

# A Basic Quiet Time Plan<sup>1</sup>

## Principles of Bible Study

### Step One: BIBLE STUDY – Goal: To understand the truth

First: Slowly read a paragraph or chapter 3-4 times. When a thought or phrase or word captures your attention, pause for a moment and thank God for it.

Then: Write down answers to any one of the following sets of questions. Don't try to do them all (though you may mix questions from different sets).

#### Set #1.

1. What do these verses teach me about God?
2. What do these verses teach me about myself (or mankind in general or believers)?
3. How do these verses point me to Jesus as Savior?
4. List examples to follow or avoid, commands to obey, or promises to claim

#### Set #2.

1. Write down the key verse or thought that impressed you.
2. Write the verse out in your own words.
3. Make sure you look at the context. What is the thought just before the verse and just after?
4. Give 2-3 reasons it impressed you.

#### Set #3.

1. What was beautiful about this verse?
2. What surprised you about this verse?
3. To what in this verse do you need to give more thought?
4. What didn't you understand?
5. How does the verse connect to your life and/or the life of your church?

### Step Two: MEDITATION – Goal: To drive the truth down into your heart

First: Write out one or two (at most!) of the main truths you got out of your Bible study.

Then: For each truth, write out the answers to each of these questions:

If you have little time, just answer the following:

1. “How would I be different if this truth caught fire in my inner most being?”
2. “Why is God showing me these particular things today?”

If you have more time:

Adoration: How can I praise God or Christ for what this reveals about him? (Think of at least 2 or 3)

Confession: What wrong behavior, harmful emotions, false attitudes result in me when I forget he is like this? (Think of at least 2 or 3)

---

<sup>1</sup> Adapted from Tim Keller's *Preaching the Gospel in a Post-Modern World*.

Thanksgiving: Thank God that you are saved by grace through Jesus, not by your performance. How can this grace in Christ help you overcome the sins you just confessed?

Supplication: What do I need to become and do in light of this truth? Ask him for it!

**Step Three: PRAYER – Goal: To commune with God and ask Him to work out His purposes in the world and in your life.**

First: Pray especially for the things that came out of your meditation.

Then: Pray through a prayer list of things to ask God for regularly.

Praise and thank him for the things you saw today.

Confess sins that were brought to your attention today.

New items for supplication you saw today (add some to your prayer list).

Pray for former items on your prayer list: for family, for church, for friends, for world, for self.

Suggested passages to start:

Psalm 1

Psalm 4

Psalm 8

Psalm 19

Psalm 62:1-2, 5-7

Psalm 103

Psalm 106 (particularly verses 28-31)

Psalm 119:67, 71

Psalm 119: 81, 88

Psalm 119:97, 105