

Quiet Time

“How It Works”

1. Block out 15-20 minutes of each day (when you're awake). Don't allow anything else to preempt this time slot.
2. Go to a private place that's free of interruption.
3. Start each quiet time by taking a deep breath, clearing your mind, and asking God to say something to you through the Bible.
4. Read consecutively through various books of a recent Bible translation using a guide. Read a short portion each day—a paragraph, story or idea.
5. As you read, answer three questions:
 - What does the passage say (What are the surface facts?)
 - What does it mean?
 - How do I apply this to my life today?
6. Notice the commands, the warnings, the promises, the good and bad examples.
7. Underline verses that mean a lot to you and try to memorize them. Jot down key ideas in a notebook for later reference.
8. Talk to the Lord about what you've discovered in his Word. Ask him to help you understand what he's trying to tell you and to do what he wants you to do. Confess specific situations where you've blown it.
9. Mention problems, needs, and requests—including other people's, not just your own.
10. Finish by thanking God for his answers.