



THE ABC'S OF Quiet Time

→ Ask and Receive - Come with Expectation

- Pray that God will lead you to receive the truth He has for you today
- DO NOT make this an exercise of going through the motions
- Show up EXPECTANT to receive what God has for you

→ Application Evaluation

Ask the following questions to determine whether to move forward or to review:

- Am I putting previous applications into practice in my life?
- Do I need to create a reminder to help me put them into practice?
- Do I need to spend more time understanding or brainstorming how to put into practice the truth God previously revealed to me?

→ Ask Questions:

→ PART A

- Read the passage God has directed you to read (shorter is better)
- Identify and Record the Major Themes in the passage

→ PART B

- For each question, Reread the entire passage
- If a verse answers the following questions, Record it under that question
- Don't try to make a verse answer a question. Let God's Word be what it is!
- Change "us", "we", and "them" to "I" and "me" to make it more personal

1. Are there any commands to obey?
2. Are there any sins to avoid?
3. Are there descriptions about who God, Jesus or the Holy Spirit are?
4. Are there any promises to claim?
5. Are there any warnings to heed?
6. Are there any other truths to think about or to consider?

→ Best Verse / Best Thoughts / Application

- Ask the Holy Spirit to lead you to the most important truth God has for you
- Ask the Holy Spirit to reveal to you how you can apply this truth in your life
- Reread the passage and Record your Best Verse(s)
- Record your Best Thoughts
- Brainstorm and Record how you can apply this to your life?

→ Communicate back to God through Prayer

- Pray specifically about what God has revealed to you and ask God to give you victory in putting it into practice in your life.

Example

→ Ask and Receive

Father, I ask that you would speak to me right now as I study your word. Fill me with your Holy Spirit and opens my eyes to see, my ears to hear, and my heart to obey. Transform my mind so that I might understand and become more like you. Keep me from just going through the motions and allow me to come with expectation that you will speak to me during this time. I ask these things in Jesus name. Amen.

→ Reference: Romans 15:1-4

1 We who are strong must be considerate of those who are sensitive about things like this. We must not just please ourselves. 2 We should help others do what is right and build them up in the Lord. 3 For even Christ didn't live to please himself. As the Scriptures say, "The insults of those who insult you, O God, have fallen on me." 4 Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled.

→ Main Themes:

Live to build others up using the Scriptures for hope and encouragement

→ Ask Questions

Are there any commands to obey?

- We who are strong must be considerate of those who are sensitive
- Help others do what is right and build them up in the Lord
- I need to wait with patience for God's promises to be fulfilled

Are there any sins to avoid?

- Not being considerate of those who are sensitive
- Not helping others do what is right or building them up in the Lord
- Not being patient for God's promises to be revealed
- Living to just please myself

Are there any descriptions about who God, Jesus, or the Holy Spirit are?

- Christ didn't live to please himself

Are there any promises to claim?

- Things were written in the Scriptures to teach me
- Scripture gives me hope and encouragement as I wait for God's promises to be fulfilled

Are there any warnings to heed?

Are there any other truths to think about or consider?

→ Best Verse & Best Thoughts

Father, as I reread these verses again, I ask that you would open my eyes to a best verse that would use to speak directly to my heart today and to help me understand you better and to become more like you. I ask this in Jesus name. Amen

BEST VERSE: v. 2 "We should help others do what is right and build them up in the Lord."

BEST THOUGHTS:

Most great coaches have previously played whatever sport they end up coaching. They are not always the best player, but I can't think of any great coach I know of who did not at least play the sport they coach. What is it that makes them a great coach if they are not the best player? I think it is because they become a student of the game. They spend their time and energy to fully understand the game. They also spend a great deal of time and energy figuring out ways to impart what they have learned to their players. I am certain they design certain drills to help the players learn core concepts of what it takes to be successful. The greatest coaches also take time to invest in each of their players on a personal level as well.

How does this apply to me if I am going to help others do what is right and build them up in the Lord? First, I believe I must become a student of learning how to be built up in the Lord. I have seen this in my life by developing habits that have allowed me to develop my love relationship with God. Spending time in the Word each day, memorizing and meditating on Scripture, having a conversation with God throughout my whole day, getting rid of things in my life that conform to the patterns of this world and doing my best to transform my mind have all allowed me to be built up in the Lord. Finally, I have become very intentional in investing in the people God has placed in my life to inspire and encourage them to fully surrender their lives to God. At the core of it all, I realize it is when I stop living for myself and my selfish desires and when living for God becomes the most important thing in my life.

→ Communicate back to God

Father, I come before you and I thank you for speaking to me this morning even as I was preparing to create an example for others to help build them up in the Lord. As I think about that right now, it blows my mind to think how you lead me this Scripture this morning. You continue to awe and amaze me. Lord, I ask that you would continue to help me grow in my relationship with you so that you would use my life to help others do what is right and to build them up in you. Continue to transform me by the power of your Holy Spirit and keep me from living to please myself. Make your desires my desires and use my life to bring glory to your name and to further your kingdom here on earth. I ask all these things in Jesus name. Amen