

# QUIET TIME

Exodus 33:11  
Hosea 6:3  
Matthew 11:29

Psalms 63:1  
Proverbs 3:6

Mark 1:35  
Psalms 34:4

1 Corinthians 1:9  
John 15:5

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## **P.R.E.S.S.** Method of Quiet Time

**Pray for a moment.** Ask God to help you learn truth from His Word and how to apply it to your life.

**Read His Word.** Pick a short section, one paragraph or maybe five verses and read it three times.

- 1<sup>st</sup> reading – for general background
- 2<sup>nd</sup> reading – for main idea in section
- 3<sup>rd</sup> reading – for personal application

**Examine His Word.** As you examine the passage of Scripture, write down your insights in a journal using the **S.P.A.C.E. Method**. This will help you better learn and remember what God is teaching you.

- Sins to confess.** (Things you are doing wrong.)
- Promises to claim.** (What God tells us He will do for us.)
- Actions to avoid.** (Warnings never to do certain things.)
- Commands to obey.** (Things God tells us to do.)
- Examples to follow.** (Something done by someone else that you should also do)

**Say back to God.** Repeat back to God the things you have learned and ask Him for the power to apply His truth to your life.

**Share with a Christian friend.** Regularly sharing with others (Teaching) will help you learn and remember like nothing else. It will edify your friend and give you the opportunity to have the accountability that is essential for Christian growth. Remember you never really have something until you give it away.