

A MODEL FOR QUIET TIME

We all connect with God in unique ways. Important to our growth in Christ is a steady diet of prayer, reading the Bible and worship. The discipline of daily retreat to be with God is called quiet time. It's not always quiet and it's not always sitting still. Whether it includes a walk in nature or sitting still, here are some suggestions for how to spend your time of prayer and reading the Bible.

- **BE STILL**--Begin by taking time to still your heart. This involves being alone and undistracted. Be silent and begin to give your cares and burdens to Jesus in prayer. You may want to take some time just to write how you're feeling in your journal—reflect on the previous or current day with the Lord.
- **WORSHIP** Jesus by reading a Psalm out loud, singing your favorite song, or by saying/thinking about His characteristics (for example, saying, "Lord Jesus, You are Holy. You are my Shepherd. You are my peace and my comfort. You are my Savior. I love You and worship You.")
- **THANK** Jesus for the things He has given you, list them out if necessary.
- **READ** the Bible. There are lots of Bible reading plans available, or you can choose a specific book or theme of the Bible that you'd like to focus in on (e.g. John or the theme of spiritual gifts mentioned in the New Testament).
- **THINK AND PRAY** about what you read.
 - Ask yourself, what does this say about God?
 - What does this say about my relationship with God? What does this tell me about myself?
 - Am I challenged to change my behavior or any misunderstandings about who God is or how I need to relate with Him or others?
 - Think about the answers to these questions for a while.
- **WRITE** down what you discovered in your journal. Though writing in a journal is not necessary, it often helps you remember the things God is doing and has done in your life, and it helps you pray for others when you're not sure what to say.
- **PRAY**--Finally, spend time in prayer.
 - Pray about what God just showed you through the Bible and your time of thought.
 - Pray also for family, friends, and people far away from Christ
 - Pray for your leaders, school, Austin, government leaders
 - Pray for the nations of the world— that they'll know Christ.
- **PRAISE**--You may want to conclude your time with Jesus by singing again or reading another Psalm.