

# QUIET TIME GUIDE

## HERE ARE A FEW SUGGESTIONS TO GET READY FOR YOUR QUIET TIME

1. Determine the best time of day for you to get alone with God. For most people it's best to start their morning with their quiet time.
2. Make sure it's a place free from distractions where you can be alone and focus your heart and mind on God and His Word.
3. Get the things you need before you begin:
  - Bible
  - Pen
  - Notebook or journal to write your thoughts in

*NOTE: If you're just starting, we recommend you use the New Living Translation of the Bible.*

## HERE'S A GUIDE FOR A SIMPLE 15 MINUTE QUIET TIME

1. Pause and ask God to speak to you as you read and pray. If you know of sin in your life, confess it and ask God to forgive you. (1 minute)

2. Read a passage of Scripture (5 minutes)

It's best to follow a reading plan

- You might start by reading one Proverb a day
- Use a Bible that's divided into a reading plan
- Start with Matthew and read a few verses each day until you finish the entire New Testament (If you read 1 chapter a day you'll read the entire New Testament in 9 months)

3. Asking good questions as you read will help. Here are some sample questions you might ask as you read:

Is there an **E**xample for me to follow?

Is there a **N**ew thought about God I need to understand?

Is there a **S**in for me to confess?

Is there a **P**romise I can claim?

Is there an **E**rror for me to avoid?

Is there a **C**ommand for me to obey?

4. Use a journal or notebook and write down some insights (5 minutes)

- This could include an attitude that needs adjustment
- It could include some action you need to take
- It may just be something interesting you read

## PRAY (4 MINUTES)

- End your quiet time by talking to God
- Spend some time thanking God for His blessings
- Confess sin if He shows you a sin you need to confess
- Thank God for what He's shown you
- Ask Him to help you apply what you've read
- Pray for others or specific needs

*This is just a guide. The key is to spend time alone with God every day; reading His Word and praying - then applying what you learn during this time alone. Consistency is important; perfection is not. Remember, we walk in direction, not perfection. If you miss a day - don't let Satan bombard you with guilt - just start over the next day determined to be more consistent. By the way - if you'll plan (the night before) to get up the next morning and meet with God - if you'll treat it like a priority meeting (like you'd have with your boss) - it will make it easier to be consistent.*