

2.42 Series
Having An Effective Quiet Time
I want to know Christ
Philippians 3:10

Quiet Time Assessment

- Am I experiencing grace? Do I feel close to God?
- How much guilt do I associate with Quiet Times?
- Are my times with God producing peace? Joy? Resolve? Drive to serve Him?

Keys to Effective Quiet Time

- Perspective – Luke 15:20-24, 31
 - Mindset – Colossians 3:1-2
- Plan – Proverbs 21:5
 - Where? – Luke 5:16
 - When? – Mk. 1:35, Mt. 14:23
 - What?
 - Why?
- Protect
 - Write distracting thoughts to be dealt with later
- Persevere – Proverbs 13:11
 - Seed Principle – Luke 8:15
- Prolong – Joshua 1:8
 - Actionable Decision
 - Memorize Verses
 - Journal Your Thoughts
 - Share your QT

Nine ways to meditate on Scripture

- 1. Perimeter of the passage** - Read the passages preceding and following to establish the theme and the setting, which will aid you in interpretation. Then write a summary of the passage.
- 2. Paraphrase the passage** - Write the passage in your own words. Say your paraphrase aloud.
- 3. Pulverize the passage** - Emphasize a different word in the passage as you read or repeat it. Then state the opposite meaning to reveal what it says. Write at least two important words from those you have emphasized. Ask these questions about the two words to relate the Scripture to your needs: What? Why? When? Where? Who? How?
- 4. Personalize the passage** - Let the Holy Spirit apply the passage to a need, a challenge, an opportunity, or a failure in your life. What will you do about as it relates to your life? Be specific.
- 5. Pray the passage** - Make it personal. Vocalize or write the passage as you pray it back to God.
- 6. Parallel passages** - Refer to other passages that emphasize the same truth.
- 7. Problems in the passage** - List thoughts or ideas you might not understand or might have difficulty applying in your life. Discuss them with a more mature disciple or leader.
- 8. Possibilities for the passage** – How can this verse be used for helping others? Write a way you can use the Scripture to help another person.
- 9. Protracted study** - Record plans for further study of this passage. Give yourself some extra time on weekends to study things out more in depth.

Quiet Time Ideas

Sermon Notes
Character Study
Topical Study
Book Study

Read Spiritual Books
Podcasts
Memorize
Arts

Quiet Time Resources

Biblegateway.com
Blueletterbible.org
Crosswalk.org
ipibooks.com
biblestudytools.com