

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?

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: Start having a "Quiet Time"
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PB&J Quiet Time

There are many different ways that believers spend time with God. There is no “one size fits all.” But some kind of regular, daily approach the Bible and prayer will deepen your love relationship with the Lord. A simple way to think of a Quiet Time is “PB&J” (as in peanut butter and jelly).

Pray: Ask Jesus to speak to you as you read or listen to the Bible. Ask Him to remind you of any sin you need to confess and thank Him for His forgiveness. With a clean heart and a clear conscience, you will be more likely to hear what the Lord says to you through the Bible.

Bible: Read or listen to a chapter in the Bible. Read or listen to it again. Underline or highlight verses you like. Circle repeated words and mark things in your Bible. This will help you to find these verses again later. Ask God, “What do You want me to do with these words of Scripture?” The Bible was not given only to increase our knowledge, but to change our lives.

Jesus: Spend time just talking with Jesus. *Knowing Jesus and loving Him* is what this is all about. Thank Him for His love that never changes, His forgiveness, His wisdom, and His guidance. Talk with Jesus about the things that worry and irritate you. Ask Him to help you deal with challenges you will be facing today. Talk with Him about other people and their needs. Tell Jesus you love Him!



Resources you might try:

- ☐ Use the *New Living Translation* New Testament; it’s easier to understand
- ☐ Use the *YouVersion Bible App* – to read or listen to the Bible on your device
- ☐ Reading Plan – one year through the New Testament (p. 353, *New Believer’s Bible, NT*)
- ☐ Start reading or listening to the book of *John* in the New Testament, one chapter a day
- ☐ *YouVersion Bible App* – read the Verse of the Day, watch the Video, Pray
- ☐ The Worship Initiative *Daily Devo* – <https://series.theworshipinitiative.com/series/daily-devo>
- ☐ For children, focus on the Stories of people in the Bible
- ☐ Journal – Write down what you are learning, questions, and what you are praying for in a notebook
- ☐ Accountability – Share with others what God is teaching you and ask for help

What will you try during your Quiet Time with God this coming week?
Let’s talk about how it went next time we meet.