

# Quiet Time Journal

Name: \_\_\_\_\_

# THE ABC'S OF HAVING A QUIET TIME

**A: Ask questions and record your thoughts and meditations.**

Is there a commandment to obey?

Is there a promise to claim?

Is there a sin to avoid?

Is there an application to make?

Is there something new about God?

*Each time you mark something in Scripture, ask yourself these questions to stimulate your thinking.*

FIND THE "ONE THING" THAT SPEAKS TO YOU FROM THE PASSAGE.

**B: After meditating, choose a Best Verse and write it down.**

**Record your Best Thoughts on this verse.**

The "B" is the most crucial element in having an effective Quiet Time.

- Underline key words.
- Ask Who, What, When, Where, Why.
- Re-write Verse in your own words.

The "A" of Ask questions is like the many pellets of a shotgun shell. But the "B" of Best Verse and Best Thought is like a single rifle bullet that hits the bull's-eye of a target.

**C: Communicate back to the Lord in prayer whatever you feel He is impressing on you. WAR Prayer**

**Worship: PTL**

1. *Praise* Him for who He is and what He has done.

2. *Thank* Him for His blessings, and the privilege of calling Him Father.

3. *Listen* to Him. Check what you hear against the Scripture, and wait patiently for Him to confirm it over time.

**Admit** - This is the confession of sin and asking for His forgiveness.

**Requests-My needs:** wisdom, help, finances, children, husband or wife, other relationships, work, right attitudes, morally pure thoughts, and so on.

OR use the Lord's Prayer in Matt. 6:9-13.

**God's Honor** – acknowledge His worth

**God's Kingdom** – acknowledging His priority

**God's Provision** – acknowledging God's Forgiveness – acknowledging your repentance

**God's Power** – acknowledging your dependence

Excerpts from "Every Man A Warrior" By Lonnie Berger

## IMPORTANT QUIET TIME GUIDELINES

**1. Choose a time and place** to have a daily Quiet Time. Most men choose the morning. Depending on your schedule, you may find that before bed works best. Choose a place & a time that will keep you free from interruption or distraction. Shut off the cell phone!

**2. Use a Quiet Time Journal to record your thoughts.** Writing down your thoughts forces you to think and helps the Scripture to take root more deeply in you. This process will transform your life. The Enemy really fights against this. You will experience every kind of distraction to keep you from spending time with Jesus.

**3. Start a new lifelong habit.** Do not be discouraged if you find this hard. This will take time to establish and will challenge your priorities. But it is worth the cost. Someday you will look back and realize that your most cherished moments on earth were times spent with the Lord.

**Having a daily Quiet Time is a skill.** This skill will take time and effort, but it will determine your success or failure. Give it your best! Your Quiet Time will grow over time. Most people shoot for thirty minutes, but you can start with fifteen minutes:

- 5 minutes to **read and underline**
- 7 minutes to **meditate and write in your Quiet Time Journal**
- 3 minutes to **pray**
- The Bible is a library of sixty-six books. If you are new to Bible reading, start in the New Testament with one of the Gospels. Then read the book of Acts. After you have read four or five books in the New Testament, try the Old Testament books of Genesis, Proverbs, or the Psalms.

## WORSHIP IN PRAYER

**Worshipping Prayer is about Praising God** for who He is and who He is becoming to you. Prayer is also about sitting in the presence of God to pour out your heart to Him. I used to think that prayer was just about me. But when you and I talk to the Lord, when we pour out our hearts to God, it is actually about Him as well. As a father He longs for our fellowship and never tires of hearing about our fears, joys, struggles, or desires.

**Worshipping Prayer is also about Thanking Him** for what He has done in your life. Whenever I am feeling discouraged, I spend some time thanking the Lord, recounting all that He has blessed me with. The cloud usually lifts. "He who brings thanksgiving as his sacrifice honors me" (Psalms 50:23 RSV).

**Worshipping Prayer is also about Listening.** Hearing from God in our Quiet Time is an important part of making good decisions. For most of us God speaks through His Word. You may have already seen God speak to your heart on an issue as you were reading the Scripture. But **God also speaks to our hearts through the still, quiet voice of the Holy Spirit.** If what you hear lines up with the Scripture, **jot down the thought** and try to **get Godly counsel** from a mature Christian on this decision. If what you heard is from the Lord, it will be confirmed over time.

## THREE STEPS OF PRAYER

### 1. WORSHIP

- **PRAISE** Him for who He is and what He has done.
- **THANK** Him for His blessings, and the privilege of calling Him Father.
- **LISTEN** to Him. Check what you hear against the Scripture and wait patiently for Him to confirm it overtime.

*EXAMPLES OF WORSHIP PRAYER: I love You, Jesus. I give You praise, glory, and honor. I praise You for who You are and I thank You for Your goodness to me. I praise You that You died for me and chose me to be one of Your sons. I thank You for Your blessings. Thank You that You have been faithful to me. I worship You, Jesus. I praise You. You are God. It is my privilege to know You. Thank You for the joy of walking with You. Lord, is there anything that You want to say to me? I'm listening.*

**2. ADMIT**—This is the confession of sin and asking for His forgiveness.

*EXAMPLES OF ADMIT PRAYERS:*

*Lord, I admit that I've really struggled, and I ask Your forgiveness for \_\_\_\_\_.*  
*Forgive me for my attitudes toward or about \_\_\_\_\_.*  
*Lord, forgive me that I have been so angry over \_\_\_\_\_.*  
*I ask Your forgiveness for lust, pride, arrogance, unforgiveness against \_\_\_\_\_.*

**3. REQUEST**—My needs: wisdom, help, finances, children, wife, relationships, work, attitudes, thought life,

*EXAMPLES OR REQUESTS:*

*Lord, I pray for my wife \_\_\_\_\_. Lord, I pray for my children \_\_\_\_\_.  
Lord, give me wisdom for \_\_\_\_\_. Jesus, I pray for the needs of other \_\_\_\_\_.  
I pray for the people around me who do not know Christ. I pray for \_\_\_\_\_.*

# Names, Attributes & Characteristics of Your Heavenly Father

He is **your Father**: Rom 8:15-16, 1John 3:1, Luke 12:32.

He is **your Savior**: Tit 3:5-6, Isaiah 61:1, Hebrews 7:25, 1 John 4:10-14, John 19:30, 1 John 5:11-13.

He is **your Comforter**: Isa 51:12, Isa 41:10, 2Cor. 1:3-5, Psa. 23:4.

He is **your Peace**: Colossians 3:15, Galatians 5:22, Philippians 4:7, Isaiah 26:3.

He is **your Healer**: Exodus 15:25, Psalm 30:2, Psalm 103:2-3, Psalm 107:20, Proverbs 4:20-22, Jeremiah 17:14, Matthew 4:23-24, Matthew 8:16-17.

He is **your Strength**: Psalm 55:22, Isaiah 40:29, 41:10.

He is **your Everything**: Philippians 4:19, Mark 11:24, 2 Corinthians 9:8.

He is **your Confidence**: Psalm 16:8, Exodus 6:6.

He is **Love**: Jeremiah 31:3, Proverbs 8:17, 1 John 4:7-19, 1 Corinthians 13:13.

He is **your Worth**: Genesis 1:27, Romans 5:8, 1 Peter 1:18-19.

He is **your Protector**: Ephesians 6:10-17, 2 Thessalonians 3:3, 2 Samuel 22:3-4, 2 Timothy 4:18.

He is **your Provider**: Luke 12:32, 2 Peter 1:3, Matthew 6:31-33.

He **DEFEATED death**: Romans 6:9, Luke 24:6-7, Romans 1:4, John 11:25, 1 Corinthians 15:55-57.

He is **Faithful**: Revelation 19:11-13, 1 Thessalonians 5:24, 2 Timothy 2:13.

He is **Trustworthy**: Numbers 23:19, 2 Samuel 7:28, 1 Timothy 1:15.

He is **Forgiving**: Nehemiah 9:17, Colossians 3:13, Ephesians 4:31-32.

He **Never Leaves** you: Romans 8:11, Deuteronomy 31:6&8, Isaiah 54:10, Joshua 1:9.

He is **Eternal**: Revelation 1:8, 1 Timothy 1:17.

He **Never Changes**: *James 1:17, Hebrews 13:8*, Malachi 3:6.

He is **All-knowing**: John 14:26-27, 1 John 3:20, Isaiah 40:28.

He is **Everywhere** at once: Jeremiah 23:24, Acts 17:28.

He is **All-powerful**: Psalm 147:5, Psalm 8:3-4, **1 Chronicles 29:12**.

He **Cares about every tear** you cry: Psalm 56:8.

He is **Merciful**: Jeremiah 3:12, Numbers 14:18a.

He is **Sympathetic**- the God of the broken-hearted: Romans 12:15, Psalm 34:18

He is **Gentle**: Matthew 11:29, 1 Corinthians 10:1, James 3:17.

He **Keeps His Promises**: Numbers 23:19, 2 Timothy 2:13.

He **Fights for you**: Exodus 14:14, Deuteronomy 20:4, 2 Chronicles 20:17.

He **Left Heaven for you**: John 3:13, John 6:38, Philippians 2:5-8.

He **Gave His very Life for you**: Romans 5:8, 1 Peter 1:18-19, Romans 6:23.

He is **Always on Time**: Luke 24:44.

He is **Patient**: Numbers 14:18a, Deuteronomy 8:2, Psalm 78:38.

He is **Understanding**: Isaiah 11:2, Matthew 19:26, Isaiah 40:28, Psalm 145:3.

He is **Slow to Anger**: Psalm 145:8, James 1:19, Numbers 14:18, Exodus 34:6.

He is **Kind**: Jeremiah 9:24, Titus 3:4-6, Psalm 36:7, Psalm 63:3.

He is **Compassionate**: Psalm 116:5, Psalm 103:8, Exodus 33:19.

He is **Present**: Hebrews 13:5, Joshua 1:9.

## Competition Guidelines

Goal: Develop a pattern and process for having daily quiet time with God

Schedule: November 13 - December 11

### **Prizes:**

1. Highest 3 Scores - Choice of 3 big prizes
  - a. Ties will go to the student with longest quiet time streak
2. 10 Drawings for additional prizes
  - a. A weighted drawing based on number of points earned.
3. 13 Students will win a Prize - only one prize per student

### **Rules:**

1. Each winner can only win 1 prize - once they win they are removed from drawing
2. Score & drawings are based on points
3. Points
  - a. A student can earn "1" point for turning in 1 filled out quiet time journal page
    - i. Journal Sheets must be filled out - not in separate journal or separate sheet elsewhere.
    - ii. 1 Sheet per day (max 7 per week)- each sheet must be dated
    - iii. Students may not complete more than 1 sheet per day. The goal is to do this daily. (Honor system)
    - iv. A photo image may be provided, but date and sheet must be clear in picture
  - b. A student can earn "1" additional point for verbally sharing what they learned in their small group
4. Reporting
  - a. Students must turn in written quiet time sheets at check in before youth group
  - b. Small group leaders will report additional points for students sharing in small group
5. Booklet
  - a. Students will receive "1" booklet with quiet time details and 30 quiet time sheets.
  - b. If student loses his/her book, we will provide a document students can print at home.

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**Key Point:**

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**Favorite Verse:**

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*A promise to claim?*

*A sin to avoid?*

*A command to obey?*

*Something new you learned about God?*

**Emphasize (what is the context & meaning):**

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**Rewrite the verse:**

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**Application & Prayer (how might this verse change the way you live?):**

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