

# FOLLOW THRU

## Quiet Time

The world revolves around relationships. Sometimes we get confused and lose sight of the relational aspects and focus on the many things we need to get done. Or we substitute social media interaction for deeper face-to-face relationships. What a tragedy!

Unfortunately, our relationship with God is subject to the same pressures. We focus on what God wants us to do, often based on what we have heard from others about God. We can get caught up in trying to live for God rather than having a personal relationship with God. Someone put it this way: "We know a lot about God, but we don't know God." How do we change this around? A simple solution is the daily Quiet Time.

This one habit will greatly increase your experience of a fulfilling Christian life, where you are increasingly becoming more like God and growing in your relationship with Him. It has been said that we become like what we worship. In our daily time with God, we worship Him and become more like Him. Relationships are built around time with another person. Learn to spend time with God and you will never be the same.

### **Discussion Questions:**

#### **What is the purpose of the Quiet Time?**

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**One Thing Is Needed** – What was the one thing Mary was doing that pleased Jesus?

Luke 10:38-42 \_\_\_\_\_

**Knowing God** – What do people usually boast about? What should we boast about?

Jeremiah 9:23-24 \_\_\_\_\_

**The Goal** – What was the goal of the writer of this passage of Scripture?

Philippians 3:7-11 \_\_\_\_\_

**Content of Quiet Time** – What are some ways God uses the Bible to change our lives?

2 Timothy 3:16-17 \_\_\_\_\_

**Example of Jesus** – Even when Jesus was busy, what did He do?

Luke 5:16 \_\_\_\_\_

Homework: Memorize John 17:3

A systematic approach with the Scripture will aid in your time with the Lord. We would recommend that you spend some time every day. It might look like this:

## **Quiet Time with God**

**Pray:** Ask God to speak to you as you read (or listen to) the Bible. You also might spend some time in confession of any sin you have committed. With a clean slate before the Lord, launch into your reading or listening.

**Read/Listen:** Read or listen to a chapter in the Bible. It is a good habit to underline or highlight the verses you like in a hard copy or digital Bible. This will help you to find these verses again later.

**Meditate:** After you have read or listened to a whole chapter, go back and think about the specific verses you liked. Why do you like them? How do they affect you? Is there something you should do as a result of them? The Bible was not given to just increase our knowledge but to change our lives.

**Journal:** This will be a written record of what you learn and experience as you read the Bible and pray. You could use a simple spiral notebook for your quiet time and sermon notes or a group Bible study.

**Pray:** Thank God for His Word and His love for you that will never change. Tell God what you are concerned about and ask Him to help you live for Him today. Pray for other people and their needs.



### **Where to begin in the Bible:**

Begin by reading or listening to the book of **John** in the New Testament. One chapter a day.

### **Journaling:**

Start journaling using the *“Time with God in the Word”* on the next page. You can get more copies of this sheet or start writing your journal in a notebook.

## Time with God in the Word

- 1. What is this saying and what is God saying to me?**
- 2. What do I want to say to God about this?**

*Example* Passage: John 3:16 Date: (today)  
1. God deeply loves everyone in the world and He really loves me this morning.  
2. Lord remind me all day about how much you love me and everyone I see today.

Passage: \_\_\_\_\_

Date: \_\_\_\_\_

1.

2.

Passage: \_\_\_\_\_

Date: \_\_\_\_\_

1.

2.

Passage: \_\_\_\_\_

Date: \_\_\_\_\_

1.

2.

Passage: \_\_\_\_\_

Date: \_\_\_\_\_

1.

2.

Passage: \_\_\_\_\_

Date: \_\_\_\_\_

1.

2.