

How To Enjoy Life-Changing Daily Quiet Times

There are many different ways to have a quiet time. Indeed, the words “quiet time” now seem to be a catch-all for just about any activity: reading through the Bible, praying, or simply sitting quietly and listening. All of these activities are valuable, but this method is transforming my life more than any other spiritual discipline.

Basically there are three components. I refer to them as: Look, Listen, and Live it out.

LOOK (focus)

First I pray asking the Lord to open my eyes so I can see wonderful things in His word and I call out to him for wisdom (James 1:5). Then I ask him to show me where he wants me to focus. Then I'll start reading in the Bible (The Psalms are a great place to start! Though you can gradually work your way through any book of the Bible doing this). I stop reading as soon as a verse stands out to me.

LISTEN (meditate)

Then, I write that verse at the top of a page in my journal, and record whatever thoughts came to mind - observations, pondering the meanings of different words, sometimes even asking God questions. Time after time I am amazed to find how God will communicate with me through what I write!

LIVE IT OUT! (apply)

Next, I ask the Lord: What do you want me to do in response to what I've just read? How do you want this lived out? What difference will knowing this make in my life? Then I pray, asking God to help me live out what He's placed on my heart. Then I do what He's laid on my heart to do! That's usually the BEST part of this whole process because that's where I really get to experience the Lord at work.

Special Treasures To Enjoy In your Quiet Time with God

___ Psalm 1 Key Verse: _____

___ Psalm 16 Key Verse: _____

___ Psalm 23 Key Verse: _____

___ Psalm 32 Key Verse: _____

___ Psalm 34 Key Verse: _____

___ Psalm 42 Key Verse: _____

___ Psalm 51 Key Verse: _____

___ Psalm 63 Key Verse: _____

___ Psalm 73 Key Verse: _____

- ___ Psalm 84 Key Verse: _____
- ___ Psalm 91 Key Verse: _____
- ___ Psalm 103 Key Verse: _____
- ___ Psalm 116 Key Verse: _____
- ___ Psalm 139 Key Verse: _____

Ready to try a book?!
Colossians is a great book to start with!

- ___ Col. 1:1-14 Key Verse: _____
- ___ Col. 1:15-23 Key Verse: _____
- ___ Col. 1:24-2:5 Key Verse: _____
- ___ Col. 2:6-23 Key Verse: _____
- ___ Col. 3:1-17 Key Verse: _____
- ___ Col. 3:18-4:1 Key Verse: _____
- ___ Col. 4:2-18 Key Verse: _____

Ready to tackle
something a bit bigger?!

Why not read through the
Gospel of John?

Remember just read until something stands out to you
then stop there to dialogue with God about it
and ask Him how He wants you to live it out
and the next day pick up where you left off
until you make it all the way through!