

## QUIET TIMES

### EXAMPLE ONE: A Short Quiet Time (5-10 Minutes)

1. Bible: Read two chapters of Scriptures (3-5 min).
2. Prayer: Intercede for those in your immediate family (2-3 Min).
3. Worship: Spend time singing spontaneous praise (1-2 Min)

### EXAMPLE TWO: A Moderate Quite Time (15-20 Minutes)

1. Prayer: Ask God's forgiveness for specific sins (2-3 min).
2. Worship: Speak praise to God (1-2 min).
3. Bible: Work on a "character quality" Bible study (7-8 min).
4. Worship: Meditate on a verse of Scripture that comes to mind (3-4 min).
5. Prayer: Thank the Lord for His many blessings (2-3 min).

### EXAMPLE THREE: An Extended Quiet Time (One Hour Approximately)

1. Worship: Sing several songs of praise (3-5 min).
2. Bible: Read five chapters of Scripture (10-12 min).
3. Prayer: Dedicate yourself and your Bible study to God (2-3 min).
4. Bible: Study the life and writings of Peter (15-20 min).
5. Worship: Take a "worship walk" with God, speaking praise (7-10 min).
6. Prayer: Intercede for your loved ones and the needs of your community (2-3 min).
7. Bible: Freely search the Scriptures, asking God to speak through them (5-8 min).
8. Prayer: Lay your burdens and needs before the Lord (5-8 min).
9. Worship: Spend several moments waiting on God for guidance (3-5 min).<sup>1</sup>

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<sup>1</sup> Patrick Kavanaugh, Worship a Way Of Life