

Your Guide to a Powerful Quiet Time

A routine you can do right at home

Starting your day with God is not optional

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.

Mark 1:35

TRULY MY SOUL FIND REST IN THE LORD

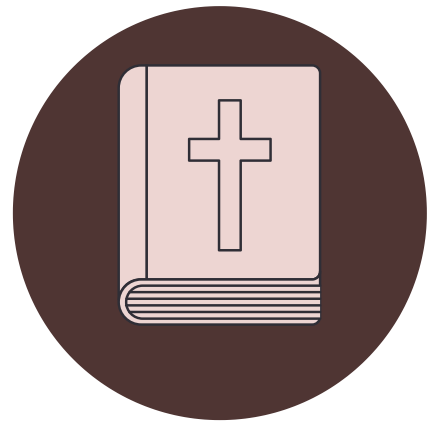


START WITH THE CLEANLINESS..

Wash your hands slowly with soap and water before touching your Bible or journal.

OBSERVE..

If you are using a devotion, read the scripture on your own first. If you are using just your Bible, the first step is to read it in a regular version, listening to what the words are saying to you. .



MEDITATE..

If you are using a devotion, read the devotion highlighting anything that stands out to you, or read the Bible in a different version such as New Living Translation or Message. Write anything the Holy Spirit reveals to your heart.



REFLECT

Write what changes you can make from what you read in the Bible, or both the Bible and devotional. Write a prayer asking God to help you make your changes.



LEARN MORE QUIET TIME TIPS

Now that we've covered the basics, it's time to learn to make reading God's words a daily practice in your life.

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When you express your thoughts and feelings in a journal, you'll be surprised by how much you discover about God in the process – and God will use your journal as a tool to transform you. For Rev. Sereta, journaling has always been a form of spiritual discipline; it is also a way to hear God.