

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: a) Bible, b) pen, c) notebook or journal to write your thoughts in, and or d) coffee. 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 so you come to this time with a clean life. **(1 minute)**
2. Read a passage of Scripture **(5 minutes)**
 - a. It's best to follow a reading plan
 - i. You might start by reading one Proverb a day
 - ii. Use a Bible that's divided into a reading plan
 - iii. Start with Matthew and read a few verses each day until you finish the entire New Testament
 - b. Read until you feel God has told you something
 - iv. Asking good questions as you read will help
 - v. Here are some sample questions you might ask as you inspect (ENSPEC) what you read.
 1. Is there an **Example** for me to follow?
 2. Is there a **New thought** about God to understand?
 3. Is there a **Sin** for me to confess?
 4. Is there a **Promise** I can claim?
 5. Is there an **Error** for me to avoid?
 6. Is there a **Command** for me to obey?
 - 7.
3. Think about what you read and write down your insights. **(5 minutes)**
 - a. This could include an attitude that needs adjustment.
 - b. It could include some action you need to take.
 - c. A journal or notebook really helps in recording insights.
4. Pray **(4 minutes)**
 - a. End your Quiet Time by talking to God
 - b. Spend some time thanking God for His blessings
 - c. Confess sin if He shows you sin in your life
 - d. Thank God for what He's shown you
 - e. Ask Him to help you apply what you've read
 - f. Pray for others or specific needs (from your prayer list)

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.