

MEETING GOD IN THE QUIET

July 25, 2026

Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Psalms 46

Memory Verse

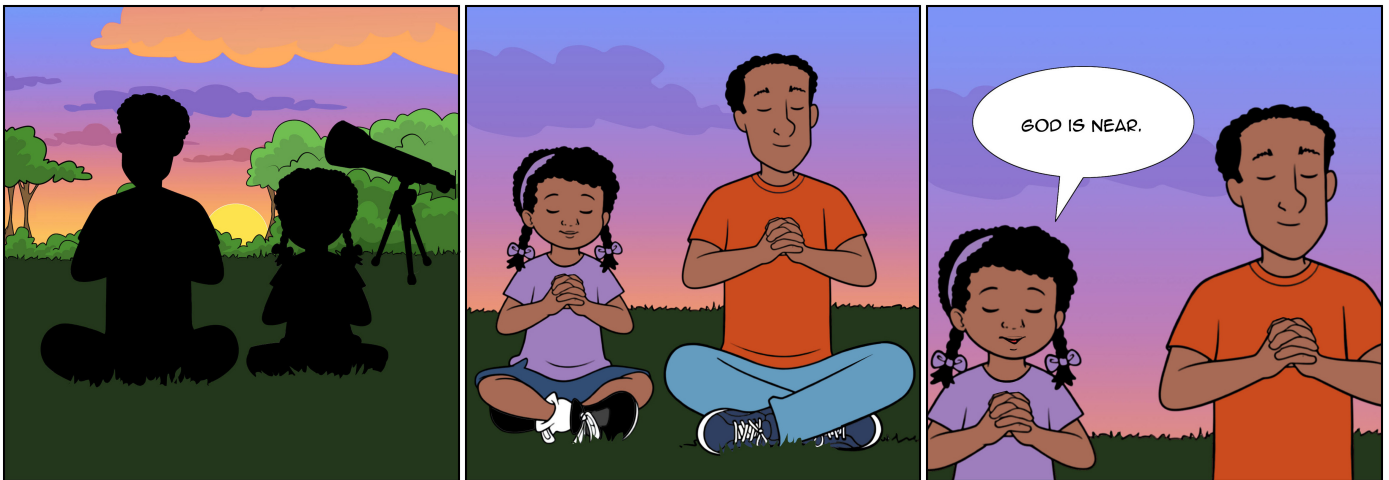
10 Our God says, "Calm down, and learn that I am God! All nations on earth will honor me."

Psalms 46:10



CASEY'S DAY

written by Ron Vandenburg
illustrated by Chad Thompson



Summer is my favorite time of year. While I love busy activities like swimming, biking, and building sandcastles, one of the things I love the most happens when the sun goes down. What does a quiet summer evening look like to you? I love to sit on the porch and just be still. I feel the warm evening air on my skin and hear the crickets singing all around me. Nothing big is happening, but my heart feels calm and happy.

Contemplative prayer is like that quiet summer evening. Psalm 46:10 says, "Calm down, and learn that I am God!" Many of your prayers might seem like the busy summer day prayers, full of talking and requests. God loves to hear from you in this way! But **contemplative prayer** is a special way to sit quietly with God and just gently be still in his presence, much like that calm summer evening.

Try this:

- Find a comfortable, quiet place where you can sit quietly for a little while.
- Sit still, and put your hands in your lap.
- Take a deep breath in, and let it out slowly.
- Stay still for 30 seconds.
- Think of how much God loves you. Wait quietly without saying many words.

How did it feel to be still? Did your heart feel calm or happy? Being still can be hard at first, but the more you practice, the easier it becomes. Remember, it's not about saying the right words; it's about feeling God near and enjoying his presence.

Prayer

God, help me pause and remember that you are always with me. Thank you for always being with me and loving me. Amen.

written by Lisa VanderKuip

<https://kidscorner.net/devotions/meeting-god-in-the-quiet>
Printed on July 27, 2026