

FOLLOW THRU

Quiet Time

Memorize I John 1:9

We are relational beings, created to be in relationship with God first, and then with others second. However, we often allow ourselves to become too busy, buried deep in a culture of To-Do Lists and activities. Tasks and goals begin to triumph over gathering with friends and family. What a tragedy!

Even more so, our relationship with God becomes neglected in more ways than one. We focus on what God wants us to do, rather than what He wants us to be. We get caught up in serving God rather than knowing God.

J.I. Packer has said it well, "We know a lot about God, but we don't know God." Often times, God becomes our backup superhero that we forget about until we have lost total control of our "Game of Life" and beg Him to come into our game to rescue us.

How do we change this around? A simple solution is daily **Quiet Time**.

This one habit can make the difference in you living a fulfilling Christian life! Want to grow to know God as a friend? Become more like Jesus? Learn to spend time with God, and you'll never be the same.

Discussion Questions:

Before diving in, what do you think is **Quiet Time** and its purpose?

One Thing Is Needed

Read Luke 10:38-42

What is the "one thing" that is necessary, according to this passage?

Knowing God

Read Jeremiah 9:23-24

How do you boast about the LORD?

Goal of Paul

Read Philippians 3:7-11

Paul is willing to give up everything to gain Jesus and to know him. Why do you think he saw this as the most important “task”?

Content of Quiet Time

Read 2 Timothy 3:16-17

Read John 15:7

Where can you search, in your Quiet Time, for God and get to know Him?

What does it mean for “my words to abide in you”?

Example of Jesus

Read Mark 1:35

Read Luke 5:16

Aside from reading Scripture in the Bible, what is another way you can get to know God during your Quiet Time?

Have you ever withdrawn to a quiet place, as Jesus did, to simply pray? How was/is that challenging for you?

Seeking God

Read Jeremiah 29:11-13

What stands out to you in this passage?

Goal of Life

Read John 17:3

What makes this passage difficult or easy for you?

FOLLOW THRU

Quiet Time Option

Memorize John 17:3

We have included some practical option to launch your **Quiet Time** with the Lord. As you are learning what's best for you in your Quiet Time with the LORD, we recommend that you spend some time every day doing the following:

Open with Prayer: Ask the Lord for guidance as you read the Word. You also might spend some time in confession of any sin you might have committed. With a clean slate before the Lord, launch into your reading.

i.e. God, You are a Good Father and a great Teacher. Give me wisdom, knowledge, and understanding as I read Your Word. Forgive me of _____ as I have sinned and disobeyed You. Thank you for your Son Jesus and the forgiveness of my sins. Help me to know You more! In the name of Jesus, Amen.

Read: Read completely through the chapter, underlining or highlighting verses that you like. For someone who is new to reading, how would they even know what chapter or where to begin?! This could be very intimidating, especially if they landed in Leviticus! Sharpen this section.

Meditate: After you have read the whole chapter come back and think about specific verses, asking God to reveal Himself to you as you think about His words. Why do you like them? How do they affect you? Is there something you should do as a result of them? The Scriptures were not given to just increase our knowledge base but to transform our lives!

Write: Journal about what God is teaching you. This could be as simple as a spiral notebook. Use this for your quiet time and sermon notes or in meeting with your mentor.

Pray using the ACTS method Can we delete this entire section? I am thinking (I could be wrong) that this method should be taught completely separate for a new believer, and all on its own.

Adoration: Praise the Lord for who He is.

Confession: Confess any sin the Lord may have brought to mind

Thanksgiving: Thank the Lord for specific things He's blessed you with

Supplication: This is another word for asking him for things. Pray for your day. Pray for your needs. Pray for other people and their needs.

Reading Schedule This goes back to my initial "what should they read?" section. I think this resource is good to have for new believers, but how do they know what to choose, even from this list?

24 Days with Jesus -Luke

Hearts Cry -Psalms

28 Days with the Disciples -Acts

From the Beginning -Genesis

The Road to Wisdom -Proverbs

Sermon on the Mount -Matthew 5, 6, 7

ate:

Journal Entry Example—Let's Practice!

Scripture I read today:

Favorite Verse:

Why I enjoyed that verse:

What did I notice about God in that verse?

How is God challenging me to transform my life after reading this verse?

My Prayer: