

Quiet Time

 Interactive

1
YEAR

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.



The Bible Changes You

The Word of God, the Bible, is the most powerful resource that every Christian has. It changes us as we read it, think about it, and do what it says. The 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. When something is interactive, it works in a way to have an effect on another. Quiet Time Interactive does just that: it is a tool that helps you to interact with the powerful Word of God and with God Himself, which will have an incredible effect on your life.

Quick Start Guide

Follow these simple steps to grow in your relationship with God.

1. ASK – Ask God to speak to you.

Ask God to take the words written in the Bible to tell you what He wants you to know. Ask Him to help you do what He tells you to do.

2. READ – Read and interact with the passage.

Read the verses and answer the questions as they apply to your life.

3. DO – Think of one action to take.

Applying God's Word is where you do something with what you have read. Here are some easy ways for you to act on what you learned:

- Post a verse or a key thought from the reading on your favorite social media platform.
- Tell or text a friend what you learned.
- Create a very short application phrase and review it throughout the day.

**That's what Quiet Time
is all about: spending
time with God.**

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**

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

Weekly Action Sheet

DO IT!

Write the action step you will take to live out what you have learned this week from God's Word.



MY CAUSE CIRCLE

CARE: Write how you will show Christ's love to your lost friend this week.



SHARE: Write where, when, and how you will share the gospel this week.

MY WEEKLY PRAYER



REQUESTS

Home
Connect



Use the QR code to open this week's Home Connect devotional.

TRUTH: Ephesians 1:1-6

Ephesians 1:1-3

What is a team or club in which I have been involved?

What was the purpose of the team or club (i.e., to win a championship, to complete a project)? _____

What benefits did I receive from being part of the team or club?

Followers of Jesus are united in Him and receive what benefits/blessings?

Ephesians 1:4-6

What is my reaction to each of the following truths presented in these verses?

- God has chosen me. _____
- God has adopted me as His child. _____
- God has poured out His grace (His unearned favor) on me. _____

God did none of this grudgingly. He blesses us with all of this purely “according to the good pleasure of His will.” (v. 5)

What is the nature of my relationship with my family? _____

- a.) We love being around each other.
- b.) We enjoy each other most of the time but also fight.
- c.) We fight constantly.
- d.) We do not spend much time together.
- e.) I live in an abusive situation. (If this is the case, I will seek help from my church.)
- f.) Other: _____

No matter what my family life is like, I can find joy in being adopted by God into His family.

I will take time right now to thank God for this.



SHARE IT

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: Ephesians 1:7-14

Ephesians 1:7-10

Sin separates us from a holy God. Because of the death of Jesus on the cross where He shed His blood, forgiveness of our sins was made available to us. Accepting His forgiveness redeems us (delivers from debt) and reconciles us (restores our relationship) with God. This is the Gospel, the Good News of Jesus Christ!

Have I acknowledged my sin and accepted God's forgiveness provided by the sacrifice of Christ on the cross? Y N

If so, I will share my experience with this person from my Cause Circle:

_____ .
If not, would I choose to do this right now?

Y No, I'm not ready yet.

I have some questions about this and will seek out a friend or youth leader for more information.



Ephesians 1:11-14

Once I trust in Christ for my salvation from the penalty of sin, what do I receive? (Hint: what am I "sealed with" in **verse 13**?)

_____ .
Do I have a sense of belonging to my family, a group of friends, a team, a club, etc.? Y N

The Holy Spirit is an inward mark of my belonging to God.
How does that truth affect my current circumstances?

_____ .
As a child of God, part of my inheritance is God dwelling within me now by His Holy Spirit.

What is the part of my inheritance I look forward to in the future?

- Financial wealth
- Eternal life with God in Heaven
- No difficulties the rest of my life
- Never being tempted

How should I respond to the inheritance God has given me now and promised me in the future? Praise!

I will write out a prayer of praise and thanksgiving to God for His gracious gifts here: _____



Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: Ephesians 1:15-23

Ephesians 1:15-18

If someone had to describe me to another person, what words might they use?

Would I be happy with their description? Y N

Why or why not? _____

The Apostle Paul had heard of the faith of the church in Ephesus. He was a cheerleader of sorts from afar, praising and thanking God for them, and praying for them.

Who in my life is a cheerleader for my faith? _____

Who am I cheering on in the faith? _____

For what specifically was Paul praying? (Check all that apply.)

Wisdom

Knowledge of God

Hope in their calling

Monetary wealth

Have I placed my confident hope in Christ, growing in my relationship with Him daily? Y N

If not, what is keeping me from doing so? _____

Ephesians 1:19-23

God's power is limitless. What action shows God's mighty power? (v. 20)

To whom has God given full authority? _____

What in my own life seems too big for anyone to handle? _____

When a situation seems too big to handle, I can trust in God's great power. In Him, I have forgiveness, peace, comfort, strength, joy, hope, etc.

I will take time right now to thank God that I can trust in His great power and will praise Him specifically for some of the many things I have in Him.



SHARE IT

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: Ephesians 2:1-7

Ephesians 2:1-3

Here is a sad description of our old life before we came to Jesus.

This is also a description of our family and friends who do not have a relationship with Him.

Dead in _____

Living like the _____

Under the control of the _____

Following/gratifying the lusts and desires of _____

By nature children/deserving of _____

Ephesians 2:4-5

Bad News: My sins separated me from God and made me dead to God and His truth.

I was like a walking dead person, alive in the flesh (body), but my soul and spirit were dead, unresponsive to God. Before surrendering my life to Christ, I was one of the living dead.

Good News:

God is rich in M_____.

He has shown me His great L_____.

He has saved me by His G_____.

The Lord Jesus by God's grace has given me new life. My soul and spirit have been resurrected to life by God's great salvation. Someday my body will be resurrected (changed) into a new eternally living body.

Two people from my Cause Circle I know who are physically alive but dead to God are: _____ and _____.

I will stop and pray for them right now and ask God to give me an opportunity to share this news with them this week.



Ephesians 2:6-7

God has rescued me and raised me up to sit with Christ in Heaven. I am still on earth but enjoy some of the blessings, benefits, and privileges of Heaven. One day, Jesus will come for me, and I will actually be with Him in Heaven.

Something I look forward to in Heaven is: _____

I will thank God now for rescuing me through the death and resurrection of Jesus and ask Him for an opportunity to share this great news with someone else today.

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: Ephesians 2:8-13

Ephesians 2:8-10

When have I been rewarded for hard work (i.e., a good grade on a test/project, a medal/trophy in sports, recognition in a club, etc.)?

How did that reward make me feel? _____

Do I have to work for my own salvation (v. 8)? Y N

Instead, salvation is a _____ of God. (v. 8)

This is what makes Christianity unique to other faiths. Jesus-followers do not have to do anything to be loved by God. We simply accept God's free gift of salvation provided for us by the death, burial, and resurrection of Jesus Christ, which paid the penalty for our sin and paved the only way to peace with God.

Have I accepted God's free gift of salvation? Y N

If so, will I look for a way to share my experience with someone today? Y N

If not, will I take time this week to talk to my pastor or other church leader about this? Y N

Though good works do not buy our salvation, we were created to do good works. (v. 10)

These good works come from a heart of gratitude for God's grace.

How does my life reflect my gratitude for God's grace?

Ephesians 2:11-13

These verses demonstrate a life **before** a relationship with Christ versus a life **after** entering into a relationship with Christ.

What was my life like before I met Christ? _____

How is my life different now that I have a relationship with Christ?

I will thank God now for His free gift of salvation and the relationship He has given me that has changed my life.



SHARE IT

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:

TRUTH: Ephesians 2:14-18

The Jews were a chosen people, separated from the other nations of the world as holy to God. Even in the temple, a wall separated those who were Gentiles (anyone not Jewish) worshiping God from those who were Jewish worshiping God. Over time, separation for the purpose of being holy became an excuse for hostility and prejudice. Christ brought reconciliation between God and all men and women, as well as between the Jewish and Gentile people.

Today, people still struggle with prejudice toward others.

If I'm honest, is there anyone I am prejudiced toward? Is there a person or group I feel like I am somehow better than? Y N

I will write a prayer here, asking God to forgive me for any injustice in my heart and mind and repenting of my sin by being a blessing to all others in the future.

(This is a hard thing and not to be taken lightly.)

Jesus-followers are one body in Christ. Read **verse 18** again.

I have access to God the Father through the _____ .

Knowing this, what do I need to ...?

Praise God for : _____

Confess to God: _____

Thank God for: _____

Ask God for on behalf of others: _____

Ask God for on my own behalf: _____

Realizing my Quiet Time isn't done until I have shared it with someone, this is what I will share:

This is who I will share it with:



TRUTH: Ephesians 2:19-22

When have I been the “new kid” somewhere (school, church, team)?

How did it feel to be new? _____

Moving to a new school, starting on a new team, or any other new situation can feel scary and uncertain. Will I fit in? Will I make friends? These are questions that may stir anxiety inside us.

How are guests treated differently from family members in a home?

Yes, guests may be treated to special dishes or towels, but they do not have the freedom and familiarity that a family member has. Family members can rummage in the cabinet for a snack or lay down in their own bed for a rest.

According to **verse 19**, followers of Jesus Christ are members of the family of God.

How does the truth of this verse affect me? _____

Not only am I part of God’s family, but I am a temple of the Lord, meaning God’s Spirit lives within me.

If I’m honest, am I treating my body like God’s temple?

Y N Sometimes

(Answer the questions below. If the answer is no or sometimes, list one change you would like to make this week.)

Do I watch (and listen to) what is pleasing to God?

Y N Sometimes

Do I use words that reflect God’s Spirit living in me?

Y N Sometimes

Do I behave in a way that honors God?

Y N Sometimes

Do the friends with whom I spend the most time help me to live for God?

Y N Sometimes

I will pray now and ask God to help me with any of the changes I need to make this week.



SHARE IT

Realizing my Quiet Time isn’t done until I have shared it with someone, this is what I will share:

This is who I will share it with:

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.