

How to Have a Quiet Time

A Quiet Time is a daily appointment with God in His Word. The Every Woman in Worship format has four steps. The sheet on the next page walks you through each one. Print as many copies as you need.

Step 1: Gather Information

Date your entry and write down the passage you are studying. Read it through, maybe a couple of times, and choose 1 to 3 verses that jump off the page at you. Record them as your Key Verse. Then use a Study Bible or a trusted commentary to answer the five “W” questions in the Dig Deeper section: who, what, when, where, and why. Use a Bible dictionary or a regular dictionary to define any new words in the Emphasize section.

Step 2: Ask Questions

Ask yourself the questions in the box. Is there a command to obey? A promise to claim? A sin to avoid? Something new about God? Circle the ones that apply and write what you found. If the passage reminds you of another Scripture, a hymn, or the life of another believer, write it under Connections.

Step 3: Apply

Rewrite the passage in your own words. Then answer the two application questions: why this passage matters to your everyday life, and how living it out will change your day.

Step 4: Pray

Close with a WAR prayer. **Worship** God by praising Him, thanking Him, and listening to Him. **Admit** your sins and ask for forgiveness. **Request** your needs and the needs of others. (The free WAR Prayer Guide gives you sample prayers to start with.)

Start with 20 Minutes

- 5 minutes to read and underline
- 7 minutes to gather information
- 5 minutes to ask questions
- 3 minutes to pray

A Few Guidelines

- Choose a time and a place that will be free from distractions and interruptions.
- Use this sheet or a journal of your choosing. A composition notebook works well.
- This is the start of a lifelong habit. Your first few Quiet Times will probably be brief, and that is fine. Look back at your entries from time to time and see what the Lord has shown you.
- New to the Bible? Begin with Matthew, Mark, Luke, John, or Acts. After that, go to Genesis, Proverbs, and Psalms.

Quiet Time



Date: _____

Passage I Read Today: _____

Key Verse: _____

Dig Deeper:

Who: _____

What: _____

When: _____

Where: _____

Why: _____

Emphasize: _____

Ask Questions

Is there...

A command to obey?

A promise to claim?

A sin to avoid?

Something new about

God?

Connections: _____

Passage Rewrite: _____

Scripture Application:

Why does studying this passage matter to my everyday life? _____

How will applying this Truth change my daily life? _____

Prayer (Worship, Admit, Request): _____
