Quiet Time Skills for Women

Session Speaker: Misty Brown
How to have a Quiet Time

1. Begin by asking God to open the eyes of your heart to what He wants to teach you in your Quiet Time.

2. Passages for your daily Quiet Times are listed at the beginning of each lesson on the Leader’s Guide under "Quiet Time Verses." Feel free to read more verses surrounding the selected passage to better understand the context of what you are reading. Use your favorite version of the Bible for your Quiet Time.

3. Select your FAVORITE VERSE from the passage you read.

4. Apply the ASK QUESTIONS from the first box on the Quiet Time template to your FAVORITE VERSE and record your thoughts. Each time you come across a verse in Scripture that seems to stand out above the rest, ask yourself these questions to stimulate your thinking. You may only be able to apply one or two of the ASK QUESTIONS to some verses, while others may contain answers to all of them.

SPECIAL NOTE: Steps 5-8 will be further explained in Lesson 3, however, begin familiarizing yourself with the rest of the Quiet Time template.

5. After applying the ASK QUESTIONS to your FAVORITE VERSE, highlight any word(s) that you may not fully understand. Using a dictionary, Bible concordance, and/or thesaurus, look up the word(s) you highlighted for deeper understanding.

6. Using your findings from the EMPHASIZE words section, rewrite the verse in your own words being careful not to change the meaning of the verse (examples given in Lesson 3).

7. Apply the HOW and WHY questions to your FAVORITE VERSE from the APPLICATION section and write your answers in the space provided.

8. Now, pray the verse back to God, talking to Him about your findings and what it means to you. Is there anything you want to thank Him for? Maybe the Holy Spirit used this verse to convict you of sin in your life and you want to ask God to forgive you. Whatever the case, use the space provided to communicate to your Heavenly Father about what He is impressing on your heart (example given in Lesson 3).
KEY POINT:

FAVORITE VERSE:

REWRITE THE VERSE:
In your own words and without changing the meaning

APPLICATION & PRAYER
HOW might this verse change the way you live? WHY does practicing this truth in your daily walk with God matter? Write a PRAYER to the Lord sharing what you learned and what the verse means to you.

ASK QUESTIONS:

IS THERE...
A promise to claim?

A sin to avoid?

A command to obey?

Something new you learned about God?

EMPHASIZE:
Focus on different words to better understand their context and meaning.
The Quiet Time Worksheet

**Anxiety**

**KEY POINT:** No matter my circumstances, I need to turn to God. That is the only source of comfort that will last.

**FAVORITE VERSE:**
V.7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

**REWRITE THE VERSE:**
In your own words and without changing the meaning.
Misty, when you find yourself worrying, feeling anxious or your thoughts are consumed with "what if" scenarios - STOP! Pray to God - He will provide a calming, peaceful mind.
-Even when it doesn't make sense.
Choose the obedient action and God will provide the right emotions.

**APPLICATION & PRAYER**

HOW might this verse change the way you live? WHY does practicing this truth in your daily walk with God matter? Write a PRAYER to the Lord sharing what you learned and what the verse means to you.

If I follow this verse and receive the peace that He gives -Others will see it and crave what only He can give.

---

Thank you Father for Your mercy and grace. Thank you for loving me and setting me free from constant fear. Forgive me for holding on to my anxiety and trying to fix it in my own strength. Help me to turn over all thoughts of loss, destruction and worry to you immediately. Please continue to shorten the time between the thoughts of anxiety and the time I cast it upon You. I love you Lord!
KEY POINT:
Ask God for help.

FAVORITE VERSE:
When the righteous cry for help, the Lord hears them and delivers them out of their troubles.

REWRITE THE VERSE:
In your own words and without changing the meaning

No matter the problem I should go to God with it and ask for help - He will provide!

APPLICATION & PRAYER
HOW might this verse change the way you live? WHY does practicing this truth in your daily walk with God matter? Write a PRAYER to the Lord sharing what you learned and what the verse means to you.

Father, I need you today and everyday.
Thank you for helping me and loving me. Help me to trust you more.

DATE: 5/4/22
SCRIPTURE I READ:
Psalms 34:17

ASK QUESTIONS:
IS THERE...
A promise to claim?

God will help me!

A sin to avoid?

A command to obey?

Something new you learned about God?

He hears me!

EMPHASIZE:
Focus on different words to better understand their context and meaning.

Cry - Call upon
Cry out like thunder
boldness

& urgency
LESSON 1

Prepare Him Room

KEY POINT
You must make time for a new relationship in your life.

WHY THIS MATTERS
You are more likely to fail at taking your relationship with God to the next level if you do not set aside purposeful time for growing your relationship with Him.

HOW TO APPLY
Plan your Quiet Time in advance by eliminating things that waste your time.