The Quiet Time Routine Cheat Sheet

Before getting started, prepare by doing a Heart Dump and praying.

Step 1: Focus Verse

Write down your Focus Verse that today's quiet time build upon.
You can find daily verses on a verse of the day app, such us Bible.com, sign up for a daily verse email list, or use the Focus Verses list provided on the Helpful Resources page.

Step 2: First Impression

Meditate on the focus verse and acknowledge the first impressions you feel or sense. Ask yourself if it speaks specifically to something that you are going through or have gone through in the past?

Step 3: Just for Context

Understanding the context of the focus verse will help you understand what the author intended.

- Reading the surrounding text.
- Answer the who, what, when, where and why about the text.

Pay attention to anything that adds to your understanding of the Focus Verse.

Step 4: Key Words

Focus on the key words in the passage and write those down. Usually there is some sort of instruction , advice, or promise that we need to know.

Step 5: Supporting Verses

Use the internet or other bible search tool to look up other verses and articles on the same topic, and write down anything that stands out to you.

Step 6: Reflection & Application

Take everything your have collected and learned from Steps 1-5, and put it all together.
Use this step to record any past or current experiences that have come to mind.

Think about and record what you have learned about yourself and God. The more vulnerable you are, the more meaningful this time will be.

Write whatever comes to your mind. The goal here is that you leave your quiet time feeling refreshed and renewed, and that you have some sort of a take away that you can continue to soak on throughout the rest of your day