

Quiet Time

With **Commentary**



Daily devotional
FOR **teens**
& **adults**

 **Word of Life**
Youth Ministries



MY QUIET TIME SCHEDULE

Welcome to a new year of Quiet Time! With most trips, you'll want to map out where you're going to go, and this Quiet Time journey is no different. Below you will find some tools to help you plan and reach your destination of spending this year with God in His Word.

The following chart displays the Bible books and chapters that will be covered in this year's Quiet Time. You may want to use it to help you plan when you (or you and your family) want to study specific books of the Bible throughout the year. Since all Word of Life Quiet Times cover the same passages each day, the whole family (from preschool-adult) can stay connected with each other in God's Word.

WEEK #	BOOKS (CHAPTERS)	PLANNED START DATE
WEEK 1	Ephesians 1-2	_____
WEEK 2	Ephesians 3-4	_____
WEEK 3	Ephesians 5-6	_____
WEEK 4	Psalms 77, 98, 104, 114, 115	_____
WEEK 5	John 1	_____
WEEK 6	John 2-4	_____
WEEK 7	John 4-5	_____
WEEK 8	John 6	_____
WEEK 9	John 7-8	_____
WEEK 10	John 8-9	_____
WEEK 11	John 9-11	_____
WEEK 12	John 11-12	_____
WEEK 13	John 12-14	_____
WEEK 14	John 14-16	_____
WEEK 15	John 17-19	_____
WEEK 16	John 19-21	_____
WEEK 17	Proverbs 18, 20-21	_____
WEEK 18	Proverbs 21-23, 26	_____
WEEK 19	Isaiah 1, 6, 11-12, 14, 25, 40	_____
WEEK 20	Isaiah 40-41, 43, 53, 58, 66	_____
WEEK 21	Philippians 1-2	_____
WEEK 22	Philippians 2-4	_____
WEEK 23	Hebrews 1-3	_____

MY QUIET TIME SCHEDULE

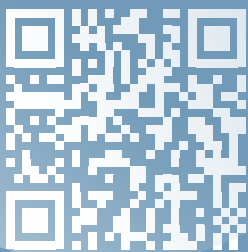
WEEK #	BOOKS (CHAPTERS)	PLANNED START DATE
WEEK 24	Hebrews 4-6	_____
WEEK 25	Hebrews 7-9	_____
WEEK 26	Hebrews 9-10	_____
WEEK 27	Hebrews 10-11	_____
WEEK 28	Hebrews 12-13	_____
WEEK 29	Psalms 100, Proverbs 8, 10	_____
WEEK 30	Exodus 1-4	_____
WEEK 31	Exodus 4-8	_____
WEEK 32	Exodus 8-11	_____
WEEK 33	Exodus 12-14	_____
WEEK 34	Exodus 14-17	_____
WEEK 35	Exodus 19-20, 24-25, 31	_____
WEEK 36	Exodus 32-34, 40	_____
WEEK 37	Proverbs 11, 14, Psalm 103	_____
WEEK 38	Revelation 1-2	_____
WEEK 39	Revelation 3-5	_____
WEEK 40	Revelation 19-22	_____
WEEK 41	Psalms 141, Proverbs 15-16	_____
WEEK 42	Romans 1-3	_____
WEEK 43	Romans 3-6	_____
WEEK 44	Romans 7-9	_____
WEEK 45	Romans 10-12	_____
WEEK 46	Romans 13-16	_____
WEEK 47	Psalms 107, 139, Proverbs 17	_____
WEEK 48	2 Chronicles 1, 5, 7, 9, 12	_____
WEEK 49	2 Chronicles 20, 26, 34	_____
WEEK 50	Psalms 121, 143, 145-147	_____
WEEK 51	2 Timothy 1-2	_____
WEEK 52	2 Timothy 3-4	_____

For those that want to use an academic or calendar date schedule, the following QR code provides these two schedules for this year for your group or family.





Home Connect



HOME CONNECT Family or Group **Devotions**

Home Connect simplifies the organization of your family or group devotions, providing a curated weekly devotional centered around the Word of Life Quiet Times. Every devotion begins with a shared reading of the text, followed by discussions on its significance and practical applications in daily life. Tailored questions cater to various age groups, ensuring engagement from grades 5-6 to Teens and Adults, fostering inclusive growth and participation.

The beginning of each week features a Home Connect document that can be used online or printed. Fifty-two devotions are included with this quiet time.



Daily devotional
FOR **teens**
& **adults**

HELPFUL HINTS

for a Daily Quiet Time

The Quiet Time with Commentary was created to encourage and facilitate spiritual growth in the lives of Christians as they conduct their own personal investigation into the Bible. Consider the following helpful hints:

- 1 Prioritize your time with God. Morning is often best, but choose the time that works for you.
- 2 As you read the daily passage in God's Word, look at it from God's point of view. Meditate on what you have read. (In one sentence, write the main thought).
 - Apply the truth to your life. (Use first person pronouns: I, me, my, mine). If you have difficulty finding an application for your life, think of yourself as a Bible SPECTator and ask yourself the following questions:
 - S** – Is there any **SIN** for me to forsake?
 - P** – Is there any **PROMISE** for me to claim?
 - E** – Is there any **EXAMPLE** for me to follow?
 - C** – Is there any **COMMAND** for me to obey?
 - T** – Is there a **TRUTH** for me to embrace?
- 3 Read the commentary portion only after you have read the daily passage. This should provide additional insight into the passage.
- 4 Be sure to fill out your Quiet Time sheets. This will really help you remember the things the Lord brings to your mind and establish action steps to take.
- 5 Organizing and documenting your prayer time will help you stay faithful in prayer and rejoice as you see God at work. There are several pages in this book for you to use or you can create your own.
- 6 Each day, purpose to share something you gained from your quiet time with another person. Whether it's face to face, through a phone call, text, or on social media, communicating what you have learned from God's Word encourages others and solidifies its truth in your own heart.

THE CAUSE CIRCLE

The Cause Circle is a simple tool that will help you be more intentional about sharing Jesus' message, the Gospel, with your friends. It is built around three simple priorities: **Prayer. Care. Share.**

Prayer. Jesus knew how important it was to talk to God about people, before He talked to people about God... and the same is true for us. When we start by praying for the people we are seeking to reach with the gospel, it prepares their hearts to hear the good news of Jesus.

Care. Jesus often healed the sick, fed the hungry, and helped the hurting. In the same way, we must show love to those we are trying to reach. We do this by listening to them and caring for them.

Share. We must lovingly share the gospel message clearly and confidently. A restored relationship with God is the absolute best news on the planet, so don't be afraid to ask them to put their trust in Jesus! If they say "No," or "Not now," continue the Prayer, Care, Share process. And if they say "Yes," celebrate! Then get them plugged into a good church, help them grow deeper in the faith, and challenge them to begin their own Cause Circle of Prayer, Care, Share with their own friends.



MY PRAYER LIST

DATE / REQUEST

DATE / ANSWER



DARE 2 SHARE CAUSE CIRCLE STRATEGY

PRAYER: Asking God to prepare my friend's heart to hear the good news of Jesus.

CARE: Asking God to help me love my friend by listening to them and caring for them.

SHARE: Asking God to help me lovingly share the gospel message clearly and confidently with my friend.

What is the writer saying?

How can I apply this to my life?

Home
Connect



PRAY

Israel – Pray for the Jewish people to call on the name of Yeshua the Messiah.

These verses are part of one uninterrupted sentence in the Greek (vv. 3-14), producing a breathtaking panorama of the salvation blessings enjoyed by those “*in Christ*.” In these first six verses, the apostle Paul summarizes what the Father did for us in the past (vv. 4-6), ending with the powerful assurance in verse 6 that we (believers) are *accepted in the Beloved*. We need to soak in this reality! It isn’t because of what we do that makes us acceptable to God, but, rather, what He has already done. It is a grace gift to us! He starts by affirming that we’ve already received every spiritual blessing through our union with Christ (see 2 Peter 1:3). But how did we receive all of these salvation blessings? Paul explains that the Father chose us “*in Him*” before the foundation of the world to receive them. The doctrines of election and predestination will always challenge our minds. The Bible clearly teaches both the

sovereignty of God and the responsibility (free will) of man. But a seeming tension exists between these truths that cannot be completely resolved in our finite minds. The danger is to emphasize one at the expense of the other. We humbly honor God when we affirm both truths and admit that He is always fair in His dealings with mankind.

Perhaps the best way to think of today’s text is to say that God determined ahead of time the blessings which those “*in Christ*” would enjoy. If I climb aboard a plane destined for Chicago, two decisions are in play: my decision to get *in the plane* and the airline’s prior decision that all those in the plane would be destined for Chicago. Even so, the Father destined all those “*in Christ*” to enjoy a holy and blameless standing before Him (v. 4) and adoption into His family (v. 5). What a destination!

LIFE STEP

Given the facts associated with who we are in Christ (adopted as sons, blessed with every spiritual blessing, accepted by Him), shouldn’t we be more intentional in pursuing holiness and righteousness before Him (v. 4)? Write down one change you will make in your life to move forward in this goal. Ask God to help you stay faithful in growing in holiness.

What is the writer saying?

How can I apply this to my life?

PRAY

Praise the Lord for the faithful believers who have had the greatest positive impact on your life.

Paul continued to speak of the benefits we enjoy as believers in the Lord Jesus Christ. In today's passage, he explains more completely the wonderful and abundant riches God grants to us as an inheritance. Recall that he was delivering this message directly to the Ephesian believers who lived in one of the financial centers of Asia, where everyone was familiar with the concept of security in riches. God's grace affords us far more than earthly riches, and it starts with His amazing plan of redemption, or salvation (v. 7).

He did not simply find a way for us to escape condemnation. That would be a merciful plan of salvation. Instead, He lavished on us every possible spiritual blessing as well. That's a grace-abounding plan of salvation! "*In Christ*" we enjoy freedom from the bondage of

sin, complete forgiveness, wisdom, and insight to understand His beautiful will, and a future inheritance that cannot even be described in words (vv. 7-11). We will participate in an eternal kingdom of glorious freedom from all that disappoints and destroys (Romans 8:17). Sound too good to really be true? Paul tells us that God sealed us with His Holy Spirit who is a *pledge* or *deposit* that guarantees this inheritance (v. 14) to us. The original word was used to speak of a down payment that secured a purchase and guaranteed full payment in time. In other words, when we receive the Holy Spirit, we've simply received an initial deposit of God's blessings—there is much more to come! God's plan of salvation goes far beyond merely saving us from hell. It's much more than just fire insurance!

LIFE STEP

Believers sometimes think of their salvation only as a "life-preserver" or "fire insurance." But the gift of eternal life is way more than that! Eternal life starts now for the believer and lasts forever! Do you live like a person who enjoys eternal life in the here-and-now? Make it your aim to start living the abundant life promised by Jesus by yielding everything to Him (John 10:10). Thank God for the freedom and joy you experience when you are fully submitted to Him.

What is the writer saying?

How can I apply this to my life?

PRAY

Argentina – Pray for the local church to reach out spiritually and economically to the 500,000 people living in slums.

Paul was certainly a prayer warrior! Hearing of the Ephesians' faith in Jesus and their love for fellow believers motivated him toward a prayer of thanksgiving and praise. Notice two specific aspects of Paul's prayer and how instructive these are to us as modern believers.

First, look at Paul's prayer for the Ephesians' growth in the knowledge, wisdom, and understanding of God through Jesus Christ, their Savior (vv. 17-18). The "spirit of wisdom" and "revelation in the knowledge of him" is a primary benefit of the Holy Spirit in the life of the believer (see Isaiah 11:2 and John 14:25-26). As important as it was for the Ephesians, so the Holy Spirit's work in our lives enables us to rightly discern spiritual truths from God's Word as the primary source of revelation today. To know God, one must know God's

Word. To know God's will, we must study God's revealed truth in Scripture! But also notice the extraordinary "bigness" of God's riches and blessings (vv. 18b-23). Count the number of superlatives Paul used in describing these—words like "exceeding greatness" and "above all," and "fullness." To these first-century Christians, Paul worked diligently to express how much their identity *in Christ* should be valued and appreciated. More importantly, as we will read in the remainder of his epistle, Paul hoped to spur the Ephesians on toward personal purity and righteousness *because* of who they were in Christ. Verses 19-20 stand out as an example of Paul's intentions. Here, he reminds the Ephesians that they are given access to the same unbelievable, supernatural power (notice the phrase, *toward us who believe*) that raised Christ from the dead!

LIFE STEP

Can you see that you have failed at times to rely on the supernatural power of Jesus Christ in your daily walk with Him? It's easy for us as believers to think "I can't, or "It's impossible," particularly in a culture where it seems the cards are stacked against us. Resist such thoughts! Write out Philippians 3:10 as your prayer to God today. Memorize that verse to remind you that His power is sufficient for everything you will ever face.

What is the writer saying?

How can I apply this to my life?

PRAY

Libya – Pray for the tiny Libyan Church to be united and established despite intense persecution.

Most people enjoy happy endings. That's what we see in today's passage as Paul paints a word picture of what the Ephesians' lives once looked like before they came to know Jesus Christ and what they were like now that they had been changed. This is Paul's effort to help the Ephesians realize their new position in Christ Jesus, and it is important for modern believers to recognize the same today. Notice the facts Paul presents to us: First, we've been made alive—those of us who were once dead in our trespasses and sins (v. 1). In what way were we dead? We were separated from God, unable to enjoy fellowship with Him. More specifically, we were controlled by Satan—the prince of the power of the air—following our own fleshly impulses and refusing to submit to God's loving desire to bring us to life (vv. 2-3).

But we've also been given a new identity! Whereas once we were sinners because we were in Adam, we are now saints because we are "in Christ." Notice the wonderful change God brought our way simply because of His mercy (v. 4). He loved us enough to offer us life through Jesus Christ! And He made this new life available to us *even when we were dead in our trespasses* (v. 5). God didn't require that we clean ourselves up or submit to a set of rules before He offered this new life! No, but because of His grace—His unmerited favor on us—we can become like the Ephesians in Paul's day. We are raised up to new life in Christ and granted the privileges that flow to God's children. The old has given way to the new (2 Corinthians 5:17), and Christ is now our life (Galatians 2:20). What a transformation!

Today's passage reminds us that believers in the Lord Jesus are the most blessed people on the face of the earth! We've been raised up together to enjoy eternal life that starts now and lasts forever! If you've placed your faith in Jesus Christ, write a prayer of thanksgiving to God, praising Him for your salvation.

What is the writer saying?

How can I apply this to my life?

PRAY

Hungary – Pray for a recommitment to evangelism, holiness, and spiritual maturity within the church.

As Paul continues to describe our position in Christ, he reminds us that we have been saved through no merit or effort of our own. Simple faith (trust) in what Christ has done for us is all that is required to receive God's totally free gift of salvation. Some argue that faith itself is a work, but verses 8-9 clearly show that faith and works are not the same (Romans 4:4-5). James teaches the same when he says, "Faith without works is dead" (James 2:20). Salvation is a gift that can never be granted based on any kind of human performance. As a result, no one can ever take credit for their salvation because of good works they have done nor ever despair of losing their salvation because of good works they have failed to do. One of the marks of legalism is a proud confidence in one's own spiritual activities. The true Gospel,

rightly understood, will produce gratitude and humility. False gospels produce bitterness and pride.

Having made it clear that we are not saved BY good works (v. 9), Paul affirms that we are saved FOR good works (v. 10) that God has already prepared for us to do. It does not say that we will do them but that they are what God desires that we do. Here again we see that good works, though intended by God for us, are not tied to our salvation. When we fail to do the good works that God intends for us, we miss out on many blessings. But praise God, the salvation of our souls is not dependent on our works or jeopardized by our lack of works! The way to rightly understand works or acts of service is to embrace God's grace and then to do good works from a correct motive: humble gratitude.

LIFE STEP

Do you feel that God owes you something? It's a penetrating question. When we feel that way, it's impossible to do good simply out of love for God. Instead, we do it to get something in return. Do something good today for God alone—just because you are grateful that He saved you! Write it down. What will you do today out of a heart of gratitude and love for God?

What is the writer saying?

How can I apply this to my life?

PRAY

Panama – Pray for strong Christian impact on the multitude of nationalities passing through the Canal Zone.

It helps to keep in mind that this section has three subjects in view: God, the Jews, and the Gentiles. Beginning in verse 11, Paul describes how enmity separated all three but, thanks to Christ's work on the cross, they have been reconciled. As a result, believing Jews and Gentiles now form a brand-new entity, the Church, the body of Christ. The dividing wall (v. 14) may be a figurative reference to a real wall in the temple courtyard that prevented Gentiles from entering the temple itself. It was a stark reminder that their access to God was severely limited. It is important to realize that the Church is not a continuation or modification of some already existing group. It is not that

Gentiles were being added to Jews nor Jews being added to Gentiles. Instead, the two have been made into "*one new man*" (v. 15). Thus, the Church enjoys a distinct identity apart from Israel (1 Corinthians 10:32).

Note how Paul, a Jew, uses the word "*you*" in addressing his Gentile readers (vv. 11-13) but then transitions beautifully to "*our*" peace (v. 14). Both now have equal access to the Father by the same Spirit rather than through an earthly system of priests and animal sacrifices. It was a remarkable new situation and one which took a long time for many to grasp and to accept.

In God's eyes, there is no difference between the Jew or the Gentile, rich or poor, or any other classification of humanity! As you pray, thank God for this truth. He wants all people to come to faith in His Son, Jesus Christ (1 Timothy 2:3-4). Be thankful that God shows no partiality. Then, commit yourself to the same attitude toward those whom you will try to reach for Christ.

What is the writer saying?

How can I apply this to my life?

PRAY

Peru – Pray for humble pastors trained in biblical theology who reflect Jesus to a watching culture.

Whenever a house is built, you can be sure of one thing: someone intends to live there! If no one does, the building loses its purpose for existing. In the Old Testament, God had instructed Moses to build a tabernacle, literally a “dwelling place” for Him to live among His people. This was later replaced by the temple. Paul affirmed in these verses that such structures were no longer necessary because God had a new dwelling place, a new tabernacle—the very bodies of believing Jews and Gentiles (v. 22)! Such a notion would have been highly offensive to Law-abiding Jews whose pride and joy was the holy temple in Jerusalem. Paul described this new temple as being built on Christ, the cornerstone. Cornerstones determine the position and

orientation of buildings. Similarly, Christ is our point of reference in all things. The foundation of this new temple is the apostles and prophets who laid down for us the doctrines upon which we now build (see also 3:5 and 4:11). With the foundation in place, the apostles’ ministry was no longer required, and the apostolic and prophetic gifts went out of use with their authenticating signs and wonders (2 Corinthians 12:12). The concluding verse of the chapter is truly astounding. A tent (the tabernacle) and then a beautiful building (the temple) have given way to men and women who are now the very dwelling place of God on earth through the indwelling of the Holy Spirit (1 Corinthians 3:16).

When the British king is in residence at one of his palaces, the Royal Standard is flown above it for all to see. Similarly, people ought to be able to see that God is residing within us! Take time today to read 1 Corinthians 6:19-20 and to reflect on the amazing truth that the Holy Spirit lives within you! Does He feel at home, or does He find Himself at odds with what you do? Specifically, how will you let others know that Christ is reigning as King of your life today?

Quiet Time

With Commentary



MOBILIZE FOR THE CAUSE

A GUIDE TO SHARE AND GROW YOUR FAITH

This guide is designed to help in two ways.

For those of you who have recently put your faith in Jesus for the forgiveness of sins and received eternal life, these lessons will show you how to have a meaningful relationship with Jesus and guide you in sharing Jesus with your friends.

For those of you who have led a friend to faith in Jesus, these lessons will help you teach your friend how to have a meaningful relationship with Jesus and how to share Jesus with their circle of friends.

Jesus said we should go and make disciples (Matthew 28:19–20). As you progress through these lessons, you are joining the greatest cause ever: to reach your generation with the gospel.

Remember, God wants to use you, your words, and your life to reach your friends. It's time to get going and mobilize for THE CAUSE!

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LIFE WITH JESUS LASTS FOREVER

List a few things that don't last.

1. _____
2. _____
3. _____
4. _____

Most everything in our world wears out and needs to be replaced. We get new clothes, new phones, and sometimes new friends. When we are really pressed to think about it, we realize not much lasts forever. That is what makes God's promise of eternal life, life with Jesus forever, so amazing.

Read Romans 6:23

According to this verse, what has God given to us as a gift?

- A better attitude
- Eternal life
- The ability to do good works

Notice that the verse says eternal life is a gift. If something is a gift, all you need to do is receive it and it is yours; there is no work involved!

Read Romans 3:23

According to this verse, what is it that we all do?

- Seek God
- Try to do good
- Sin

If eternal life, life with Jesus forever, depended on you and me being good enough to deserve it, it would be a lost cause because we all come far short of God's standard of sinless perfection. We all think, say and do things that disobey God; we all have sin as a part of our "DNA." We were born with a natural propensity to sin. Think about it: no one had to teach you how to lie, you just did it instinctively.

Read John 3:16

This verse says God gives eternal life to everyone who believes. That is so simple. Anyone who believes in God's one and only Son (Jesus) can have eternal life, life with Jesus forever. Jesus is God. He was born of a virgin and lived a perfect life without sin. Jesus took the punishment for our sins. He died and rose again, proving He is God and has the power to forgive our sins and give us eternal life. By believing in Jesus, we receive the forgiveness of sins and eternal life that lasts forever.

Read John 10:28

What promises do you see in this verse? (Check all that apply.)

- I will never perish.
- If I am a good person, I receive eternal life.
- Jesus gives me eternal life.
- No one will take me out of God's hand.

This verse teaches that eternal life is *given*, it's not something you work for or something you have to work to maintain. **ETERNAL LIFE IS A GIFT THAT LASTS FOREVER!**

We can have confidence that eternal life is a gift from the loving and never-changing God of the universe. The next time you are thinking about those things that DON'T last forever, let it remind you of the one thing that *does* last forever, eternal life. Remember, eternal life started the day you believed in Jesus and will last forever.

ACTION STEPS

- As you wake up each day this week, take a few minutes to thank Jesus for giving you eternal life that lasts forever.
- Write out a prayer to God thanking Him for the forgiveness of sins.

QUIET TIME

Now that you have begun a relationship with the Best Friend you will ever have, you will want to spend time with Him every day; this is called a quiet time. Quiet time is all about spending time with God, learning how to listen to Him (by reading the Bible) and learning how to talk to Him (through prayer).

Read Psalm 42:1-2

What words do you see in this verse that show the writer's desire to spend time with God? (Check all that apply.)

THIRST LOOK LONG PANTS

In the following paragraph, put a box around “Word of God,” circle “the Bible,” and highlight “Best Friend.”

The Word of God, the Bible, changes us as we read it, think about it, and do what it says. God's Holy Spirit, Who lives inside every believer, also uses the Bible to speak to us. He takes the words written in the Bible and tells us what God wants us to know for our lives. Investing time to read the Bible, trying to understand it, and then applying it in your life, will have an incredible effect on you!

YOUR QUIET TIME PLAN

Think through your typical day and decide what time you will set aside for your quiet time. Select a time that you can make consistent each day, when things are quiet, and you can really think. Choose a place that is quiet and has no distractions. Put a reminder somewhere, like on your phone, to help you build the habit. Plan to share what you learn each day with a friend, youth leader, or parent. The more detailed you are about the plan, the more likely you will be to follow through with it.

YOUR TIME WITH GOD

Pray

Before you start reading, take some time to talk with God by asking Him to speak to you through His word. Ask Him to help you understand what you read and also to help you do whatever He tells you.

Peruse: “to examine with attention”

Go to the Quiet Time page and look up the Bible verses. If you aren't sure where the verses are, use the index in the front of your Bible, do a Google search, or use a Bible app. Read the verses and answer the questions. Your Word of Life Quiet Time will help you think about the meaning of the verses and how they can apply directly to your own life. You can use some of the following questions to help you with this:

- What does this passage teach me about God, others, myself, or life?
- Is there a command to obey?
- Is there a promise from God that applies to me?
- Is there a warning for me to pay attention to?
- Is there an example to follow or avoid?

If you have any questions, get stuck or have a hard time understanding something, feel free to ask for help from the person going through this lesson with you.

Practice

The last step is to apply God's Word. This is when you take what you read and do something about it. Ask yourself, “If I were to take action on what I have learned, what would I do?” These questions can help you think through your application:

- Is there sin in my life I need to stop?
- Is there a way of thinking or an attitude that needs adjustment?
- Is there something I can celebrate and thank God for?
- Is there an action I need to take or a conversation I need to have?
- How will I live this out in my life today or this week?

You can reinforce what you learn by:

- Posting what God shows you to your favorite social media platform.
- Make a note about what you learned somewhere and read it a couple of times a day.
- Text what you learned to your parents, a friend, youth leader, or pastor and ask them what they learned from their quiet time with God.

ACTION STEPS

■ Get your own Quiet Time this week at wol.is/Quiettime. If needed, have the friend going through this lesson help you. Once you have your Quiet Time, use the information in this lesson to set up your plan. (Scan the QR code)



- When - I will do it: ■ morning ■ afternoon ■ evening.
- Where - I plan to do it at this location: _____
- Who - I will daily share what I learn with: _____

■ Do at least one day of Quiet Time before your next meeting.