
Lakewood Baptist Church

QUIET TIME RESOURCES

RESOURCES TO EQUIP & HELP
YOU STUDY GOD'S WORD

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OVERVIEW

Have you ever wanted to have a quiet time but didn't know where to start? Or just didn't know how?

If so, this guidebook is for you! We have compiled resources and tips to guide you through your quiet time.

View this guidebook as different tools in a toolbox. Just as a carpenter needs specific tools for certain jobs which help build or finish a project, these resources are tools to help you study scripture.

METHODS

There are different methods included in this booklet that can help you study God's Word. This is not the only way to speak with God or have a quiet time; nor is this required to have a quiet time and hear from God. These are simply methods to help guide you!



WHAT'S A QUIET TIME?

Think about *knowing about* someone versus knowing someone *personally*. There is a big difference! You may *know of* someone but you don't truly know who they are, what they like, dislike, etc...

It's the same with God. We can *know about* or *know of* Him. But it's completely different to *know* God.

Just like with your friends, you set a time and find a place to spend time together. As you spend time with them, you learn more about them! A quiet time is intentional time to spend with God to learn more about Him. It's a relationship! When we set aside time to hang out with Him and learn more about Him, we become more like Him. One of the best ways to do this is through prayer and reading His Word, the Bible. Set a time, find a place, and hang out with God and His Word!



BEFORE YOU BEGIN

TIPS:

PRIORITIZE IT

You will make time for what you value. How much do you value God? Your schedule will prove it. Fight for time with God! Say no to distractions.

TELL A FRIEND

Not only is it great to talk about what God teaches you but you can also ask a friend to hold you accountable to remain consistent!

JOURNAL

For many people, it is helpful to journal prayers or insights. Sometimes we can get lost in our thoughts. Journaling helps us to focus on our time with God. It also helps us remember the faithfulness of God when we look back on how He has answered our prayers.

IT'S ABOUT HIM

We are able to have a relationship with Jesus only because of what He has done for us on the cross. Just like any relationship, the goal is to get to know the other person. That should be true of our relationship with God.

We should enter into our time with God with the goal to learn more of who God is. The result is we are transformed to become more like Christ over time!

Our goal should not be to get something from Him or accumulate knowledge of Him. Our primary goal should be to learn more about who God is. When we focus on what God can give us, we miss out on the beautiful relationship that God wants with us! We cheapen His presence and His Word when we view Him as a genie who grants us the wishes we want. Be patient. It takes time and effort. The more you read, learn, and spend time with God, the more you will slowly begin to transform and grow more into Christ' likeness.




IT'S ABOUT HIM

If you have an off day, don't see change, or don't discover insight immediately, it's okay!

Remember, knowledge and perfection are not the goal. Spending time with God and getting to know Him is.

However, we can trust that God's Word is living, active and will accomplish His purposes according to His timing. Be faithful and be committed to your time with Him!

Hebrews 4:12 | Isaiah 55:11



*Choose to pursue
God over perfection*

BEGIN WITH PRAYER

When you begin your time with the Lord, start with prayer!

Welcome Him into your time. Let Him know you are inviting Him to speak to you. Your little sibling can be present in your room. But it's different if they are invited into your room. God is always present; is He welcome? Ask Him to help you understand what you are going to read (Psalm 119:18).

Just like any conversation, you talk and you listen. That's how we should pray! Pray and talk with God. Then listen for Him to speak too. Try to listen as you read. What stands out? What comes to mind? What is a reoccurring theme?




QUIET YOUR MIND

JOURNAL any burdens, distractions, or worries you have. Trust God with them. Surrender them to Him.

CONFESS any sins that you are struggling with. Ask God to reveal any other sins that are hindering you from Him. (Psalm 139:23-24)

SIT in silence for a few minutes.

WHAT TO READ



Choose a book of the Bible to read.

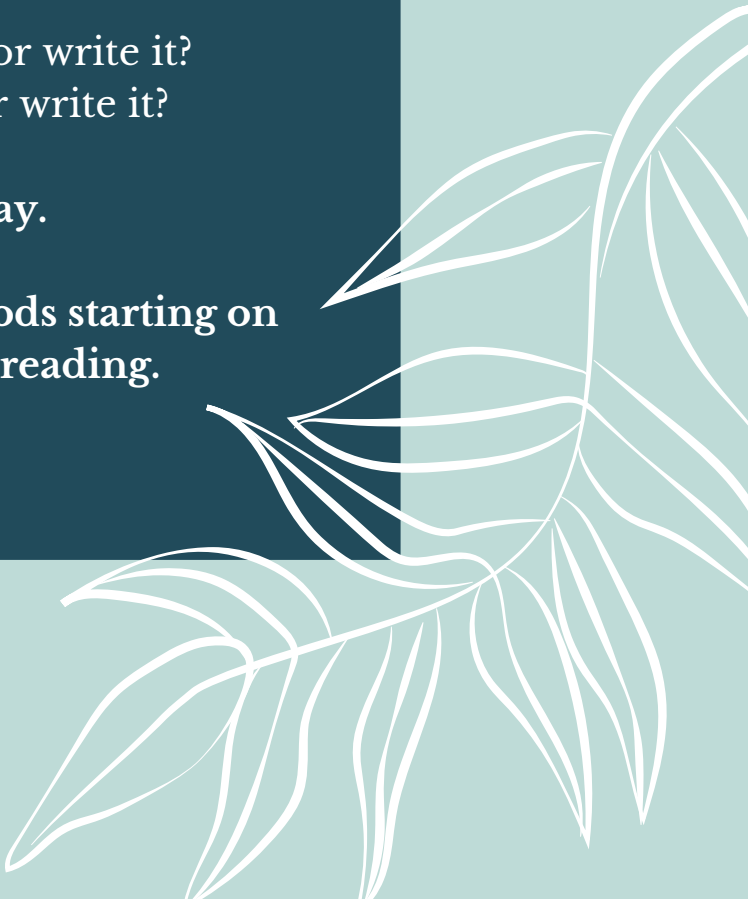
Start at the beginning.

Find some context.

- Who wrote it?
- When did the author write it?
- Why did the author write it?

Read one chapter a day.

Pick one of the methods starting on page 11 to guide your reading.



ASK THIS!



Asking these questions help you remember the priority of the passage.

Think God first, others second, and yourself last.

Remember: it's all about Him!

What does this passage say about God?

What does this passage mean in the historical context?

- What does it mean for who wrote it?
- Who was it written to?
- Where was it written?

What does this passage mean for me?



READING METHODS

PURR

PASSAGE

Read the entire passage.

UNDERLINE

anything that resonates with you.

RECORD

the verse that means the most to you. Spend some time writing it down or doodling it.

RESPOND

to God in prayer and application.

HEAR

HIGHLIGHT

each verse that speaks to you.

EXPLAIN

what the text means. Answer the 5 W's: Who, What, Where, When, Why?

APPLY

the verse to your life. What would the application of this verse look like in my life today?

RESPOND

in prayer and action.



READING METHODS

SKETCH

SUMMARIZE what you read in a few sentences.

KEY WORDS. Underline or circle any key words. Look up the definitions of the words you don't know. Find other places in scripture in which the same word is used for further context.

EXAMINE the passage deeper by asking what these verses show you about the character of God.

THE BEST VERSE. Spend some time writing or doodling the verse that stands out the most to you from the passage. Why does this verse stand out to you?

CONCORDANCE, COMMENTARY, CONTEXT.
Read commentary in your Bible or online resources (see page 21). What stands out to you?

HOW does this verse apply to you? How should you respond?



READING METHODS

5 P's

POSITION yourself to hear from God. Say a prayer to clear your mind.

PARAPHRASE the major points. Look for the who, what, when, where, and why of the verses.

PULL out the spiritual principles. What is God teaching? What is He revealing about Himself?

POSE a question. Form a personally directed question. Example: If the scripture reveals to you that God cares about orphans and widows, you might ask yourself "Who are the orphans and widows in my life? How might I best care for them?"

PLAN obedience. Don't just hear God; obey him. Make a plan of action. Don't just think about what you should do. Begin putting it in to action.

READING METHODS

STAB

SUMMARIZE what you read in a few sentences. Answer these questions if possible: Who is speaking? Who is this speaking to? What is happening? Where is this taking place? Why was this written?

THE BIG IDEA. State the big idea in one sentence.

APPLY the truth in God's Word to you. Answer these questions if able: What can you learn about the character of God? What sin struggle in your life is being brought to light? Is there an action the Holy Spirit is using this passage to prompt you to do?

BEST VERSE. Spend some time writing out or doodling the verse that stands out the most to you. Why does this verse stand out?

READING METHODS

SOUP

SCRIPTURE. Read the entire passage.

OBSERVE. Write down any observations or questions that you have. Answer the questions "Who? What? When? Where? Why?" if possible.

UNDERSTAND. Interpret the context of the passage. What did this mean in the time it was written? What did it mean to the people it was written to? Use commentary or concordance to help understand the context better.

PRACTICE. Apply the text to today. What does this mean for you today? How can you put this into practice? What action steps do you need to take?

SOAP

SCRIPTURE. Read the entire passage.

OBSERVE. Write down any observations or questions that you have. Answer the questions "Who? What? When? Where? Why?" if possible.

APPLY. Apply the text to today. What does this mean for you today? How can you put this into practice? What action steps do you need to take?

PRAY. Respond to God in prayer about what you have just read and reflected on.

SCRIPTURE MEDITATION



PICTURE IT: Visualize the scene in your mind.

PRONOUNCE IT: Say the verse out loud each time emphasizing a different word.

PARAPHRASE IT: Summarize the verse in your own words.

PERSONALIZE IT: Replace the pronouns or people in the verse with your own name.

PRAY IT: Turn the verse into a prayer and say it back to God.



PRAYING A.C.T.S.

A D O R A T I O N: Praise God for who He is, His character and His attributes.

C O N F E S S I O N: Admit and agree with God about specific sin in your life.

T H A N K S G I V I N G: Thank God for how He has worked in your life and others.

S U P P L I C A T I O N: Humbly ask God to supply your spiritual and physical needs as well as the needs of others.

PRAYING J.O.Y.

JESUS:

Exalt His Name. Praise Jesus for who He is and what He has done. Honor God's name, His creation, and His power. Give thanks to the Holy Spirit, who is our helper, our wisdom and teacher, and our comfort.

OTHERS:

Talk to God about the needs of others in your life. Spend time praying for your family members. Pray for your friends. Pray for your enemies. Pray for the people all around you who do not know and believe in Jesus.

YOURSELF:

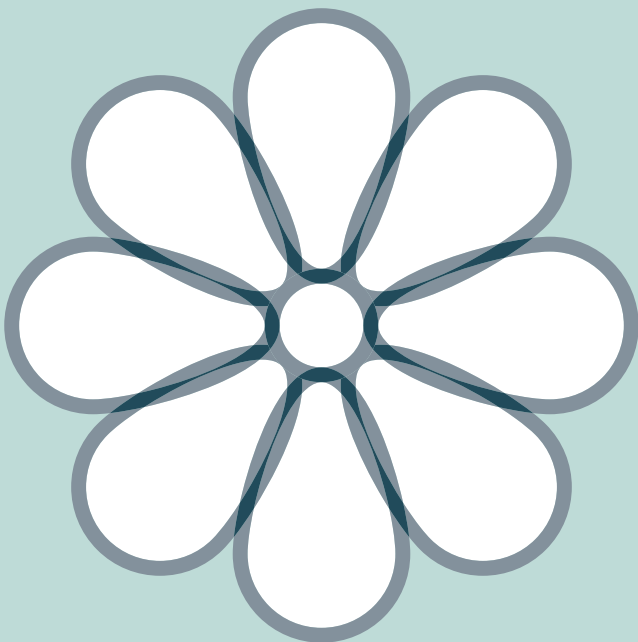
What do you need from the Lord most right now? Thank God for the ways you see Him working in your life right now. Share with Him your concerns, burdens, and needs. Ask that He continue to soften your heart and show you more of Himself. Thank Him for hearing your prayers and listening to them.

CREATIVE MEDITATION

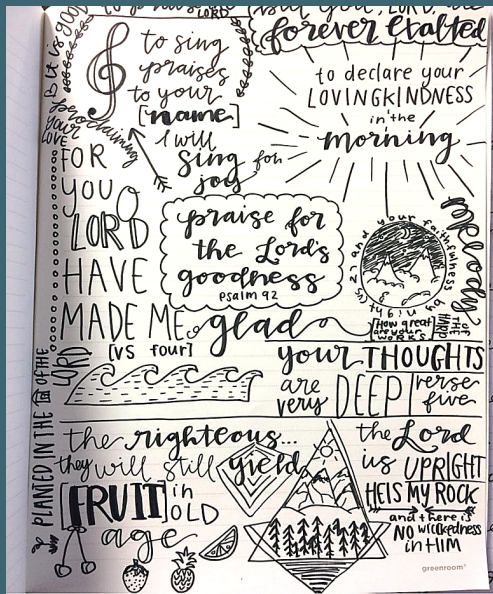
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by
grace YOU HAVE saved
THROUGH faith & THIS IS of your
DOING it is the
gift OF
GOD NOT a
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2: 8-9



giving me hope
education • my chall
• every
breath
community • i
want
to
thank
God for
my family
my dog
strength
the Bible
clean drinking water
grace his love
my church
a place to
call home
my friends
the ability
to pray • health
giving me life
salvation
food
mercy
•



CREATIVE MEDITATION



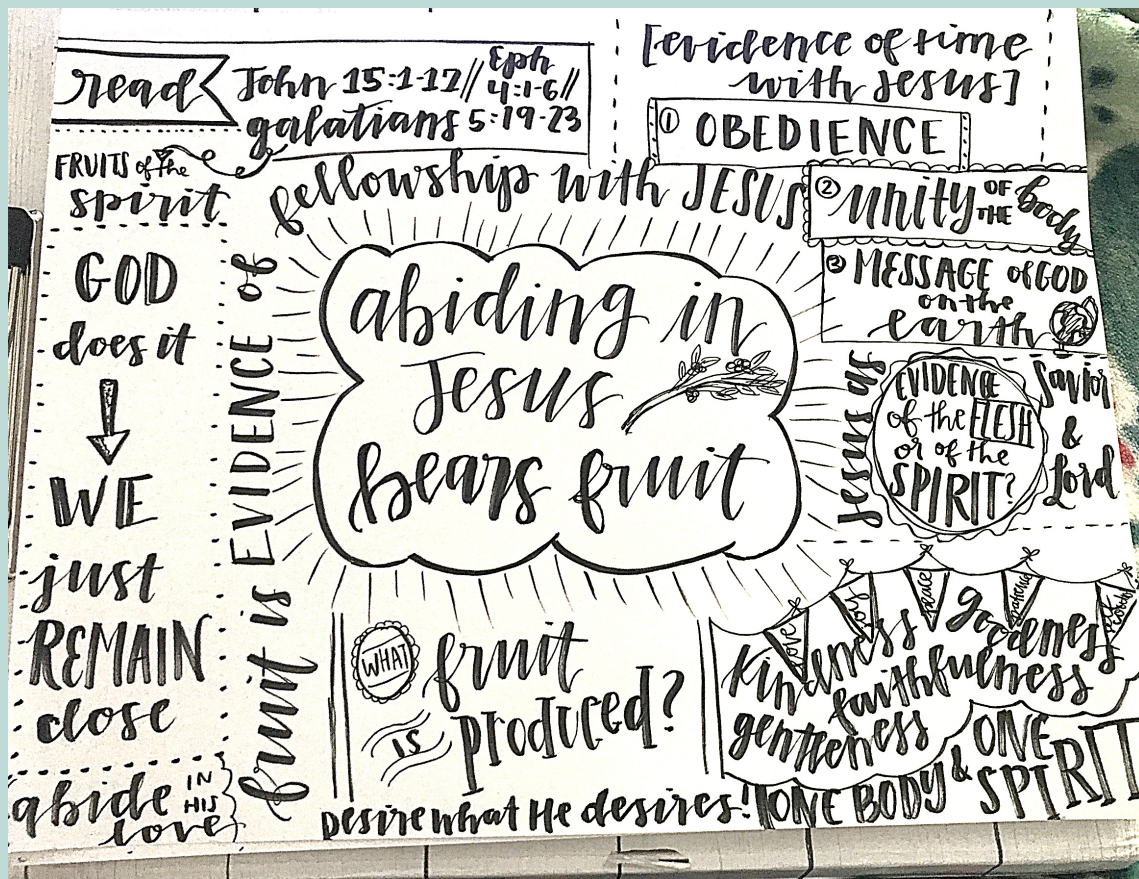
Choose a verse to write creatively.

Pray it while you doodle and draw.



CREATIVE MEDITATION

Rewrite sermon notes in a creative way to remember what you learned.



ONLINE COMMENTARIES

blueletterbible.org

soniclight.org

[go to study notes tab]

biblehub.com

app: strong's concordance

SCRIPTURE MEMORY

REPITITION. Say the verse out loud. Write it down multiple times. Listen to it in the car or as you work.

VERSES APP. Download the "Verses" app! This app has various activities to help you complete your scripture memory goal.

OMIFSM. (One More Idea For Scripture Memory) Write the verse you want to memorize on an index card. Then flip the card over and write down only the first letter of each word. For example, if you are memorizing Ephesians 4:1, one side would read, "I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called" and the other side would say:

"I t, a p f t L, U y t w i a m w o t c t w y h b c."



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