

10 minute Quiet time guide

Preparing Your Heart (½ minute)

Invest the first 30 seconds preparing your heart. You might pray, “Lord, cleanse my heart so You can speak to me through the Scriptures. Make my mind alert, my soul active, and my heart responsive. Surround me with Your presence during this time.”

Listening to God – Scripture Reading (4 minutes)

Take the next four minutes to read the Bible. Your greatest need is to hear a word from God.

Allow the Word to strike fire in your heart. Meet the Author!

If you feel led to a certain book or passage, don’t fight that- go straight there. Otherwise, you can try this:

One chapter of each: Psalm, Proverb, Gospel, Paul’s Epistles (*Romans, 1st Corinthians, 2nd Corinthians, Galatians, Ephesians, Philippians, Colossians, 1st Thessalonians, 2nd Thessalonians, Hebrews, 1st Timothy, 2nd Timothy, Titus, Philemon*)

Ask yourself: what is God saying to me in what I just read? What is the message I am supposed to receive? How does this apply to me?

Talking to God – Prayer (2½ minutes)

After God has spoken through His Book, then speak to Him in prayer. One method is to incorporate four areas of prayer that you can remember with the word ACTS.

ADORATION: This is the purest kind of prayer because it’s all for God. Tell the Lord that you love Him. Reflect on His greatness.

CONFESSION: Having seen Him, you now want to be sure every sin is cleansed and forsaken. “Confession” comes from a root word meaning “to agree together with.” When we apply this to prayer, it means we agree with God’s estimation of what we’ve done.

THANKSGIVING: Think of several specific things to thank Him for: your family, your business, your church—even thank Him for hardships.

SUPPLICATION: This means to “ask for, earnestly and humbly.” Ask for others, then ask for yourself. Include people around the world, missionaries, friends, and those who have yet to hear about Jesus.

Telling your story – Journaling (3 minutes)

What happened? What did God say? What did you THINK you heard, but you’re doubting and you’re not sure it was actually God? What did you feel?

Did you experience sin enter the quiet time with you? What scripture jumped out at you?

Which part was easiest? Most difficult?

Write out a prayer and include asking God for something big and unrealistic.