

## PERSONAL QUIET TIME & JOURNALING

### Lesson Plan

#### INTRODUCTION

- A daily Quiet Time, personal intimate communion with God, is at the heart of a Christ-centered life. God desires it, we need it, and Jesus practiced it.
- Journaling, a written dialogue with God, recording “wonderful” insights from Scripture (Ps. 119:18), personal responses and answers to prayer, is an important discipline to establish.

#### OBJECTIVE: Each student will

- Be able to state the reasons why a daily quiet time is essential for a Christ-centered life.
- Determine a personal plan for daily quiet times and journaling including time, location and activities.

#### PRESENTATION

- Intimate fellowship with this image-bearers is something God passionately desires.
  - Ps 27:8 "You have said, 'Seek My face.' My heart says to You, 'Your face Lord, do I seek.'"
  - Genesis 3:8-9. "Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. But the LORD God called to the man, "Where are you?"
- A daily quiet time is essential to one's spiritual health and fruitfulness
  - Spiritual refreshment - Ps 42:1-2 "As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?"
  - Guidance - Ps 143:8 "Cause me to hear Your lovingkindness in the morning for in You do I trust. Cause me to know the way wherein I should walk for I lift up my soul to You."
  - Perspective - Psalm 73:2-3, 13-17 <sup>2</sup> But as for me, my feet had almost slipped; I had nearly lost my foothold. <sup>3</sup> For I envied the arrogant when I saw the prosperity of the wicked. ... <sup>13</sup> Surely in vain I have kept my heart pure and have washed my hands in innocence. <sup>14</sup> All day long I have been afflicted, and every morning brings new punishments. <sup>15</sup> If I had spoken out like that, I would have betrayed your children. <sup>16</sup> When I tried to understand all this, it troubled me deeply <sup>17</sup> till I entered the sanctuary of God; then I understood their final destiny.
  - Transformation - 2 Corinthians 3:18 "And we all with unveiled faces, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit."
- Jesus models commitment to time alone with God
  - Luke 5:16 "Jesus often withdrew to lonely places and prayed."
  - Mark 1:32-39 <sup>32</sup> That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The whole town gathered at the door, <sup>34</sup> and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. <sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and

his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: “Everyone is looking for you!” <sup>38</sup> Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”

- Matthew 14:12-13, 22-23 <sup>12</sup> John’s disciples came and took his body and buried it. Then they went and told Jesus. <sup>13</sup> When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. ... [After feeding the 5,000] ... <sup>22</sup> Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. <sup>23</sup> After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,
- Quiet Time Guidelines
  - Essentials: pray, meditate on God's Word and faithfulness (consistency)
  - When? A time when you are free from distractions. Some prefer mornings; others prefer evenings [start of the Biblical day].
  - Where? A place free from distractions.
  - What to do? Suggestions
    - Bible reading plan
    - "Lord's Prayer" or "ACTS" as a prayer outline (or “ACCTS” to include Consummation [“your kingdom come”])
      - Prayer list of people, ministries, plans, etc.
    - Psalms for worship and Proverbs for wisdom
    - Nature walk
    - Devotional book (not instead of the Bible)
    - Journal
- Journaling, a written dialogue with God, recording “wonderful” insights from Scripture (Ps. 119:18), personal responses and answers to prayer, is an important discipline to establish.
  - Many Psalms are David’s journaling
  - Maybe pray "Open my eyes that I may see wonderful things in your law" (Psalm 119:18)
  - Write down your thoughts (the "wonderful things") and your response to what God is telling you, which may be:
    - Praise
    - Give thanks
    - Obey: take action, change an attitude, value or belief
    - Confess – sinful attitudes, motives, values, beliefs, behaviors
    - Wrestle with trials, issues, etc.
    - Record God’s answers to prayer

## SUMMARY

- A daily Quiet Time (delighting in the Lord) is at the heart of a Christ-centered life
- Find the schedule and method that works for you--and be faithful
- Establish the discipline of journaling