

# SPEND TIME WITH JESUS



We can spend time with Jesus by:

- Reading God's Word



- Talking with Jesus (prayer)



- Praising and thanking Jesus



**Benefit:** Spending time with Jesus helps us take on more of Jesus' personality traits—such as being loving, positive, and joyous. By letting Jesus shine through us, we are able to spread His love to others through our example.

Jesus explains this in John 15, where He compared those who believe on Him to branches on a grapevine. "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit" (John 15:5 ESV).



**Benefit:** It's fun to be with Jesus because He is fun, caring, and full of inspiration. The time we spend with Jesus makes our days happier and fulfilling.



In John 13:17, Jesus tells us how we gain joy by obeying what He teaches in His Word. "If you know these things, happy are you if you do them" (John 13:17 AKJV).

Like the words for the song, “Running Over,”<sup>1</sup> say:

*Running over, running over,  
My cup is full and running over.  
Since the Lord saved me,  
I’m as happy as can be,  
My cup is full and running over!*

<sup>1</sup> Words by Seth Sykes (1892–1950)

Here’s something you can  
pray before studying God’s  
Word:

“Dear Jesus, please fill my  
heart with Your great, wonderful  
love while I spend this time with  
You!”



**S&S link:** Christian Life and Faith: Biblical and Christian Foundation: God’s Word-1c

Authored by Christi S. Lynch, based on the writings of Maria Fontaine. Illustrations by Zeb. Design by Christia Copeland.

Published on My Wonder Studio. Copyright © 2012 by The Family International