
• Read

Read your Bible passage for the day. To get us all started together, I am recommending we begin in Luke. It is one of the four gospels (gospel means “good news” about Jesus; the other three are Matthew, Mark and John). Once you’re done with Luke, go on to Acts, which is also written by Luke. Acts is the story of the early church after Jesus ascends to God in heaven, following His resurrection. Depending upon the reading plan/pace you choose, the next books will be Genesis and Exodus (see reading plan handout). These books detail the beginnings of all things (e.g., earth, stars, humanity, sin, etc.) and God’s choosing of His chosen people, Israel, and His deliverance of them from slavery in Egypt. I chose these four books because if you have never read the Bible—or at least not much—these books will give you a good foundation for further reading and growth. Of course, even if you are quite familiar with the Bible, reading these books will always bring forth fresh insights as God’s Spirit opens your eyes to new things.

By the time you are well into Acts, you may find a habit has formed! Research indicates that it takes about 28 days for a habit to form. Our goal is to develop habits that will sustain us in our ongoing growth in Jesus.

• Make Notes

Write notes in n your Bible or in a notebook; underline/highlight verses that stand out to you. You might even find some blank pages in the back of your Bible or in a notebook and keep track of verses that cover topics you know you will want to refer back to again and again.

Helpful Hints:

Find a consistent time that works best for you.

If you are an early morning person, plan a morning time. If evening or afternoon, choose whatever works best. However, if you are choosing the evening, keep in mind our tendency to fall asleep after a long day. It can be difficult for some to do this right before bed.

How often? Should I read 5 days or 7 days a week? What if my schedule changes and I find it is difficult to fit in a Quiet Time? I suggest you begin with 5 days as a goal, but if only 3 works out, that’s OK! Better 3 days than zero!

Keep at it! I believe the more you and I get into God’s word and prayer, the more we give Him permission to work in our lives. When this happens, God changes us from the inside out. There may be days you aren’t able to spend time with God for one reason or another. Don’t get discouraged! The lie of Satan is that you might as well quit if you miss a few days. Don’t believe it! Get right back at it and pick up where you left off.

There is no magic amount of time to spend. At first, you might take 10-15 minutes, but then find that it becomes 20-30 minutes and more as your spiritual “muscles” begin to develop.

Be prepared to share. One of the best ways for us to cement what we have learned is to share our new insights with others. Come prepared to Care Group to share whatever God has been showing you. As you share and hear from others, God’s Spirit will drive the lessons you are learning even more deeply into your heart and mind!

How to Have a Quiet Time With God



You have probably heard the analogy: “give a man a fish, feed him for a day; teach a man to fish, feed him for a lifetime.” It is simply a way of saying that just handing out food, or in this case teaching, is only a temporary fix. But if we can equip people with the skills and tools to feed themselves, they will grow healthier, stronger, more confident and, better yet, able to go on to teach others to do the same. I want YOU to be able to “fish”, to feed yourselves on God’s word and to be able to confidently go to Him in prayer. This is what discipleship is all about!

What I am going to lay out for you is ONE way to do a **Quiet Time With God**. It is NOT the only way. So if you find certain aspects that don’t seem to fit you, feel free in time to make adjustments that better suit how God has wired you. But so you have a place to begin, here’s what I would suggest over the next two months:

• Pray

Open your time by praying something like, **“God, please, may your Spirit speak to me...teach me...open my eyes to what you want me to see today as I read. And, please, help me to put into action what you show me today. In Jesus’ name, amen.”**



As you read, keep in mind some basic reporter questions to help you gain insight:

- * **Who (...is speaking? ...is the author? ...is the audience?)**
- * **What (content? context?)**
- * **Where (does the geographical location play a part of the story?)**
- * **When (is this Old Testament [before Jesus] or New Testament [after Jesus]?)**
- * **Why?**
- * **How?**

“The questions we ask when we read the Bible largely determine how we understand and apply the Bible.”

“The Bible is first and foremost a story about God displaying his glory through creating and redeeming humans. It makes sense, then, that the Bible is designed to answer questions connected to this central theme. Jesus confirms this dual focus on God and humanity. When asked what the greatest commandment is, he replied, “You shall love the Lord your God with all your heart and with all your soul and with all your mind” (Matt 22:37). But Jesus wasn’t done. He continued, “And a second is like it: You shall love your neighbor as yourself” (Matt 22:39). Love God. Love others. This is the heart of what God wants from his people.”

—Matthew Harmon

6 Helpful Questions for Understanding and Applying the Bible:

1. **What do I learn about God?**
2. **Is there a command to obey?**
3. **Is there an example to follow?**
4. **Is there a promise to claim?**
5. **Is there a sin to avoid?**
6. **Is there a principle to follow**

• Pray

After you’re done reading (or you can do this prior to reading the Bible; whatever works best for you), take time to talk to God. Share with Him your joys, struggles, questions, etc.

You might even use the outline from the Lord’s Prayer in Mathew 6:

Praise [“Holy is your name...”], **Permission** [“...your will be done...”], **Provision** [“...give us today...”], **Pardon** [“...forgive us our sins...”], **Power** [“...deliver us from evil...”]

Using each of these headings as a guide, worship God and talk with him concerning matters in your life and world praying for family, friends, needs, fears, etc.

Another outline that I have used for prayer is **A.C.T.S. [Adoration, Confession, Thanksgiving, Supplication (asking)]**. If this works better, feel free to use this instead.