

Quiet Is Good

Keep these ideas in mind as you study **Chapter 5**.

God is always in our hearts. He is with us in a special way in church.

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The Three Persons of God are the Father, the Son, and the Holy Spirit. One God in Three Persons is called the Trinity.

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The church is a quiet, holy place. In quiet moments, we can fill our hearts with God.

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Actions can be quiet prayers.

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Quiet helps us know God better.

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