



Bible Study Journal

Scripture Read slowly. Verses God showed me are:			Observe What God is showing me about what it means in my life today.	Apply Think about over and over (Meditate) on what verses mean and how to do what they say.	Pray
Book	Chapter	Verse	My own words of what it means	How I should do this in my life today	Check

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Prayer Journal

5 Finger Prayer

Adore God. Praise Him tell him how you love Him. Words you can use below:

Holy	Love	Gentle	Knows everything	All power	Truth	Right
Jesus	Justice	Mercy	With us everywhere	Grace	Forever	Good

Confess Admit the wrong things you did, ask God to **clean** you, know He will **forgive**.

Wrong Thing I did	I apologized, forgave

Thumb people closest to you Parents, brothers, sisters

Index (pointing) people who point you right: Teachers, Pastor

Tallest - leaders in government, at Church, at kids club

Ring weakest finger: Pray for the sick, in pain, and poor.

Smallest (pinkie) reminds you to pray for yourself

From a nurse who taught a Hospital patient how to pray

Thank God for: protecting us, for His Son Jesus, the earth, people.

Supplication asking for other people, your own **needs** (*not what you want*), things, places. – (see 5 Finger Prayer)

Person, or place	What I am asking God for	Answer
Me		

Why Should I Have a Quiet Time?

Jesus did it and it was the biggest thing in His life. How much more do you need it?

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary** place, where he prayed.

Job considered the Word of God more necessary than eating food **every day**.

Job 23:12

I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread.

The Bible says that when we read the Word of God, we are cleansed.

John 15:3

You are already clean because of the word I have spoken to you.

This is a time to grow in your spiritual life, to become more like Jesus.

When is the best time for my Quiet Time devotions?

Every day start with 10 minutes, then after a few months make it longer. Most people like it in the morning, but the evening or afternoon is just as good. The main thing is to make it a regular part of your daily schedule. Just like you have a special time to practice your favorite sport, do homework, finish chores, you need a special time to meet with God.

The best time is when you're at your best!

My Pastor says "*hit your knees before you hit your feet*"

If you like the morning and are awake that is great,

If you don't have time until the afternoon, do your devotions then.

Talk with others and see when they have their time alone with God.

Where to do your Quiet Time devotions?

Pick a place where you can be alone, where it's quiet, has good lighting for reading, a special place you can "get-a-way" without T.V., radio, or other things happening. Where you feel comfortable (*not your bed – so you don't fall asleep*).

What to Bring?

Bible, paper (like the Quiet Time Chart) to take notes to write what God does with your prayers, a pen (pencil), or highlighter to underline in your Bible.

What to Do at Quiet Time?

Pray and ask the Holy Spirit to teach you and reveal Jesus to you.

As you **read**, underline anything the Lord says to you to do.

Make a new SOAP **journal page** when God shows you a verse to do in your life.

Meditate what you are reading,

Memorize verses that God shows you (*see Bible Study Activity*)

Every day be sure to do this healthy habit of spending time with the Lord.

Be honest with God. He knows how you feel, so relax and be yourself!

As you are meeting with God, you might miss a day. If you do, keep trying...don't quit!

If you miss a meal because you are too busy, you don't give up eating!

If you are too much in a hurry, change the time you have your Quiet Time.



Remember

Pray, mediate, read the Bible in quiet time

We should have a quiet time every day

Do your quiet time away from TV, radio...

How are you doing?

How Many Times did you have a quiet time this week? **1, 2, 3, 4, 5, 6, 7**

Did you use **ACTS** in a Prayer and Journal your Quiet Time? **Yes, No.**

Did you **SOAP** a Bible verse this week? **Yes, No**



Things to do for next time

Study these Bible verses:

Bible Reference - Scripture	Observe – what it means	Apply – how to do it	Pray