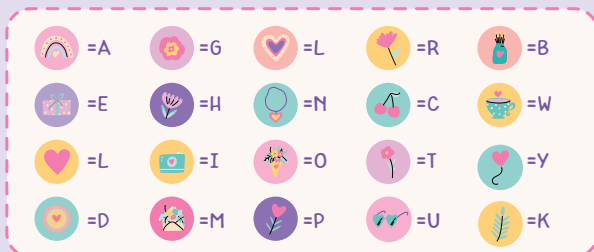
Genesis 1:27 says:

God created mankind in

So if God is the creator of each person you see, how can that influence how you treat people?



DECODE THE PUZZLE to discover a way to be available for God to work through you!



Week three day 4

WHEN WE LOVE AND SERVE OTHERS, we are loving and serving Jesus. When you love your sibling, even in a small way, that is a way to love Jesus. When you respect your parents, that is another way to love Jesus. And, when you give to people in need, you are also loving Jesus. Jesus told His disciples in Matthew 25:40,

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for Me.”

MATTHEW 25:40

Heart  treasure

Lord, Thank You that I am Available.
Help me to love others, knowing that I am
also loving You when I do that.
In Jesus' name, amen.

How can Matthew 25:40 help motivate you to love others?

When you love and serve others, who else are you loving and serving at the same time?

What are some ways you have loved someone this week:



.....



.....



.....

Those are also ways you have loved Jesus!

What are some ways this week you can be available to love others and Jesus at the same time?



.....



.....



.....

Week three day 5

WHEN PEOPLE ARE DIFFICULT, sometimes we have to look a little harder to see Jesus in them. But, God can work in their hearts and ours when we make ourselves available in that way.

“You are the light of the world ... let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

MATTHEW 5: 14-16

Heart  treasure

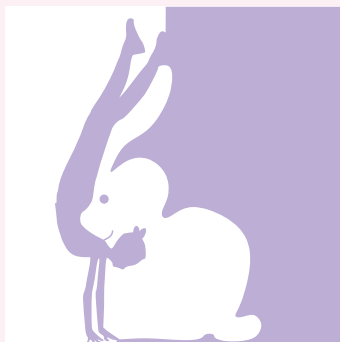
Lord, Thank You that I am Available.

When it's tougher to love others, help me to still shine Your light.

In Jesus' name, amen.

Some people are probably coming to your mind right now who might be difficult. Remember that they need the love of Jesus too. We all do.

In the picture below, can you see the two different images? In the same way, when someone is difficult, try focusing on seeing that they are also God's creation.



Have fun creating your own image that can represent two different things at once:

Week four *day* 1

WE ARE AVAILABLE TO GOD when we give people our attention like Jesus did. Don't underestimate the power of slowing down and looking someone in the eye when you talk to them. It shows them that they matter.

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

JAMES 1:19

Heart  treasure

Lord, Thank You that I am Available.

Help me to treat others with kindness and attention so they know they matter.

In Jesus' name, amen.

When did someone stop to help you even if they were busy, and how did it make you feel?

Fill in the blank based on James 1:19.

Everyone should be:

quick to _____.

slow to _____.

slow to become _____.

Ask God to help you do this and He will!

Look up Matthew 9:18-26: How was Jesus there for this woman?

When Jesus stopped to heal this woman where was He headed?

Did He tell the woman He didn't have time for her?

How did Jesus listen to this woman and give her His attention?

TODAY, GO OUT OF YOUR WAY TO LISTEN TO THE
PEOPLE AROUND YOU AND GIVE THEM YOUR
ATTENTION LIKE JESUS DID.
YOU WILL BE LOVING LIKE JESUS!

Week four *day* 2

WHILE WE SHOULD TREAT OTHERS LIKE JESUS

WOULD, sometimes we can forget, so this verse can encourage us to remember.

“Follow God’s example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God.”

EPHESIANS 5:1-2

Heart  treasure

Lord, Thank You that I am Available.

I want to follow Your example and
walk in the way of love.

In Jesus’ name, amen.

We all fall short of loving others sometimes. Let's fill in the blanks to see how we can follow God's example and to motivate us to do what God wants us to do.

**Follow _____ example. As dearly _____
children. And walk in the way of _____, just
as Christ _____ us and gave
_____ up for us.**

So, whose example should we follow in how we treat others?

**We can walk in the way of love because we are dearly
_____ children.**

**As you color in the picture below, reflect on how you are
a dearly loved child of God!**





Week four day 3

IT TAKES A LOT OF PRACTICE TO LOVE OTHERS

WELL because it doesn't always come naturally. It's also important to forgive ourselves when we mess up because Jesus forgives us too—that's the gospel.

“Israel, put your hope in the Lord, for with the Lord is unfailing love and with Him is full redemption.”

PSALM 130:7

Heart  treasure

Lord, Thank You that I am Available.
And I praise You that I am FULLY forgiven
through Jesus.
In Jesus' name, amen.

As we try to follow God's example, sometimes we fail. Why do you think we don't always love others like Jesus calls us to?

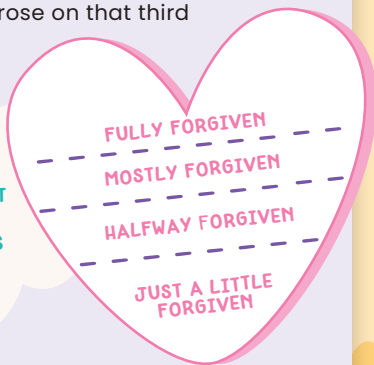
That three letter word, s-i-n, gets in the way of us being perfect. Look up Romans 3:23—how many people does it say have sinned?

That's right—ALL have sinned. That means your parents, your pastor, your friends, you. We all have sinned because we're human.

That is why we ALL need Jesus. Jesus took our place on the cross, took our sins upon Himself, died and rose on that third day so we can be FULLY forgiven.



IN THE HEART, REFLECT HOW MUCH YOU THINK YOU ARE FORGIVEN BY COLORING IN THAT AMOUNT. START AT THE BOTTOM OF THE HEART AND COLOR UP AS FAR UP AS YOU THINK YOU ARE FORGIVEN.



It's really, really important that you soak in our verse today, Psalm 130:7. Stop and read it five times. (*Redemption means you are redeemed and forgiven.*) Believe it. It is truth. Don't devalue God's love for you by thinking He doesn't fully forgive you. Believe how great and big and loving God is and know that if you believe in Jesus as your Savior, then you are FULLY forgiven.



Now, color this heart in fully, knowing that in Christ you are FREE and fully forgiven!

Week four day 4

ANOTHER WAY WE CAN MAKE OURSELVES

AVAILABLE TO GOD is by putting our hope not in worldly things, but in God.

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

MATTHEW 6:19-21

Heart  treasure

Lord, Thank You that I am Available.

I pray my heart would be open to caring about what matters most.

In Jesus' name, amen.

“Things” can get in the way of a family getting along and loving each other. What are some examples of small and big things that lead to arguments in families?

Why does Jesus say in Matthew 6:19-21 that our treasure shouldn't be in things we have on earth?

When Jesus tells us to store up treasure in heaven, what do you think He means?

Where would you say your treasure is—what do you prize the most? That is where your heart will be also.

Draw pictures of your greatest treasures.



Week four *day 5*

AS WE MAKE OUR HEARTS AVAILABLE TO SERVE OTHERS OUT OF LOVE, we are storing up treasures where they matter most—in our hearts for the Lord. Love lasts, love is eternal, love is of God.

“God is love. Whoever lives in love lives in God, and God in them.”

1 JOHN 4:16

Heart  treasure

Lord, Thank You that I am Available.

I want to store up treasures in my heart that last, like loving You and others.

In Jesus' name, amen.

It's backward, right—It seems like it would be more exhausting to serve and give. But, what happens to our hearts when we serve others?

When is a time you helped serve someone out of love—whether it was serving on a mission trip or helping unload the dishwasher, or in some other way?

At the time it might have been tiring, but how did you feel after loving that person and serving?

The kingdom of God often works backward. When we give of ourselves we gain so much—the love of Jesus fills and refreshes our souls. What else can you think of that seems backward in the Bible?

Speaking of things being backward, have fun doing BACKWARD DAY! Find a day that works for your family to do all that you can think of ... backward.

For breakfast, have dessert and then have dinner for breakfast! Instead of your parent doing a particular chore, you do it. And, do NOT make your bed in the morning—just make it at night. Before you go to bed, get dressed and sleep in your clothes. Since your bed is made, sleep in a sleeping bag and have a family sleepover if you'd like! Come up with as many things as you can do to spice up Backward Day!





Lord,
Thank You that
I Am Available.