

# 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	James 1-3	_____
WEEK 2	James 3-5	_____
WEEK 3	Genesis 1-5	_____
WEEK 4	Genesis 6-11	_____
WEEK 5	Genesis 12-22	_____
WEEK 6	Genesis 24-27	_____
WEEK 7	Genesis 27-35	_____
WEEK 8	Genesis 37-41	_____
WEEK 9	Genesis 41-44	_____
WEEK 10	Genesis 45-50	_____
WEEK 11	Psalms 1-5, Proverbs 6	_____
WEEK 12	Galatians 1-3	_____
WEEK 13	Galatians 3-4	_____
WEEK 14	Galatians 5-6	_____
WEEK 15	Matthew 1-5	_____
WEEK 16	Matthew 5-8	_____
WEEK 17	Matthew 8-10	_____
WEEK 18	Matthew 11-13	_____
WEEK 19	Matthew 13-16	_____
WEEK 20	Matthew 16-18	_____
WEEK 21	Matthew 18-20	_____
WEEK 22	Matthew 21-22	_____
WEEK 23	Matthew 23-25	_____

# MY QUIET TIME SCHEDULE

WEEK #	BOOKS (CHAPTERS)	PLANNED START DATE
WEEK 24	Matthew 25-26	_____
WEEK 25	Matthew 27-28, Psalm 19	_____
WEEK 26	1 Thessalonians 1-3	_____
WEEK 27	1 Thessalonians 4-5	_____
WEEK 28	2 Peter 1-2	_____
WEEK 29	2 Peter 3, Psalms 22-23	_____
WEEK 30	1 Corinthians 1-3	_____
WEEK 31	1 Corinthians 3-7	_____
WEEK 32	1 Corinthians 7-10	_____
WEEK 33	1 Corinthians 10-12	_____
WEEK 34	1 Corinthians 12-15	_____
WEEK 35	1 Corinthians 15-16	_____
WEEK 36	Proverbs 1-3	_____
WEEK 37	Nehemiah 1-4	_____
WEEK 38	Nehemiah 5-8	_____
WEEK 39	Nehemiah 9-13	_____
WEEK 40	1 Timothy 1-4	_____
WEEK 41	1 Timothy 4-6	_____
WEEK 42	Mark 1-3	_____
WEEK 43	Mark 3-5	_____
WEEK 44	Mark 5-7	_____
WEEK 45	Mark 7-9	_____
WEEK 46	Mark 9-11	_____
WEEK 47	Mark 11-13	_____
WEEK 48	Mark 13-14	_____
WEEK 49	Mark 14-16, Proverbs 2	_____
WEEK 50	Psalms 27, 37, 46, 51, 53	_____
WEEK 51	Ecclesiastes 1-12	_____
WEEK 52	Jude 1-20, Proverbs 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.

Each week features a Home Connect (QR Code) on one of the days that can be used online or printed. The featured day of the week can be identified by the Home Connect logo and QR code. 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?

## PRAY

France – For missionaries to integrate well into French culture and to persevere amidst slow results.

Can you imagine if you were to one day discover that your own sibling was God in the flesh?! That's what happened to James, the half-brother of Jesus. Rather than letting this go to his head, he acknowledged that he was a bondservant of Christ as he wrote to the scattered twelve tribes of Israel.

The great reformer, Martin Luther, famously struggled with this epistle because he felt that James was teaching the necessity of works for eternal salvation. But this reflects a common misunderstanding of James' purpose. He was writing to people who had already been saved by faith (see 1:1-2, 18-19; 2:1; 3:1; 5:7-8). Therefore, he was not instructing them about saving faith but about the critical role of faith in the daily life of the believer. Faith is not something which is only needed for salvation; believers are called to walk by faith all

throughout their earthly journey. Without faith, it's impossible to live in a way that pleases the Lord (Hebrews 11:6).

The first thing James noted about a believer's faith is that it will be tested and strengthened by trials (vv. 2-3). These can take many forms including the pressures of temptation, the persecutions we may face as believers, or the pain of living in a fallen world. Notice that trials will certainly come. It's not a matter of *if* but only of *when*. The word *patience* (v. 3) only comes from a Greek word that means to abide under. It is the act of bearing up under trials that strengthens faith just as lifting heavy weights strengthens physical muscles. James then spoke of wisdom and how our requests to receive it must be made in faith, knowing God will readily grant it to us when we ask. Failure to exercise faith in prayer will result in uncertainty.

## LIFE STEP

*How are you responding to trials? James doesn't say that they are a source of joy in themselves, but that we are to assess them as a reason to be joyful because of what they produce. List two reasons to be grateful for a specific trial that you are enduring. Then, ask God for the wisdom to perceive them as a blessing rather than a curse and to persevere under their weight.*

What is the writer saying?

How can I apply this to my life?

## PRAY

Canada – For the hundreds of reservations of Canadian indigenous people without an ongoing witness.

In today's verses, James reminded his readers of the temporary nature of earth's riches, a subject to which he would return in 2:1-5; 4:13-14; and 5:1-6. The early church was made up of people from all walks of life and degrees of wealth. James was concerned with the way rich believers viewed themselves and the way in which they were treated by fellow believers. In the very beginning of the church age following the Day of Pentecost, early believers had gladly shared their goods with one another (Acts 4:32-33), probably with the expectation that the earthly kingdom of Jesus would soon begin (Acts 3:19-21). As it became apparent that the kingdom age would not immediately appear, such generosity may have been on the decline.

He then returned to the topic of testing which he had just spoken of a few verses earlier and addressed the issue

of temptation, a form of trial that every believer is called to endure. This form of testing does not originate with God. Instead, the strong pull of temptation finds its source in the desires of our flesh. Notice how James made a distinction between the believer and the desires which are enticing the believer. That's because these desires do not originate in a believer's new nature. They find their source in his or her fallen flesh (more on this in 4:1-5). James then made a helpful comparison with the process of pregnancy and birth. First comes the moment of conception when an evil impulse comes our way. If we do not immediately "abort" the process and turn away as Daniel did (Genesis 39:7-12), it is as though we enable a pregnancy to continue. Sin may not yet be visible to all, but it's only a matter of time before it will emerge and bring corruption and death.

## LIFE STEP

*What evil desires need to be denied in your life right now? Don't continue to make room for them in your heart, reasoning that they somehow reflect your true nature. They don't. If you make room for them to capture your thinking, they will bear bitter fruit and lead to death in the end: the death of relationships, of peace, of opportunities, and possibly even of earthly life itself.*

What is the writer saying?

How can I apply this to my life?

## PRAY

Wales - Pray for bold faith and witness by the remnant of believers among the many small churches.

James is extremely practical. Out of 108 verses, there are 54 commands—the highest proportion in the Bible. Knowledge without application simply puffs a person up. James reminds us that the blessing which we can receive from the Word does not come from hearing it, but from doing it. In fact, when we have heard it but do not put it into practice, we have deceived ourselves (v. 22). To clarify, James compares this to looking in a mirror and then failing to make any of the changes which it reveals to be necessary. This self-deception can take at least three forms.

First, we can delude ourselves into thinking that the mirror of God's Word is not a reflection of us at all. This might be the ultimate delusion. Imagine thinking this while standing in front of a real mirror!

Second, we might delude ourselves by thinking that the mirror, though providing us with a reflection of ourselves, is inaccurate—similar to circus mirrors in an amusement park which intentionally distort a person's reflection. This amounts to saying that God's Word is defective. Finally, we might agree that the mirror is accurately reflecting us but that the changes it's calling for are not important. This may be true in the case of a real mirror, but never so with God's Word. This is a terrible delusion that will result in a bitter harvest.

In contrast to this, the person who carefully examines the Word of God and then diligently applies its truths will experience great blessing. Notice that this requires an effort to remember it (v. 25) rather than being a forgetful hearer.

## LIFE STEP

*Are you merely a hearer of God's Word, or are you diligently seeking to remember and to do it? Avoid deceiving yourself into inaction. Instead, identify the specific command in today's passage that you need to put into practice. Then, find a way to remind yourself of this truth all day long as you live it out. Here's another idea: Instead of telling a speaker what a blessing it was to listen to their message, wait a week or more and then let them know what a blessing it was to put it into practice. This will encourage them far more!*

What is the writer saying?

How can I apply this to my life?



## PRAY

United Kingdom – For God to raise up a new generation of vibrant, doctrinally sound, Bible teachers.

James was writing to Jewish believers in Jesus to instruct them on the role of faith in daily living and how it should be reflected in their actions. In these verses, he reminded them that their faith in Christ should result in treating others without any partiality.

Verses 2-4 warn us against judging people based on external appearance. Rather than focusing on God's glory (v. 1), we can become preoccupied with man's glory and begin to favor those who are more remarkable than others in their appearance, position, or property. Such judgment is based on evil motives (v. 4) and does not reflect the way God views people without any partiality (1:5). Showing partiality is evil (vv. 4, 9) because our real motivation is to gain some personal advantage by catering to the wealthy and ignoring those who are less fortunate. However, from God's perspective, it is often the poor who are truly wealthy while the rich are actually poor. How so? Those with earthly riches

often trust in their wealth and oppose God to their own detriment, whereas the poor are more likely to recognize their need and to place their faith in Him.

James pointed his Jewish readers to the second greatest commandment as affirmed by Jesus: to love their neighbor as themselves (Matthew 22:36-39). Though clearly not teaching salvation by the works of the Law, he did appeal to what they knew very well to point out that partiality was a violation of this royal law which rendered them guilty of the entire Mosaic Law. Instead, they should act as those who will be judged by a more merciful law which he called the "law of liberty." The judgment spoken of here must refer to the Judgment Seat of Christ since this is the only judgment that believers will ever face (Romans 8:1). Being merciful to the undeserving will result in being awarded far greater eternal wealth than if we play favorites with those who have temporary wealth.

## LIFE STEP

*Take a moment to examine your own heart on this issue. Are you impartial in your relationships with fellow believers, or do you show favoritism? What specific step(s) can you take today to reflect God's equal care for all?*

What is the writer saying?

How can I apply this to my life?

## PRAY

Germany – That believers will take advantage of every opportunity to share the Gospel with the unsaved.

These verses are perhaps the most misunderstood in the entire epistle. Some claim that James is teaching salvation by works, but this is not the case. We need to keep in mind that his audience was Jewish believers who had already been saved by faith. Having been born again, they were now called to walk by faith. But what does this involve? It means putting action to belief. When faith is operating, we act in accordance with what God has said about what we cannot see or perceive with our senses or understand with our minds. If we fail to act, then our faith will not produce a profitable result in our lives (v. 14) because it is dead (v. 17). Death does not mean non-existence but separation. In this case, there is a gap between what God has said about something and what we are doing about it. Verse 14 can easily lead us astray because we automatically associate the word saved with salvation from eternal punishment.

However, this word is also used in Scripture to speak of salvation from temporal (earthly), physical, or spiritual harm or loss. Faith will not save us from any of the harm or loss that we can experience in this life if our faith is merely expressed in words without action. For example, we can claim to believe what God says about the dangers of sin, but if we don't act on His warnings and guidance, we will not be saved from the devastating consequences of sin in this life. Notice how James illustrates this principle in verses 15-16. Simply wishing a destitute person will be warmed and fed will not result in any benefit to them. We will need to add action to words if they are to be saved from starvation. This principle applies to blessing as well. We can claim to believe the Word of God, but if we do not act upon it, we will forfeit the blessing which we could have experienced (see 1:21-25).

## LIFE STEP

*Identify an area where your profession of faith in what God has said is separated from any corresponding action on your part. In such cases, your faith is dead and unproductive. How can you close that gap today?*

What is the writer saying?

How can I apply this to my life?

## PRAY

Ghana – Pray for God to send laborers to the 15,000 villages with no local body of believers.

James had been stressing that faith in the life of a saved person must be accompanied by action in order to have any useful effect. He then anticipated an objection. The punctuation used in verses 18-19 is critical. We must keep in mind that punctuation was not part of the original Greek text but was added later. The way it was done here leads the reader to think that the objection is only one sentence long (v. 18a). But in fact, it runs the entire length of verses 18-19. James imagined that someone would claim there is no link between faith and action, just as demons believe that there is a God but do not obey Him.

James considered this objection to be foolish and began his response in verse 20. He pointed to two well-known people whose actions illustrated the connection between living faith and works. James' reference to justification here cannot be referring to the act by which God places

His righteousness to a person's account. Paul made it clear that such justification can only be obtained by faith, not works (Romans 3:20). Just like the word *saved*, we tend to assign only this meaning to the word *justification* and then assume that James was saying that Abraham received salvation by offering his son Isaac on the altar. But this ignores the fact that he had already received God's righteousness by faith much earlier before Isaac had even been born (Genesis 15:6)!

*Justification* can also be used of demonstrating something to be genuine. For example, a person's claim to be a good musician is *justified* by the way they play an instrument. The faith of an already saved person can only be justified before men by how they act. This type of active faith in a believer's life is what propels them to greater maturity (v. 22) and deepens their fellowship with God (v. 23).

## LIFE STEP

*Are you expecting your faith to produce a beneficial outcome in your life while living in a way that contradicts your claim to believe something God has said? In that case, your faith is not justified by your actions; it is dead (inactive and unproductive). What do you need to do to close that gap?*

What is the writer saying?

How can I apply this to my life?

## PRAY

New Zealand – Pray for committed Christian leaders to be raised up from the Maori.

James addressed the power of the tongue to do both good and evil. He began by warning his readers that they should be careful about wanting to become teachers because they will have to answer for more when they stand before the Lord. How so? Because of the power of words to deeply affect the lives of others. Jesus had pointed out the same thing when He rebuked the Pharisees for the evil influence they wielded with their words (Matthew 12:36-37).

Consider how often your life has been impacted by what someone has said. It's amazing to note the lasting effects of such a small part of the body. James compared it to a bit, a rudder, and a flame. These highlight three of the ways that small words produce massive results. First, the

tongue has the ability to control others just like a bit controls a horse. Words can keep people in bondage, or they can set them free. Secondly, the tongue can direct people's paths the way a small rudder can turn a huge ship. Finally, the tongue can provide warm comfort and healing or do great damage in the way a very small flame can destroy an entire forest. Solomon was right when he said, "Death and life are in the power of the tongue!" (Proverbs 18:21) The way a person speaks is therefore one of the greatest indicators of maturity or the lack thereof. Earlier in his epistle, James had said it well: "So then, my beloved brethren, let every man be swift to hear, slow to speak ..." (1:19)

## LIFE STEP

*How mature are you in your faith walk? One of the best ways to measure this is the way you use words. Do they bless, or do they curse? Do they set others free or hold them in bondage? Do they provide good direction, or do they send people down evil paths? Do they comfort, or do they destroy? The Book of Proverbs spoke about the tongue more than any other topic. Take a few minutes to read and reflect on Proverbs 12:18; 13:3; 15:1-2; 16:24; 17:28; 21:23; 25:23; 26:20; and 29:20. You can change your world by changing your words. How do you need to change your words today?*



# **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](http://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 have it:  morning  afternoon  evening.
- **WHERE** - I plan to have it at this location: \_\_\_\_\_
- **WHO** - I will daily share what I learn with: \_\_\_\_\_

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