



The Five Elements of a Quiet Time

- I. Praise
- II. Thanksgiving
- III. Confession
- IV. Bible Study
- V. Supplication

Bible Study

A. Read the _____.

— **Joshua 1:8** | *This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.* (CSB)

— **1 Peter 2:2** | *Like newborn infants, desire the pure milk of the word, so that you may grow up into your salvation,* (CSB)

— Don't just read books about the Bible.

— Don't just read a few devotional thoughts.

B. Have a _____.

— Do something systematic.

— Options

— Read through the New Testament.

— Read through a specific book.

— Repeatedly read a book or section.

— Through the Bible in a year...

— Through the Chronological Bible in a year...

— M'Cheyne Bible reading plan...

— Youversion.com plan

— What I do...

— Read a little in these three sections...

— Gospels/Acts

— Epistles

— Psalms/Proverbs

— Read as much or as little as I need to do accomplish D & E.

C. Recognize that you are reading a _____ from your Father.

— Don't read it like a history book or the newspaper.

— Everything you read was written in part to have an impact on you.

— Recognize the presence and role of the Holy Spirit.

— **Proverbs 1:23** | *If you respond to my warning, then I will pour out my spirit on you and teach you my words.* (CSB)

— **1 Corinthians 2:10** | *Now God has revealed these things to us by the*

Spirit, since the Spirit searches everything, even the depths of God. (CSB)
— **1 Corinthians 2:13** | *We also speak these things, not in words taught by human wisdom, but in those taught by the Spirit, explaining spiritual things to spiritual people. (CSB)*

— **John 16:14** | *He will glorify me, because he will take from what is mine and declare it to you. (CSB)*

— **John 14:26** | *But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything I have told you. (CSB)*

D. Look for something to...

— Confess

— Express thankfulness

— Marvel

— Change

— Do

— Share

— Pray

E. Write _____ down.

Supplication

A. Use a _____.

— Lord's Prayer Model

— **Matthew 6:9-13** | *“Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one. (CSB)*

— Praying through Scripture Model

— End with a List Model

— Pray Paul's Prayers

B. Be _____.

C. Be _____.

— **Hebrews 4:16** | *Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need. (CSB)*

D. Ground your requests in the _____.

— **James 4:3** | *You ask and don't receive because you ask with wrong motives, so that you may spend it on your pleasures. (CSB)*

E. Be _____.

The Prayers of Paul

Romans 1:8-10 — First, I thank my God through Jesus Christ for all of you because the news of your faith is being reported in all the world. God is my witness, whom I serve with my spirit in telling the good news about his Son—that I constantly mention you, always asking in my prayers that if it is somehow in God's will, I may now at last succeed in coming to you.

Romans 10:1 — Brothers and sisters, my heart's desire and prayer to God concerning them is for their salvation.

Romans 12:12 — Rejoice in hope; be patient in affliction; be persistent in prayer.

Romans 15:5-6 — Now may the God who gives endurance and encouragement grant you to live in harmony with one another, according to Christ Jesus, so that you may glorify the God and Father of our Lord Jesus Christ with one mind and one voice.

Romans 15:13 — Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:30-33 — Now I appeal to you, brothers and sisters, through our Lord Jesus Christ and through the love of the Spirit, to strive together with me in fervent prayers to God on my behalf. Pray that I may be rescued from the unbelievers in Judea, that my ministry to Jerusalem may be acceptable to the saints, and that, by God's will, I may come to you with joy and be refreshed together with you. May the God of peace be with all of you. Amen.

1 Corinthians 1:4-9 — I always thank my God for you because of the grace of God given to you in Christ Jesus, that you were enriched in him in every way, in all speech and all knowledge. In this way, the testimony about Christ was confirmed among you, so that you do not lack any spiritual gift as you eagerly wait for the revelation of our Lord Jesus Christ. He will also strengthen you to the end, so that you will be blameless in the day of our Lord Jesus Christ. God is faithful; you were called by him into fellowship with his Son, Jesus Christ our Lord.

1 Corinthians 16:23 — The grace of the Lord Jesus be with you.

2 Corinthians 1:3-7 — Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God. For just as the sufferings of Christ overflow to us, so also through Christ our comfort overflows. If we are afflicted, it is for your comfort and salvation. If we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings that we suffer. And our hope for you is firm, because we know that as you share in the sufferings, so you will also share in the comfort.

2 Corinthians 2:14-16 — But thanks be to God, who always leads us in Christ's triumphal procession and through us spreads the aroma of the knowledge of him in every place. For to God we are the fragrance of Christ among those who are being saved and among those who are perishing. To some we are an aroma of death leading to death, but to others, an aroma of life leading to life. Who is adequate for these things?

2 Corinthians 9:12-15 — For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many expressions of thanks to God. Because of the proof provided by this ministry, they will glorify God for your obedient confession of the gospel of Christ, and for your generosity in sharing with them and with everyone. And as they pray on your behalf, they will have deep affection for you because of the surpassing grace of God in you. Thanks be to God for his indescribable gift!

2 Corinthians 12:7-9a — especially because of the extraordinary revelations. Therefore, so that I would not exalt myself, a thorn in the flesh was given to me, a messenger of Satan to torment me so that I would not exalt myself. Concerning this, I pleaded with the Lord three times that it would leave me. But he said to me, "My grace is sufficient for you, for my power is perfected in weakness." Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me.

2 Corinthians 13:7-9 — But we pray to God that you do nothing wrong—not that we may appear to pass the test, but that you may do what is right, even though we may appear to fail. For we can't do anything against the truth, but only for the truth. We rejoice when we are weak and you are strong. We also pray that you become fully mature.

Galatians 6:18 — Brothers and sisters, the grace of our Lord Jesus Christ be with your spirit. Amen.

Ephesians 1:3ff —Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens in Christ. For he chose us in him, before the foundation of the world, to be holy and blameless in love before him. He predestined us to be adopted as sons through Jesus Christ for himself, according to the good pleasure of his will, to the praise of his glorious grace that he lavished on us in the Beloved One. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he richly poured out on us with all wisdom and understanding. He made known to us the mystery of his will, according to his good pleasure that he purposed in Christ as a plan for the right time—to bring everything together in Christ, both things in heaven and things on earth in him. In him we have also received an inheritance, because we were predestined according to the plan of the one who works out everything in agreement with the purpose of his will, so that we who had already put our hope in Christ might bring praise to his glory. In him you also were sealed with the promised Holy Spirit when you heard the word of truth, the gospel of your salvation, and when you believed. The Holy Spirit is the down payment of our inheritance, until the redemption of the possession, to the praise of his glory. This is why, since I heard about your faith in the Lord Jesus and your love for all the saints, I never stop giving thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the glorious Father, would give you the Spirit of wisdom and revelation in the knowledge of him. I pray that the eyes of your heart may be enlightened so that you may know what is the hope of his calling, what is the wealth of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the mighty working of his strength. He exercised this power in Christ by raising him from the dead and seating him at his right hand in the heavens—far above every ruler and authority, power and dominion, and every title given, not only in this age but also in the one to come. And **he subjected everything under his feet** and appointed him as head over everything for the church, which is his body, the fullness of the one who fills all things in every way.

Ephesians 1:15–23 — This is why, since I heard about your faith in the Lord Jesus and your love for all the saints, I never stop giving thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the glorious Father, would give you the Spirit of wisdom and revelation in the knowledge of him. I pray that the eyes of your heart may be enlightened so that you may know what is the hope of his calling, what is the wealth of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the mighty working of his strength. He exercised this power in Christ by raising him from the dead and seating him at his right hand in the heavens—far above every ruler and authority, power and dominion, and every title given, not only in this age but also in the one to come. And **he subjected everything under his feet** and appointed him as head over everything for the church, which is his body, the fullness of the one who fills all things in every way.

Ephesians 3:14–21 —For this reason I kneel before the Father from whom every family in heaven and on earth is named. I pray that he may grant you, according to the riches of his glory, to be strengthened with power in your inner being through his Spirit, and that Christ may dwell in your hearts through faith. I pray that you, being rooted and firmly established in love, may be able to comprehend with all the saints what is the length and width, height and depth of God’s love, and to know Christ’s love that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him

who is able to do above and beyond all that we ask or think according to the power that works in us—to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Ephesians 6:19–20 — Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. For this I am an ambassador in chains. Pray that I might be bold enough to speak about it as I should.

Philippians 1:3–6 — I give thanks to my God for every remembrance of you, always praying with joy for all of you in my every prayer, because of your partnership in the gospel from the first day until now. I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:9–11 — And I pray this: that your love will keep on growing in knowledge and every kind of discernment, so that you may approve the things that are superior and may be pure and blameless in the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God.

Philippians 4:6–7 — Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:23 — The grace of the Lord Jesus Christ be with your spirit.

Colossians 1:3–14 — We always thank God, the Father of our Lord Jesus Christ, when we pray for you, for we have heard of your faith in Christ Jesus and of the love you have for all the saints because of the hope reserved for you in heaven. You have already heard about this hope in the word of truth, the gospel that has come to you. It is bearing fruit and growing all over the world, just as it has among you since the day you heard it and came to truly appreciate God's grace. You learned this from Epaphras, our dearly loved fellow servant. He is a faithful minister of Christ on your behalf, and he has told us about your love in the Spirit. For this reason also, since the day we heard this, we haven't stopped praying for you. We are asking that you may be filled with the knowledge of his will in all wisdom and spiritual understanding, so that you may walk worthy of the Lord, fully pleasing to him: bearing fruit in every good work and growing in the knowledge of God, being strengthened with all power, according to his glorious might, so that you may have great endurance and patience, joyfully giving thanks to the Father, who has enabled you to share in the saints' inheritance in the light. He has rescued us from the domain of darkness and transferred us into the kingdom of the Son he loves. In him we have redemption, the forgiveness of sins.

Colossians 4:2–4 — Devote yourselves to prayer; stay alert in it with thanksgiving. At the same time, pray also for us that God may open a door to us for the word, to speak the mystery of Christ, for which I am in chains, so that I may make it known as I should.

1 Thessalonians 1:2-3 — We always thank God for all of you, making mention of you constantly in our prayers. We recall, in the presence of our God and Father, your work produced by faith, your labor motivated by love, and your endurance inspired by hope in our Lord Jesus Christ.

1 Thessalonians 2:13-16 — This is why we constantly thank God, because when you received the word of God that you heard from us, you welcomed it not as a human message, but as it truly is, the word of God, which also works effectively in you who believe. For you, brothers and sisters, became imitators of God's churches in Christ Jesus that are in Judea, since you have also suffered the same things from people of your own country, just as they did from the Jews who killed the Lord Jesus and the prophets and persecuted us. They displease God and are hostile to everyone, by keeping us from speaking to the Gentiles so that they may be saved. As a result, they are constantly filling up their sins to the limit, and wrath has overtaken them at last.

1 Thessalonians 3:9-13 — How can we thank God for you in return for all the joy we experience before our God because of you, as we pray very earnestly night and day to see you face to face and to complete what is lacking in your faith? Now may our God and Father himself, and our Lord Jesus, direct our way to you. And may the Lord cause you to increase and overflow with love for one another and for everyone, just as we do for you. May he make your hearts blameless in holiness before our God and Father at the coming of our Lord Jesus with all his saints. Amen.

1 Thessalonians 5:23-24 — Now may the God of peace himself sanctify you completely. And may your whole spirit, soul, and body be kept sound and blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will do it.

1 Thessalonians 5:28 — The grace of our Lord Jesus Christ be with you.

2 Thessalonians 1:3ff — We ought to thank God always for you, brothers and sisters, and rightly so, since your faith is flourishing and the love each one of you has for one another is increasing. Therefore, we ourselves boast about you among God's churches—about your perseverance and faith in all the persecutions and afflictions that you are enduring. It is clear evidence of God's righteous judgment that you will be counted worthy of God's kingdom, for which you also are suffering, since it is just for God to repay with affliction those who afflict you and to give relief to you who are afflicted, along with us. This will take place at the revelation of the Lord Jesus from heaven with his powerful angels, when he takes vengeance with flaming fire on those who don't know God and on those who don't obey the gospel of our Lord Jesus. They will pay the penalty of eternal destruction from the Lord's presence and from his glorious strength on that day when he comes to be glorified by his saints and to be marveled at by all those who have believed, because our testimony among you was believed. In view of this, we always pray for you that our God will make you worthy of his calling, and by his power fulfill your every desire to do good and your work produced by faith, so that the name of our Lord Jesus will be glorified by you, and you by him, according to the grace of our God and the Lord Jesus Christ.

2 Thessalonians 1:11-12 — In view of this, we always pray for you that our God will make you worthy of his calling, and by his power fulfill your every desire to do good and your work produced by faith, so that the name of our Lord Jesus will be glorified by you, and you by him, according to the grace of our God and the Lord Jesus Christ.

2 Thessalonians 2:16-17 — May our Lord Jesus Christ himself and God our Father, who has loved us and given us eternal encouragement and good hope by grace, encourage your hearts and strengthen you in every good work and word.

2 Thessalonians 3:2-5 — and that we may be delivered from wicked and evil people, for not all have faith. But the Lord is faithful; he will strengthen and guard you from the evil one. We have confidence in the Lord about you, that you are doing and will continue to do what we command. May the Lord direct your hearts to God's love and Christ's endurance.

2 Thessalonians 3:16 — May the Lord of peace himself give you peace always in every way. The Lord be with all of you.

1 Timothy 1:12 — I give thanks to Christ Jesus our Lord who has strengthened me, because he considered me faithful, appointing me to the ministry—

1 Timothy 2:1ff — First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. This is good, and it pleases God our Savior, who wants everyone to be saved and to come to the knowledge of the truth. For there is one God and one mediator between God and humanity, the man Christ Jesus, who gave himself as a ransom for all, a testimony at the proper time. For this I was appointed a herald, an apostle (I am telling the truth; I am not lying), and a teacher of the Gentiles in faith and truth. Therefore, I want the men in every place to pray, lifting up holy hands without anger or argument. Also, the women are to dress themselves in modest clothing, with decency and good sense, not with elaborate hairstyles, gold, pearls, or expensive apparel, but with good works, as is proper for women who profess to worship God. A woman is to learn quietly with full submission. I do not allow a woman to teach or to have authority over a man; instead, she is to remain quiet. For Adam was formed first, then Eve. And Adam was not deceived, but the woman was deceived and transgressed. But she will be saved through childbearing, if they continue in faith, love, and holiness, with good sense.

2 Timothy 1:3-7 — I thank God, whom I serve with a clear conscience as my ancestors did, when I constantly remember you in my prayers night and day. Remembering your tears, I long to see you so that I may be filled with joy. I recall your sincere faith that first lived in your grandmother Lois and in your mother Eunice and now, I am convinced, is in you also. Therefore, I remind you to rekindle the gift of God that is in you through the laying on of my hands. For God has not given us a spirit of fear, but one of power, love, and sound judgment.

2 Timothy 1:16-18 — May the Lord grant mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains. On the contrary, when he was in Rome, he diligently searched for me and found me. May the Lord grant that he obtain mercy from him on that day. You know very well how much he ministered at Ephesus.

2 Timothy 4:22 — The Lord be with your spirit. Grace be with you all.

Titus 3:15b — All those who are with me send you greetings. Greet those who love us in the faith. Grace be with all of you.

Philemon 4-7 — I always thank my God when I mention you in my prayers, because I hear of your love for all the saints and the faith that you have in the Lord Jesus. I pray that your participation in the faith may become effective through knowing every good thing that is in us for the glory of Christ. For I have great joy and encouragement from your love, because the hearts of the saints have been refreshed through you, brother.

Philemon 25 — The grace of the Lord Jesus Christ be with your spirit.