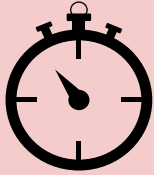


1-2-4 QUIET TIME EXERCISE

DATE: _____

An intentional quiet time exercise for you or the whole family.



1 Min

SILENCE:

Psalm 46:10 (ESV) - *Be still, and know that I am God.*

Spend 1 minute sitting in silence. During this time, focus on a characteristic of God and spend time meditating on it. Some examples include: God is - loving, merciful, gracious, good, etc. The goal is to rest your mind and free it from any distraction so you can hear from the Lord.

GOD IS:



2 Min

PRAYER:

Philippians 4:6-7 (ESV) - *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Spend 2 minutes in intentional prayer. Write down three things you would like to pray for. It can be about anything - celebrating a victory or blessing, a particular season or situation you may be facing, friends, family, you can list individuals by name, etc. The goal is to take it before the Lord and to intentionally seek Him via prayer.

1

2

3



4 Min

SCRIPTURE:

Psalm 119:105 (ESV) - *Your word is a lamp to my feet and a light to my path.*

Spend 4 minutes writing out scripture. Start with a book of the Bible and continue writing until time runs out. If you previously started writing scripture, pick up where you left off. Don't rush it, take your time. If you write 3 verses, great! If you write 10 verses, that's good too. The goal is to infuse the word of God in your heart and spirit.

BOOK: _____ **VERSES:** _____

For additional devotion time, answer the following questions:

1. What does the passage say about God?
2. What does the passage say about humanity?
3. What is the Holy Spirit leading me to do?