



## ***An Approach to Your Quiet Time***

*Pray and read the Word of God each day and  
give God at least one hour, twice a week.*

- 1) Pray through the Lord's Prayer (Matthew 6:9-13). Personalize it; use your own words.
- 2) Journal anything you sense God saying through this time of prayer.
- 3) Make a list of things that are weighing you down. (Release to God.)
- 4) Read and reflect on your daily reading; underline or highlight what resonates with you.
- 5) Journal: *Why do I think this is speaking to me?*
- 6) Journal: Rephrase the meaning as if Jesus is speaking directly to you. (Let the Holy Spirit have your pen...)
- 7) Journal: Respond directly and personally to what you imagine Jesus is saying to you. (Let the Holy Spirit have your pen...)
- 8) Page 1 of Your Journal: List your biggest fears, hopes, burdens, decisions, and opportunities for yourself and your family. (Exhaustive!)
- 9) Last Page of Your Journal: Reflect on the faithfulness of God over each of these areas in the past year.

*"You will seek me and find me when you seek me with all  
your heart." – Jeremiah 29:13 (NIV)*