

A Quick-Start Guide to Quiet Time

This is just a suggestion for how to get started in a quiet time.

Don't get stuck in a rut! There are many ways to spend time with your God!

Steps	7-min. plan	15-min. plan	30-min. plan
<p>1. RELAX—Wait on God: Be still for a minute. Listen to His voice.</p>	30 sec.	1 min.	1 min.
<p>2. REQUEST—Pray briefly: Ask God to cleanse your heart and guide you into this time together. Use the following Scriptures:</p> <ul style="list-style-type: none"> ▪ Psalm 139:23-24 (NIV): “Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” ▪ Psalm 119:18 (NIV): “Open my eyes that I may see wonderful things in your law [the Word].” 	30 sec.	1 min.	1 min.
<p>3. READ—Read a section of the Scripture: You might start with the Gospel of John. Just read as much as you can in the minutes allotted.</p>	2 min.	4 min.	9 min.
<p>4. REFLECT & REMEMBER—Meditate & memorize: Meditate on one or two verses from your reading; memorize a verse that especially speaks to you. Use the S.P.A.C.E.P.E.T.S. acrostic. Is there any:</p> <ul style="list-style-type: none"> ▪ Sin to confess? ▪ Promise to claim? ▪ Attitude to change? ▪ Command to obey? ▪ Example to follow? ▪ Prayer to pray? ▪ Error to avoid? ▪ Truth to believe? ▪ Something to praise God for? 	2 min.	4 min.	9 min.
<p>5. RECORD—Write down what God has shown you: Write what God speaks to you through His Word and write a prayer back to the Lord.</p>	1 min.	2 min.	5 min.
<p>6. REQUEST—Have your time of prayer: This is your part of the conversation with the Lord. Use the P.R.A.Y. acrostic:</p> <ul style="list-style-type: none"> ▪ Praise the Lord ▪ Repent of your sins ▪ Ask for yourself and others ▪ Yield yourself to God's will 	1 min.	3 min.	5 min.