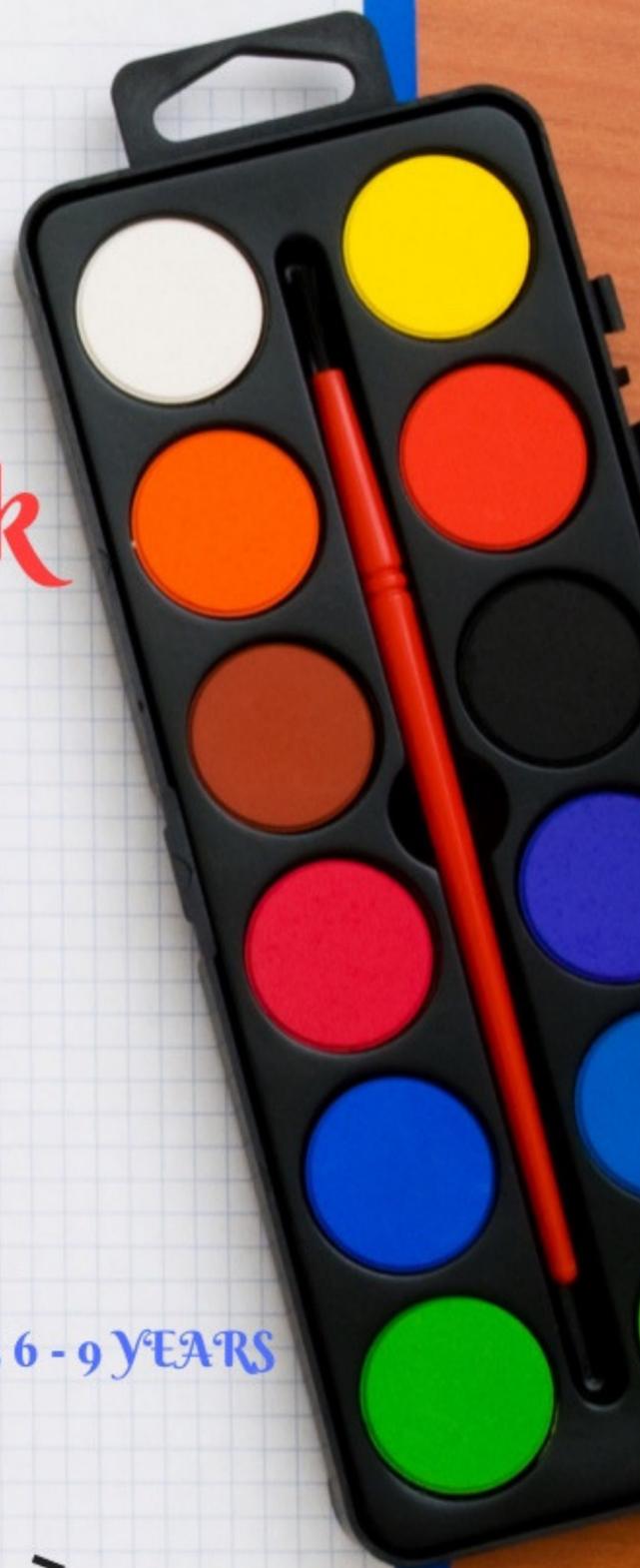


SCRIPTURAL MEDITATIONS



AND
Activity book
for children



AGES 6 - 9 YEARS

A 30-Day
journey

KEMI OYEDEPO

SCRIPTURAL MEDITATIONS

AND

*Activity book for
children*

Ages 6 - 9 YEARS

A 30-Day Journey

K E M I O Y E D E P O

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Unless otherwise noted, Scripture quotations are marked and taken from the following versions of the Holy Bible: King James Version (KJV), New Living Translation (NLT), New International Version (NIV), and The English Standard Version (ESV).

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Acknowledgements

The Holy Spirit, who is my teacher, my helper, my comforter and my guide. I remain grateful for Your inspiration and empowerment.



EQUIPPING YOU. EDUCATING YOU. ENRICHING YOUR FAMILY LIFE.



Crisis-Proof Your Family

And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.

~2 Timothy 3:15~

Introduction

Dear parent,

Teaching our children the scriptures is necessary if we desire to see them become all God has created them to be. The purpose of this 30-day scriptural meditations journey, which is a continuation of the first edition for ages 0-5 years, is designed to help your children memorize bible verses, while they have fun.

Here are a few points to note about this manual:

- Each day has a scripture listed for your child to memorize. Take some time to explain what the scripture means at the level of their understanding.
- I have included some print friendly activities, some of which I specially designed, for your children to enjoy. Please print them out if you can and encourage your child to do them.
- Be consistent. They cannot learn the scriptures if you are not consistent.
- When you go through the first round of 30 days, evaluate your child and begin the journey again if needed. Use this manual every 30 days for as long as it's required.
- Please know that your child is not too young to learn the scriptures. I began this journey for each of my children from the age of 2 and the results so far are tremendous.
- I encourage you to pray for your children, asking the Holy Spirit to help their understanding throughout this journey.
- Don't rush the process. No one is in competition with your child.

Finally, I encourage you to be very present with your child on this journey. Challenge them to be better but be patient and encourage them every step of the way. Don't put pressure on them so they can enjoy this process. The goal is not for them to cram the scriptures but rather to meditate on the scriptures. Cramming keeps the scripture in the head but meditation moves the scriptures to the heart. When the scriptures are in the heart, they stick and can be drawn upon when needed.

I am confident that this will be one of your greatest investments into your children.

Peace and blessings,

Kemi Oyedepo



DAY 1

You shall know the truth and
the truth shall set you free

Crisis-Proof Your Family

~John 8:32~



DAY 2

A happy heart makes the
face cheerful, but
heartache crushes the spirit
Crisis-Proof Your Family
~Proverbs 15:13~

ACTIVITY

Have some fun unscrambling the following words.

1. NI

2. CISHRT

3. TEHRE

4. SI

5. EDOFREM



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DAY 3

Now faith is the substance
of things hoped for, the
evidence of things not seen.

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~Hebrews 11:1~



DAY 4

For God hath not given us
the spirit of fear, but of
power, and of love, and of a
sound mind.

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~2 Timothy 1:7~

ACTIVITY

A merry heart does the body good.
Can you find some words associated with a merry
heart below?

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

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WORD BANK

CHEERFUL EXCITED HAPPY JOYFUL
STRENGTH



DAY 5

Do not be misled: "Bad
company corrupts good
character"

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~1 Corinthians 15:33~



DAY 6

Whatever you do, do it
all for the glory of God

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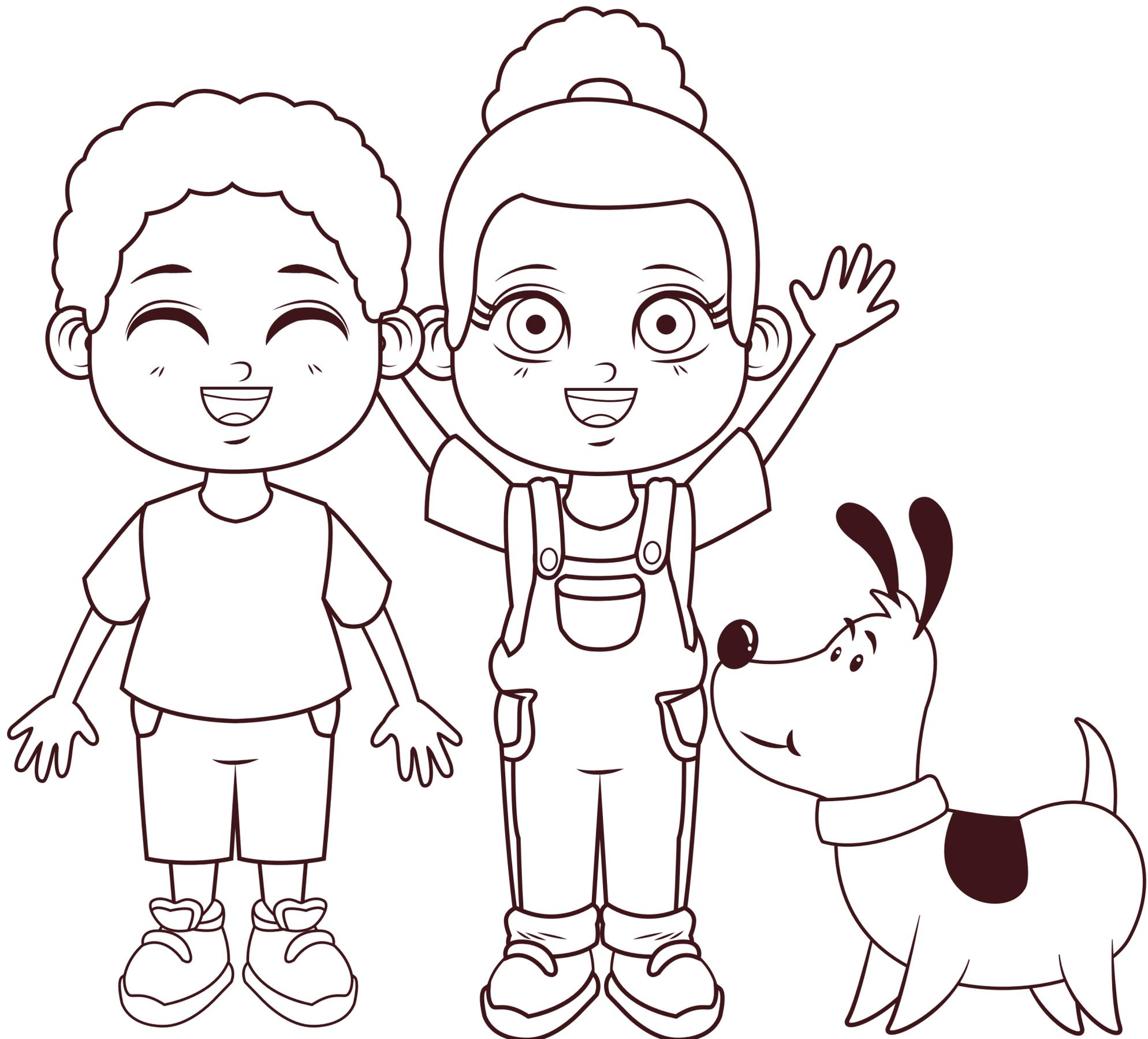
~1 Corinthians 10:31~

ACTIVITY

Timothy and Sarah are good friends.

Timothy invited Sarah to church last week but she had to ask her parents first. She just told him her parents said yes so they are excited. Finish this picture of Timothy and Sarah. Color it and share it with your mum and dad.

Crisis-Proof Your Family





DAY 7

In the beginning was the
Word, and the Word was
with God, and the Word

was God

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~John 1:1~



DAY 8

I am a crown of glory in the
hand of the Lord, and a royal
diadem in the hand of my God

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~Isaiah 62:3~

ACTIVITY

Complete the sentences below with the missing words, then declare it boldly.

TH _RE _S N _ F _AR
IN M _
THE _E I _ _O
T _MID _TY I _ M _
O _LY L _VE,
_T _E _GTH A _D
C _U _AG _
L _VE I _ M _

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WORD BANK:

E I O R S N



DAY 9

Christ has redeemed me from
the curse of the law

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~Galatians 3:13~



DAY 10

The name of the Lord is a
strong tower; the righteous run
into it and are safe
Crisis-Proof Your Family
~Proverbs 18:10~

ACTIVITY

Bible knowledge quiz.

Enjoy this activity and share it with your parents.

He built an ark _____

He baptized Jesus _____

The first miracle of Jesus _____

A young boy sold into slavery by his brothers _____

Joseph interpreted his dream _____

He anointed Saul and David as the first and second kings of Israel _____

The Philistines bribed her to trick Samson _____



ANSWER BANK

Turning water into wine Noah John the Baptist

Crisis-Proof Your Family

Delilah Joseph Samuel Pharaoh



DAY 11

So then faith cometh by
hearing and hearing by the
word of God
Crisis-Proof Your Family
~Romans 10:17~



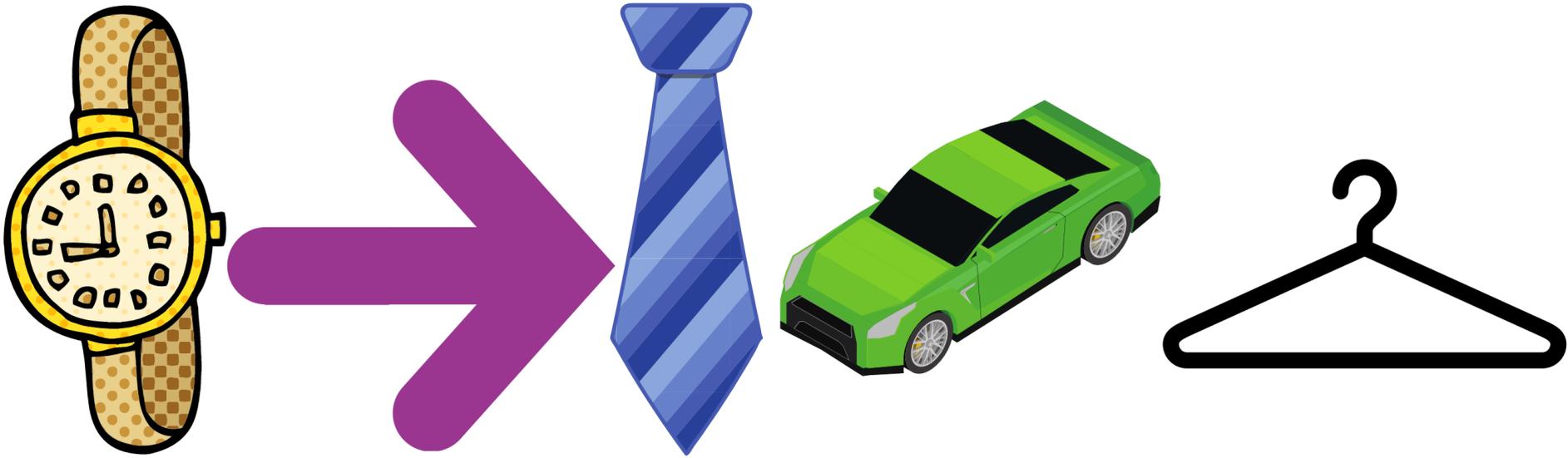
DAY 12

...Everyone should be quick
to listen, slow to speak and
slow to become angry,
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~James 1:19~

ACTIVITY

In Matthew 26:41, Jesus gave His disciples two very important instructions. Write the first letter of each object below to figure it out.

Crisis-Proof Your Family



AND





DAY 13

For every house is built
by someone, but God is
the builder of everything.

Crisis-Proof Your Family
~Hebrews 3:4~



DAY 14

For God so loved the world,
that he gave his only
begotten Son, that whosoever
believeth in him should not
perish, but have everlasting
life.

Crisis-Proof Your Family
~ John 3:16 ~

ACTIVITY

Draw a line between the words and pictures that match different ways to praise God. On each image, write number 1, 2, 3, or 4 in the order which you enjoy praising God.



Jumping



Playing instruments



Singing



Dancing

Crisis-Proof Your Family



DAY 15

The lines are fallen unto me
in pleasant places; yea, I have
a goodly heritage.

~Psalm 16:6~



DAY 16

Children, always obey your
parents, for this pleases the
Lord.

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~Colossians 3:20~

ACTIVITY

Inside each star, write the alphabet that comes BEFORE each alphabet under the stars. What does it say?

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From 1 Corinthians 2:16



DAY 17

I will bless the Lord at all
times; his praise shall
continually be in my mouth.
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~Psalm 34:1~



DAY 18

Call unto me, and I will
answer thee, and shew thee
great and mighty things,
which thou knowest not.

Crisis-Proof Your Family
~Jeremiah 33:3~

ACTIVITY

Bible knowledge quiz

Enjoy this activity. Share it with your parents.

A young lady who made a difference _____

An excellent spirit was in him _____

God used him to part the red sea _____

The first book of the Bible _____

He betrayed Jesus _____

He became king at 16 years old _____

His power was connected to his hair

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ANSWER BANK

Uzziah

Esther

Daniel

Moses

Judas Iscariot

Samson

Genesis





DAY 19

God resists the proud but
gives grace to the humble
Crisis-Proof Your Family
~James 4:6~



DAY 20

I will do everything without
grumbling and arguing

Crisis-Proof Your Family

~Philippians 2:14

ACTIVITY

IMAGINE THAT THIS IS A PICTURE OF YOU AND YOUR GOOD FRIEND.
HAVE FUN BRINGING THE PICTURE TO LIFE WITH SOME COLORS!

Crisis-Proof Your Family





DAY 21

Thy word is a lamp unto
my feet, and a light unto my
path

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~Psalm 119:105~



DAY 22

A gentle answer turns away
wrath but a harsh word stirs

up anger

Crisis-Proof Your Family

~Proverbs 15:1~

ACTIVITY

Rose is your classmate who is often bullied because of how she looks so she likes to be alone in school. Today, you have decided to talk to her and make her feel better. Psalm 139:14 is a great scripture to encourage her with. Do you know what it says? Open your Bible and fill in the blanks below. Be sure to tell a friend!

Crisis-Proof Your Family

Y _ U ARE

FE _ _ F _ LLY

A _ D

W _ ND _ _ FU _ _ Y

M _ D _



DAY 23

I am strong in the Lord and in
the power of His might
Crisis-Proof Your Family
~Ephesians 6:10~



DAY 24

Pray without ceasing.

Crisis-Proof Your Family

~1 Thessalonians 5:17~

ACTIVITY

From all the Bible stories you have heard/read about or watched,
see if you can remember

WHO SAID THAT!

"I am the way and the truth and the life. No one comes to the Father except through me"

"how then can I do this great wickedness, and sin against God?"

"I will go to the king, even though it is against the law. And if I perish, I perish"

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"My God sent his angel to shut the lions' mouths so that they would not hurt me, for I have been found innocent in his sight"



"You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty"

1. ESTHER
2. DANIEL
3. JESUS
4. DAVID
5. JOSEPH



DAY 25

Wisdom is the principal thing;
therefore get wisdom: and
with all thy getting get
understanding.

Crisis-Proof Your Family

~Proverbs 4:7~



DAY 26

Give thanks to the LORD, for
he is good; his love endures
forever.

Crisis-Proof Your Family
~Psalm 107:1~

ACTIVITY

BIBLE MATHEMATICS!

Enjoy solving the following problems and check for the answers on page 54. Have fun!

1. Who was in the belly of the fish for 3 days?

$$5 + 2 = \underline{\quad\quad}$$

2. Who was killed with a slingshot?

$$9 - 3 = \underline{\quad\quad}$$

3. Who betrayed Jesus? $2 + 1 = \underline{\quad\quad}$

Crisis-Proof Your Family

4. What is the last book of the bible?

$$6 - 2 = \underline{\quad\quad}$$

5. Who married a man named Joseph?

$$3 + 2 = \underline{\quad\quad}$$

6. Who was Mary's relative? $5 + 5 = \underline{\quad\quad}$

7. Who saved a baby boy from death?

$$1 + 1 = \underline{\quad\quad}$$



DAY 27

...seek ye first the kingdom of
God and his righteousness,
and all these things shall be
added unto you.

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~Matthew 6:33~



DAY 28

Jesus told him, "I am the way, the truth, and the life.

No one can come to the Father except through me.

Crisis-Proof Your Family

~John 14:6~

ACTIVITY

Bible knowledge quiz

Enjoy this activity as you fill in the blanks.

His brothers were jealous of him _____

He became king at 8 years old _____

Daniel's friends were Abednego, Shadrach, and

The short man who climbed the Sycamore-fig tree
to see Jesus _____

He went to Tarshish instead of Nineveh _____

His flesh became clean like a young child's after he
dipped himself in the Jordan river _____

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ANSWER BANK

Joseph

Namaan

Jonah

Josiah

Meshach

Zaccheus



DAY 29

Some trust in chariots and
some in horses, but we trust
in the name of the LORD our

God

Crisis-Proof Your Family

~Psalm 20:7~



DAY 30

Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.

Crisis-Proof Your Family
~Philippians 1:27~

ACTIVITY 1

You did it! You completed this 30-day journey.

Well done!

Have some fun coloring the images below.

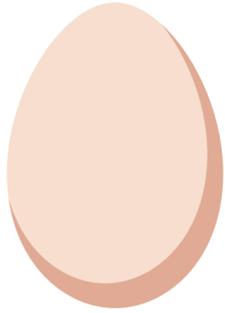
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ACTIVITY 2

Do you know the shortest verse in the bible? Write the first letter of each object below to figure it out. Then check John 11:35 in your bible to confirm your answer.



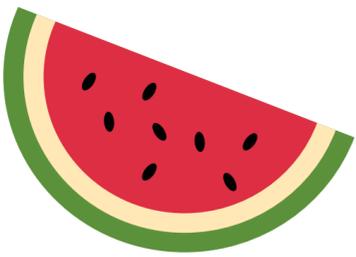








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BIBLE MATHEMATICS!

ANSWERS

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1 = Jesus 2 = Miriam

3 = Judas

4 = Revelation 5 = Mary

6 = Goliath 7 = Jonah

8 = Joshua 9 = Joseph

10 = Elizabeth

Additional family enriching resources are available on the following platforms:

Websites:

www.crisisproofyourfamily.com

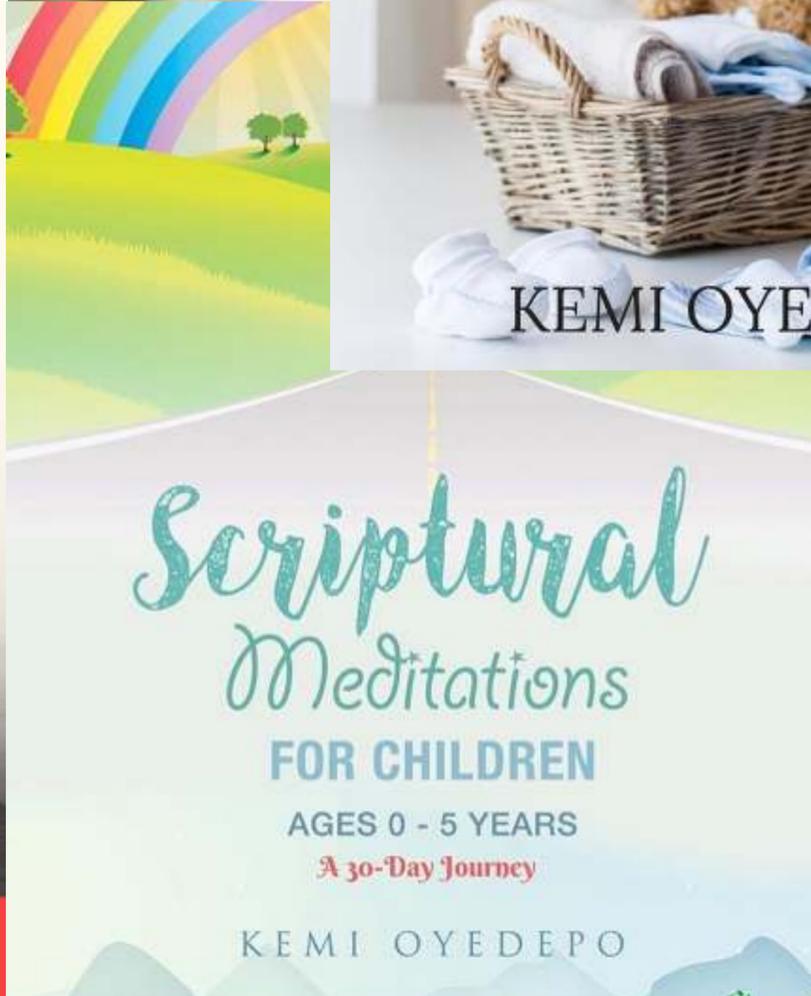
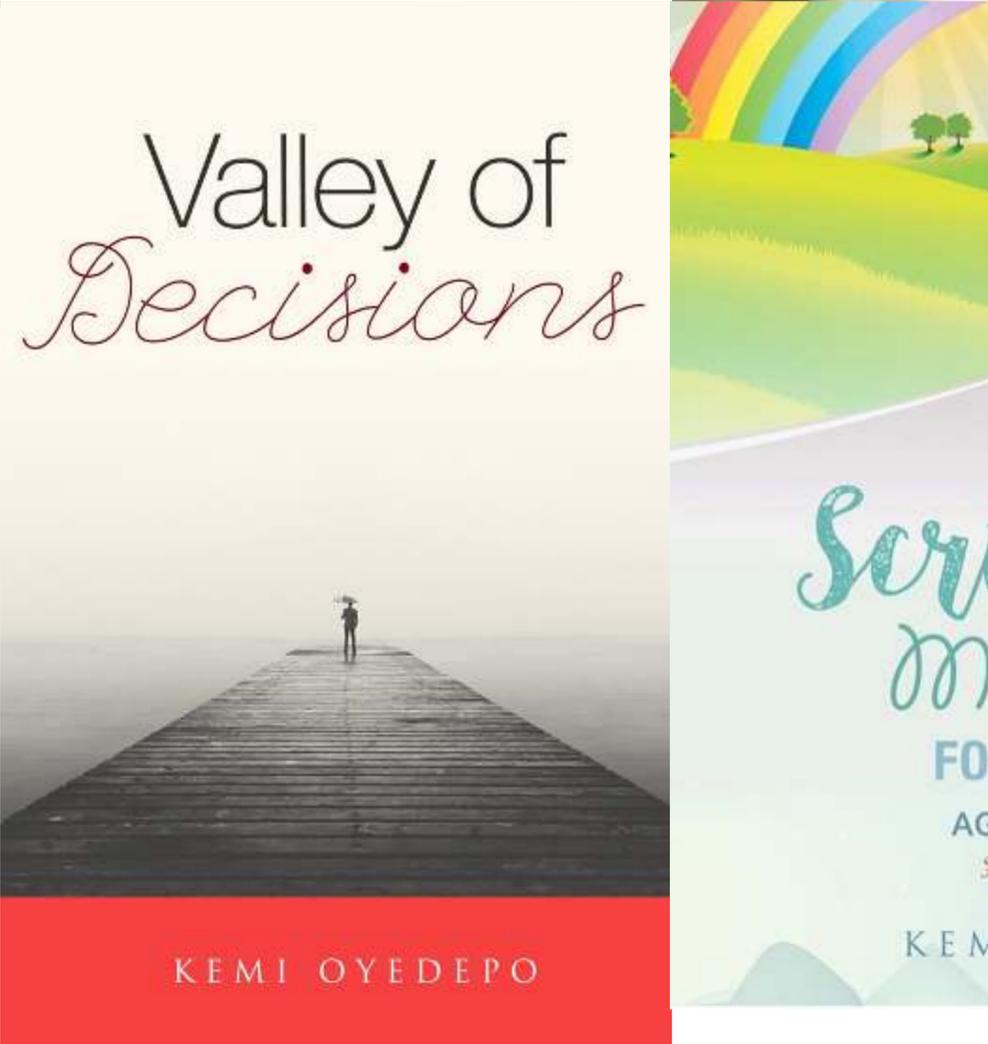
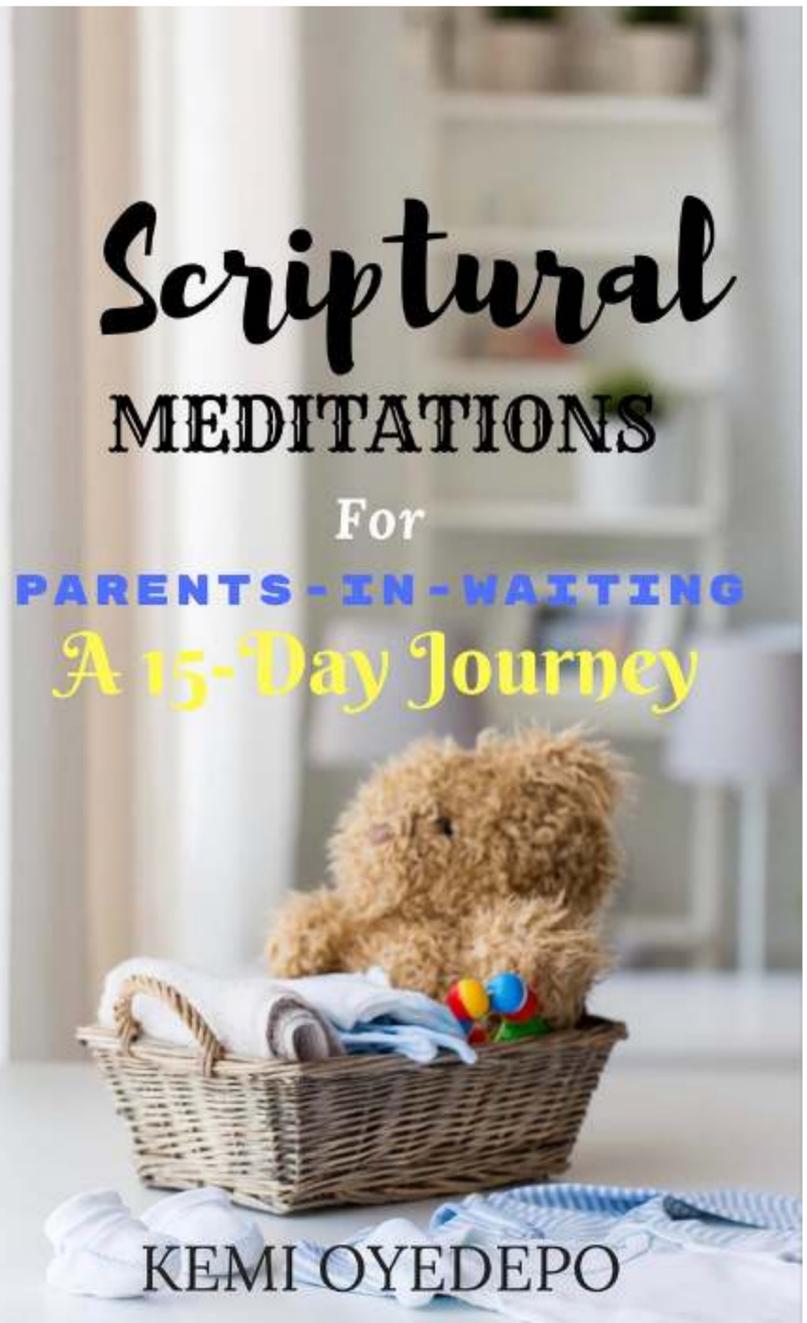
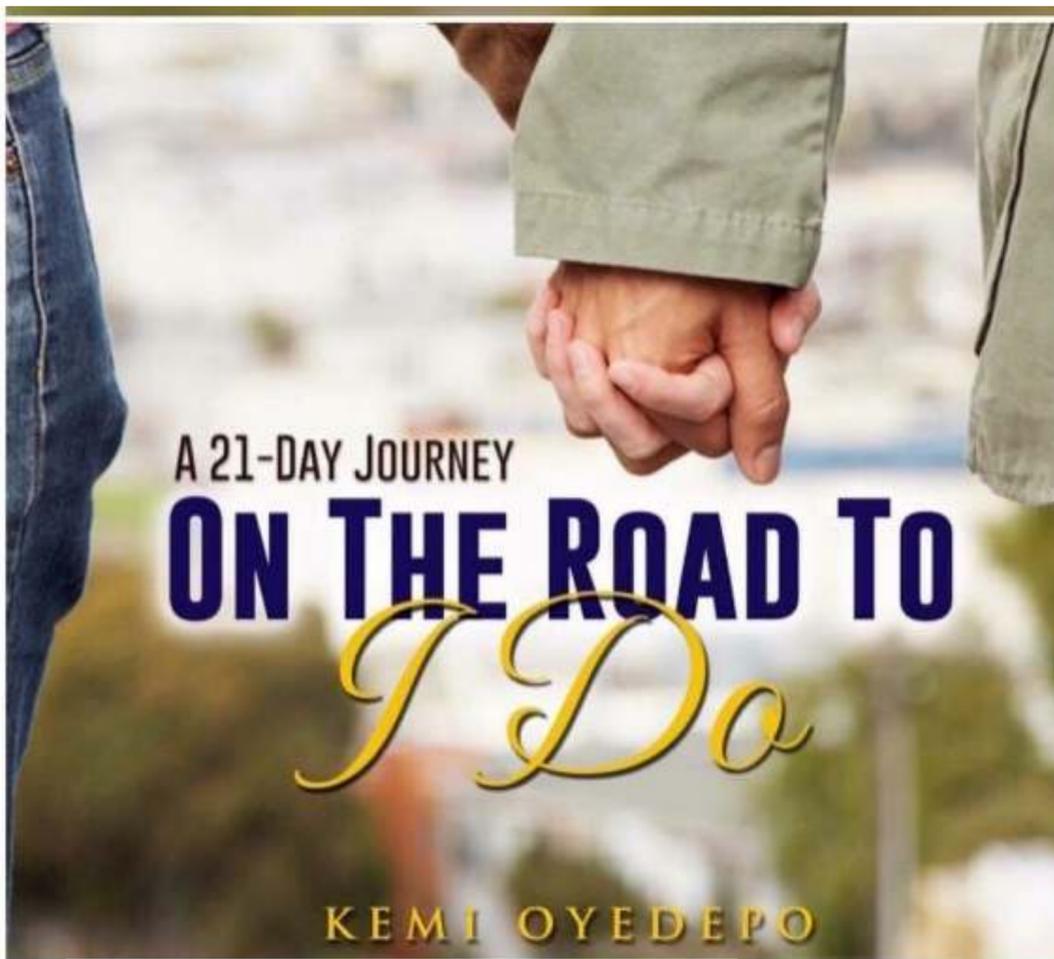
www.biblematchmedia.com

Facebook: Crisis-Proof Your Family

Instagram: @cpyfamily; @biblematch

Email: Info@crisisproofyourfamily.com

[Hello@biblematchmedia.com](mailto>Hello@biblematchmedia.com)



Design by Kemi Oyedepo, for Crisis-Proof Your Family

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Scriptural Meditations for Children

Ages 6-9 Years

Meditation transfers the Scriptures from the head straight to the heart; and when the Scriptures get to the heart, they stick. There is no better time to plant the Scriptures into your child's heart, than now. Laying this foundation for your child is what will stir them on the path to victory in every area of their lives.

This 30-Day Scriptural Meditations journey will spur your children to grow in their knowledge and understanding of God and thus, help with building their faith and confidence in Christ. The activities will also make this learning experience more exciting! As these living words take root in their hearts, you will be blessed to see how they begin to walk in God's wisdom in every aspect of their lives.

Enjoy this adventure with your children as they soar high in their spiritual journey!



Kemi Oyedepo writes and teaches about relationships and family life in an exciting and engaging way. She uses her God-given platform – Crisis-Proof Your Family (CPYF) to communicate her message with a unique and practical style drawn from the Scriptures. Her vision is to help individuals build and maintain an enviable family life that glorifies God and draws multitudes to Jesus Christ. She is the team lead at BibleMath Media Ltd, a company with the vision to provide creative resources for the learning, entertainment and spiritual growth of children and youth. She is married to Pastor David Oyedepo Jnr and they are blessed with children.