

QUIET TIME

THE CHOSEN BIBLE VERSE OF FAVORITE TRUTH METHOD

A. A PERSONAL TIME OF FELLOWSHIP WITH GOD (QUIET TIME)

1. A personal time of fellowship with God.

A personal time of fellowship with God is listening and speaking. It is listening to God's voice speaking through his words in the Bible and his Spirit in your heart. And it is speaking to God in prayer.

2. Set aside a special time every day.

Set aside a special time every day to have fellowship with God. Read one chapter from the Bible, or a passage, if the chapter is too long.

3. Record notes in a notebook.

Record in your quiet time notebook a few thoughts (discoveries, lessons, and benefits) from each quiet time.

This makes it easier to remember and easier to share during the sharing time.

B. THE FAVOURITE TRUTH METHOD (or CHOSEN BIBLE VERSE METHOD)

There are several good methods of having a personal time of fellowship with God. "The favorite truth method" has five steps. Note the difference between this method and 'the five steps method for Bible study'.

Step 1. Pray.

Begin your personal time with God by consciously entering into God's presence. Ask God to speak personally to you through his words in the Bible and his Spirit. Ask him to renew or strengthen your life through the words of the Bible. For example, pray, "LORD, open my eyes that I may see the wonderful things in your Word" (Psalm 119:18).

Step 2. Read.

Every day, read one of the seven assigned passages for that week from the Bible.

Step 3. Choose your favorite truth.

Your "favorite truth" may be a verse, a few verses, or especially one of the truths in the Bible passage that you have read. It is the thought or truth through which God is speaking to you, through which your thinking is stimulated or through which your heart is touched.

Step 4. Meditate your favorite truth.

You meditate on God's Word because you want to understand the truth, receive renewal or strength from it, and apply or use it. Christian meditation has the following 4 parts:

- Think about the meaning of the different words in your favorite truth.
Ask yourself questions like: Who? What? Where? When? Why? How?
- Pray to God while you think. Ask God to speak to your mind and your heart, to explain the meaning of a word to you or to reveal to you what he wants you to know, believe, be or do. Respond to what God is saying to you.
- Relate your favorite truth to your personal life or to the world in which you live. Ask yourself one of the following questions: "What is my need in the light of this truth?" "How does this truth renew or strengthen me?" "What does God want me to know or believe or be or do?"
- Write the most important thoughts of your meditation in your notebook for a personal time with God.

Step 5. Pray your favorite truth.

Pray your favorite truth (the thought of your meditation) back to God. Pray *shortly* for four different people:

- Pray your favorite truth **for yourself**.
- Pray your favorite truth **for someone in your family**.
- Pray your favorite truth **for someone nearby**, that is, for someone in your neighborhood, church or working place.
- Pray your favorite truth **for someone far away**, that is, for someone living in another town or another country.

C. SHARING YOUR QUIET TIMES

1. Sharing time in a small group

Each group member gets an opportunity to share once from any one of the Bible passages from which he had a personal time of fellowship with God (a quiet time) during the past week.

Each group member should not share longer than about two minutes.

2. Sharing with one person.

Sometimes two people meet together regularly to encourage one another to grow. Also have a sharing time and share with one another what you have learned from your Bible reading or personal times with God (quiet times).

3. Answering questions.

The leader of your group may ask one difficult question that arose from reading the Bible during the past week.