
PARENTING PAGES

Children's Mid-Week Lesson: Thinking About God's Word

Theme: Biblical Meditation

Audience: Children (ages 6–11)

Time: 45–60 minutes



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1. Opening (5 minutes)

- **Welcome Question:** “What’s something you have thought about a lot this week?” (school test, game, favorite food, etc.)
- **Transition:** “Just like we think about things we love, God wants us to think about His Word At all hours of the day. That’s called *meditation*.”

2. Bible Foundation (10 minutes)

Main Verse: “*But his delight is in the law of the LORD, and on his law he meditates day and night.*” — Psalm 1:2

- Read it together aloud.
- **Explain simply:**
 - **Meditation means thinking carefully about God’s Word.**
 - It’s not “emptying your mind” like in the world’s idea of meditation.
 - It’s filling your mind with God’s truth so it changes your heart.

3. Illustration (5 minutes)

- **Tea Bag Example (Donald Whitney’s picture simplified):**
 - Take a cup of hot water. Dip a tea bag quickly lift it out: “This is like reading a verse and forgetting it right away.”

- Then leave the tea bag in: “This is like thinking about God’s Word slowly—it flavors your whole heart.” The more we take God’s Word into our minds, the stronger we become as Christians because we begin to think like Christ.

4. Bible Story Connection (10 minutes)

Story: Joshua 1:8 *[This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.]*

- God told Joshua to meditate on His law day and night so he would have courage and success.
- Ask: *Why would Joshua need courage? (He was leading God’s people into a new land.)*
- Ask: *How would God’s Word help him be strong? (His confidence would be in God’s strength, not his own.)*
- Ask: When have you had to be strong? Did you pray and ask God to help you?

5. Activity (10–15 minutes)

“Picture the Verse”

- Choose **Psalms 119:105**: *“Your word is a lamp to my feet and a light to my path.”*
- Give kids paper and crayons. Ask them to draw what it means for God’s Word to be a lamp and light. Think about holding a lamp on your feet—with no light before you—to see the path! We need both. [Or, one evening, turn off the lights in a room and with a flashlight try to maneuver around the room, using the light as a path to the door.]
- Share the pictures and connect: “When we think about God’s Word, it helps us see the right way to go.”

6. Practice Meditation Together (5–7 minutes)

- Read **Philippians 4:6–7** slowly three times. [*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made*]

known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.]

- After each reading, ask:
 - “What word stood out to you?”
 - “What does this verse tell us about God?”
 - “How could this verse help you when you’re worried?”
- Encourage kids to “**let the verse soak in their hearts like tea in water.**”

7. Closing & Application (5 minutes)

- **Key Point:** Biblical meditation means thinking carefully about God’s Word until it changes how we live.
- **Memory Tool:** “Meditation is like *marinating*—letting God’s Word soak into our hearts.”
- **Home Challenge:** Pick one verse (like **Psalm 1:2** or **Philippians 4:6–7**). Write it on a card. Think about it when you wake up and before bed.

Closing Prayer: Ask God to help each child love His Word and think about it day and night.

Note to parents: Be sure to affirm with your words when you see changes in behavior due to the child’s learning God’s Word. **Proverbs 12:25** - *Anxiety weighs down the heart, but a kind word cheers it up.*



