

This booklet is designed to help believers learn how to spend daily time with the Lord through His Word and prayer.

Showing a new believer how to have a “Quiet Time” is the most basic, fundamental step in discipleship.

This devotional resource contains a sample reading schedule from *The 959 Plan* and the prayer diagram from The Navigators.

Your friendship with God will definitely deepen and grow as you take the time to hear His voice through God’s Word and respond to Him in prayer!

God bless!
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Spending Time with God



*But his delight is in the law of the Lord,
and on His law he meditates day and night.*

Psalm 1:2

Spending Time with God

This booklet is designed to help you learn how to grow in your friendship with God.

The Value of Communication

- When you surrendered your life to Christ, your relationship with God was eternally changed! He adopted you into His family and He wants you to know Him better. Consider what it takes for husbands/wives or close friends to grow—we need ongoing, daily communication and sharing.
- Spending time with God is commonly referred to as having a *Quiet Time*, where we listen to Him speak to us through His living Word and where we respond back to Him through prayer.

(Disciplemakers: share your personal story of how spending consistent time in God’s Word and prayer changed your life—growth, wisdom, direction, encouragement, etc.)

Common Problems

- Don’t Know How: Frequently, new believers are told to read the Bible and pray, but no one shows them how!
- Scattered Approach: We don’t know where to read so we just read different passages; no consistent plan.
- No Time Syndrome: We all feel like we don’t have time!

Keys to a Growing Friendship

- Priority. Determine to make your relationship with your Heavenly Father your #1 priority, above all else!
- Pray. The Holy Spirit lives in us and will teach us as we read/meditate on God’s Word.

Journal

Passage: _____ Date: _____

One wonderful truth I see:

How I can apply that truth to my life:



Journal

Passage: _____ Date: _____

One wonderful truth I see:

How I can apply that truth to my life:

- 10 minutes. Initially, aim for short 10 minute Quiet Times daily to establish a lifelong habit.
- Plan. Pick a book in the Bible and read it in short sections from beginning to end. A great place to start is Philippians; it’s short and encouraging! Any New Testament book can be broken down into short sections of about 7 verses each.
- Pen: Two simple questions 1) *One truth* 2) *How I can apply that truth to my life*.
 - Benefits of Journaling:
 - Helps your mind process or meditate more effectively
 - Locks that truth into your mind
 - Becomes a springboard for praying and sharing with others

Sample Quiet Time: Philippians 1:1-8

- Benefits: short, encouraging, applicable
- Background of Philippians (see next page)
- Process:
 - Ask Holy Spirit to teach us
 - Read passage
 - 10 minutes for individual meditation and journaling
 - Share with each other; encourage each other
 - Respond to God through prayer (see Prayer Diagram)

Follow-up

- It’s been said that it takes 21 days to establish a new habit.
- Disciplemakers’ tip: meet together for a few weeks to have Quiet Times together or to share what God is teaching you through His Word. This builds consistency.

About Philippians

It's always helpful to know some basic information about the book you choose to read during your Quiet Times. Here's some helpful information about Philippians:

Who wrote this letter?

Paul, an apostle and servant of Christ. He was formerly known as Saul of Tarsus, a high ranking Pharisee and persecutor of Christians. He experienced a radical conversion recorded in Acts 9 and was then called by God to minister to the Gentiles. Paul was an apostle/missionary/church planter who wrote 13 letters in the New Testament. This short book was written by a man who was transformed by Christ and joyfully lived out God's calling on his life by sharing the gospel and equipping believers, even at great personal cost.

Who received this letter?

The church in Philippi. Paul had a very warm friendship and affection for the Philippians.

Philippi was a Roman colony and leading city of Macedonia (a territory north of Greece). This was the first church Paul established in Europe. Acts 16 tells of Paul's 2nd missionary journey (51 A.D.) where he was called by God to preach the gospel in Macedonia. His mission at Philippi was marked by both joy and suffering; *joy*, because he led many people to Christ, and *suffering* because he was persecuted for the gospel. Acts 16 tells the exciting story of how Paul & Silas were miraculously delivered from jail.

Sample Journal

Passage: James 1:1-8 Date: _____

One wonderful truth I see:

Verses 2-4 stand out to me: “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking in anything.”

How I can apply that truth to my life:

I'm facing a trial at work right now and instead of complaining about it, I can respond by **thanking** God as I go through it. WHY? Because I know that I will grow in **perseverance** as I lean on God. Persevering through this trial will help me grow in **spiritual maturity**.

Thank you, Father, for encouraging me through your Word! And thank you for this problem; it's making draw closer to You. You're using this trial to help me grow in perseverance and ultimately, spiritual maturity!

___Romans 8:1-8
 ___Romans 8:9-17
 ___Romans 8:28-39
 ___Romans 9:1-11
 ___Romans 9:12-26
 ___Romans 9:27-33
 ___Romans 10:1-15
 ___Romans 10:16-21
 ___Romans 11:1-11
 ___Romans 11:12-25
 ___Romans 11:26-36
 ___Romans 12:1-8
 ___Romans 12:9-21
 ___Romans 13:1-7
 ___Romans 13:8-14
 ___Romans 14:1-9
 ___Romans 14:10-18
 ___Romans 14:19-23
 ___Romans 15:1-7
 ___Romans 15:8-16
 ___Romans 15:17-33
 ___Romans 16:1-16
 ___Romans 16:17-27

1THESSALONIANS

___1Thess. 1:1-4
 ___1Thess. 1:5-10
 ___1Thess. 2:1-8
 ___1Thess. 2:9-20
 ___1Thess. 3:1-8
 ___1Thess. 3:9-13
 ___1Thess. 4:1-6
 ___1Thess. 4:7-12
 ___1Thess. 4:13-18
 ___1Thess. 5:1-8
 ___1Thess. 5:9-15
 ___1Thess. 5:16-28

1PETER

___1Peter 1:1-12
 ___1Peter 1:13-21
 ___1Peter 1:22-25

___1Peter 2:1-8
 ___1Peter 2:9-16
 ___1Peter 2:17-25
 ___1Peter 3:1-7
 ___1Peter 3:8-16
 ___1Peter 3:17-22
 ___1Peter 4:1-8
 ___1Peter 4:8-11
 ___1Peter 4:12-19
 ___1Peter 5:1-7
 ___1Peter 5:8-14

2PETER

___2Peter 1:1-7
 ___2Peter 1:8-15
 ___2Peter 1:16-21
 ___2Peter 2:1-10
 ___2Peter 2:11-22
 ___2Peter 3:1-9
 ___2Peter 3:10-18

PHILIPPIANS

___Phil. 1:1-8
 ___Phil. 1:9-17
 ___Phil. 1:18-26
 ___Phil. 1:27-30
 ___Phil. 2:1-4
 ___Phil. 2:5-11
 ___Phil. 2:12-16
 ___Phil. 2:17-30
 ___Phil. 3:1-7
 ___Phil. 3:8-12
 ___Phil. 3:13-21
 ___Phil. 4:1-7
 ___Phil. 4:8-13
 ___Phil. 4:14-23

MARK

___Mark 1:1-13
 ___Mark 1:14-28
 ___Mark 1:29-45
 ___Mark 2:1-12

___Mark 2:13-22
 ___Mark 2:23-28
 ___Mark 3:1-12
 ___Mark 3:13-21
 ___Mark 3:22-35
 ___Mark 4:1-20
 ___Mark 4:21-34
 ___Mark 4:35-41
 ___Mark 5:1-20
 ___Mark 5:21-34
 ___Mark 5:25-43
 ___Mark 6:1-13
 ___Mark 6:14-30
 ___Mark 6:31-44
 ___Mark 6:45-56
 ___Mark 7:1-13
 ___Mark 7:14-23
 ___Mark 7:24-37
 ___Mark 8:1-13
 ___Mark 8:14-26
 ___Mark 8:27-38
 ___Mark 9:1-13
 ___Mark 9:14-29
 ___Mark 9:30-37
 ___Mark 9:38-50
 ___Mark 10:1-16
 ___Mark 10:17-27
 ___Mark 10:28-34
 ___Mark 10:34-45
 ___Mark 10:46-52
 ___Mark 11:1-4
 ___Mark 11:15-26
 ___Mark 11:27-33
 ___Mark 12:1-2
 ___Mark 12:13-27
 ___Mark 12:28-34
 ___Mark 12:35-44
 ___Mark 13:1-13
 ___Mark 13:14-23
 ___Mark 13:24-37

When did Paul write this letter?

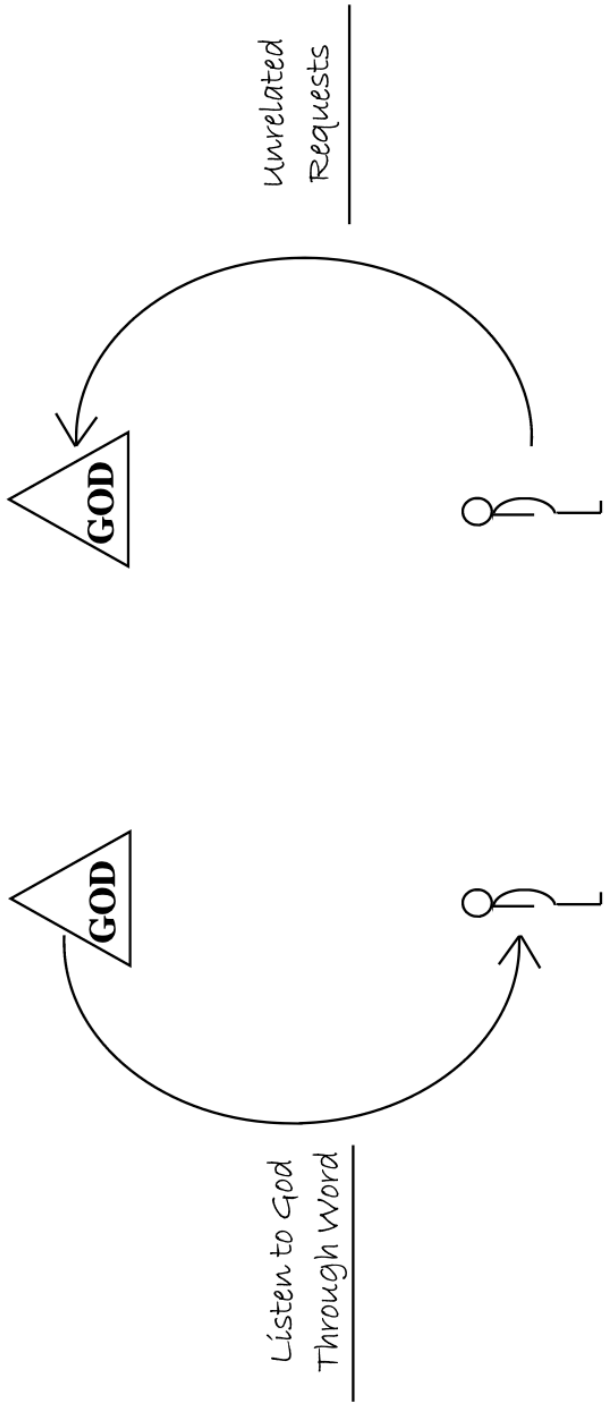
Paul wrote Philippians around 61 A.D., 10 years after establishing the church.

Where was Paul when he wrote Philippians?

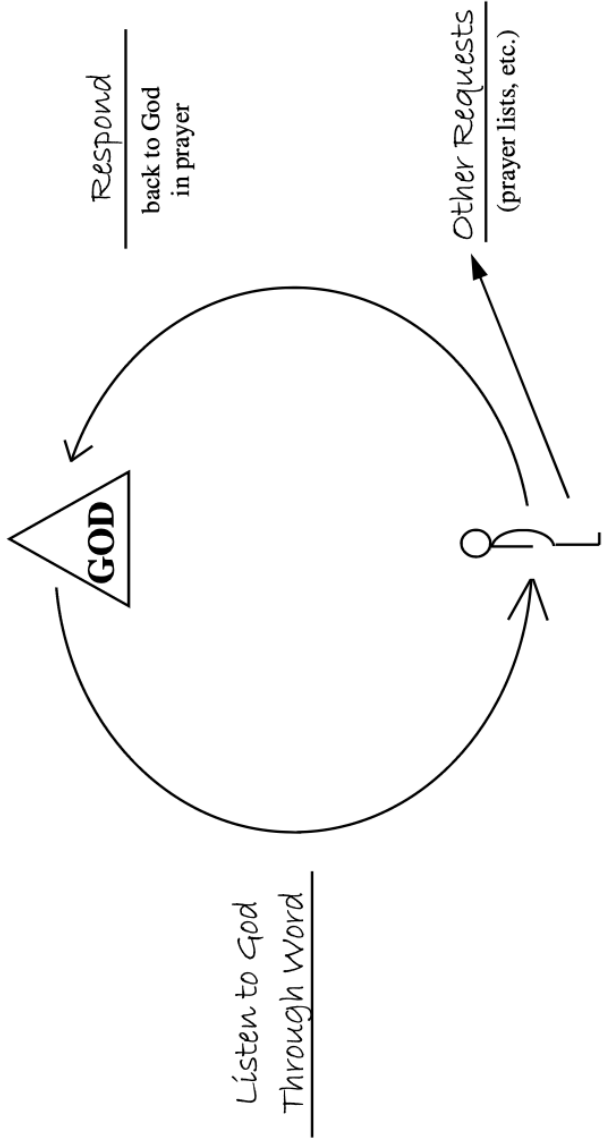
Paul was under house arrest in Rome. He had always longed to go to Rome and when he finally went, he went as a prisoner of Christ (Rom. 15:23). He had already been a prisoner in Caesarea for two years and was awaiting trial in Rome for another two years in his own rented house where he boldly preached the gospel with soldiers guarding him 24/7. See Acts 28:30-31.

Why did Paul write Philippians?

Unlike our prison systems today, prisoners in Rome had to rely on friends and family to provide for their food and provisions. The Philippians sent a monetary gift to Paul through Epaphroditus who risked his life to deliver the gift. Paul was now writing a *thank you* letter to his beloved friends and church. He also takes the time to *encourage* and *exhort* them. The overall theme is **joy in suffering** and a key verse is *Philippians 4:4*.



POOR COMMUNICATION



EFFECTIVE COMMUNICATION

(Taken from Navigators)