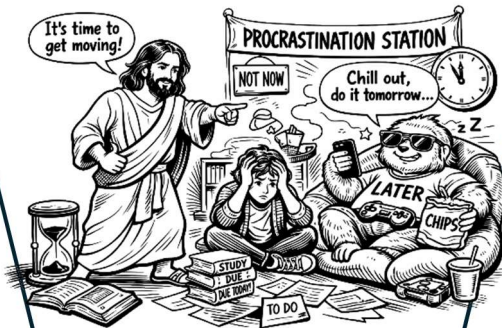


KIDS ZONE!



7-12 Years
5/03/2026

Don't Put It Off!

Bible Verse Of The Week:

"Teach us to number our days, that we may gain a heart of wisdom." — Psalm 90:12

Big Idea: Procrastination = Trouble

Procrastination means putting off something you should do now. It sneaks in like a sleepy sloth whispering, "Do it later..." But God teaches us something different (reread the Psalm above). God gives us time as a gift. When we use it wisely, we grow stronger, kinder, and more like Jesus.

Why We Procrastinate:

- It's boring...
- It's too hard...
- I'll do it later...
- I want to play first...

But procrastination makes thing bigger, harder, and more stressful.

Mini-Devotional:

Jesus and time - Jesus never rushed, but He also never wasted time. He prayed, helped people, taught, rested, and spent time with friends. He used every moment with purpose.

Challenge: Think of one thing Jesus would want you to do today that you've been putting off. Write it here → _____

What Happens When We Use Time Wisely:

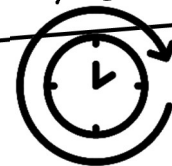
- We feel peaceful...
- We finish things faster...
- We have more time for fun...
- We honor God with our choices...

Activity - Beat The Clock:

Circle the things you should do NOW, and put a star next to things that can wait.

Feeding the dog.
Watching cartoons.
Cleaning your room.
Praying before bed.

Playing video games.
Helping your parents.
Eating Candy.
Playing outside.



Redeem The Time!

What does "redeem the time" mean? It means making the most of every moment God gives you. You can't get time back once it's gone, so use it for things that matter. Ephesians 5:16 tells us to "make the most of every opportunity."

Time Saver Word Search:

Find the following words in the word search below: FOCUS - PRAY - HELP START - NOW - WISE - PLAN REDEEM - DO - MOMENT - FINISH GIFT

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

Ways Kids Can Redeem Their Time:

- Do chores without being asked
- Finish homework early
- Help a friend
- Read your Bible
- Pray for someone
- Practice a skill
- Encourage someone who's sad

Activity - My Time Plan:

Fill in your own simple time plan for today:

One thing I need to do:

When I will do it:

One fun thing I can do when I finish:



Tips To Beat Procrastination:

- (1) Start with something small
- (2) Set a timer for 5 minutes
- (3) Ask God To Help
- (4) Celebrate when you finish.

Remember:

"Later" usually means
"never" - So start now!