

How to Have A Quiet Time

“The Quiet Time”

This pamphlet is designed to help you learn how to have a Quiet Time using the 959 Plan.

What’s a “Quiet Time”?

- A Quiet Time (QT) is a time where you can intimately fellowship and communicate with God. You listen to God speak through reading and meditating on a passage in the Bible and you can respond to God through prayer. To know God more intimately and to be changed by Him is the goal of our QT.
- If we want to know our Heavenly Father and grow closer to Him, we need daily fellowship with Him. Consider these parallels: husband/wife relationship; vine/branches (John 15); physical growth/spiritual growth

The 959 Plan

- Common problems of QTs:
 - 1) The “*scattered*” approach (people don’t know where to read) and
 - 2) The “*No time*” syndrome. The 959 Plan is a tool designed with both of these issues in mind.
- “959” means you can have a QT in 9 minutes and 59 seconds!
- Reading Plan. Every New Testament book is broken down into manageable sizes. Benefits: systematic; not overwhelming (see page 7). This is a sample taken from the 959 Plan book.
- QT Journal Sheets. Designed to help you identify a meaningful insight and application (see page 8)
- Benefits of Journaling:
 - a) Clarifies your thoughts. Journaling helps your mind process or meditate on the scriptures more effectively.
 - b) Locks that truth into your mind
 - c) Becomes a springboard for praying & sharing with others.

Quiet Time: Philippians 1:1-8

- Read over the Background of Philippians (see page 3-4). The benefits of reading Philippians: short, encouraging, applicable to our lives.
- Have a QT:
 - 1) Ask the Holy Spirit to teach you.
 - 2) Read the passage Phil. 1:1-8
 - 3) Use the 2 journaling prompts as you meditate on the passage (just look for 1 truth): (see example on page 8)
 - Wonderful things seen
 - Wonderful things applied to my life
 - 4) Write your discovery and application
 - 5) Respond to God through prayer (refer to Prayer Diagram on pages 5-6) Take the truth the Holy Spirit showed you and ask God to help you apply that to your life

Follow-up

- It’s been said that it takes 21 days to establish a new habit.

About Philippians

It's always helpful to know some basic information about the book you choose to read during your Quiet Times. Here's some information about Philippians:

Who wrote this letter?

Paul, an apostle and servant of Christ. He was formerly known as Saul of Tarsus, a high ranking Pharisee and persecutor of Christians. He experienced a radical conversion recorded in Acts 9 and was then called by God to minister to the Gentiles. Paul was an apostle/missionary/church planter and wrote 13 letters in the New Testament. This short book was written by a man who had found true joy and peace of mind.

Who received this letter?

The church in Philippi. Paul had a very warm friendship and affection for the Philippians.

Philippi was a Roman colony and leading city of Macedonia (a territory north of Greece). This was the first church Paul established in Europe. Acts 16 tells of Paul's 2nd missionary journey (51 A.D.) where he was called by God to preach the gospel in Macedonia. His mission at Philippi was marked by both joy and suffering; joy, because he led many people to Christ, and suffering because he was persecuted for the gospel. Acts 16 tells the exciting story of how Paul & Silas were miraculously delivered from jail.

When did Paul write this letter?

Paul wrote Philippians around 61 A.D., 10 years after establishing the church.

Where was Paul when he wrote Philippians?

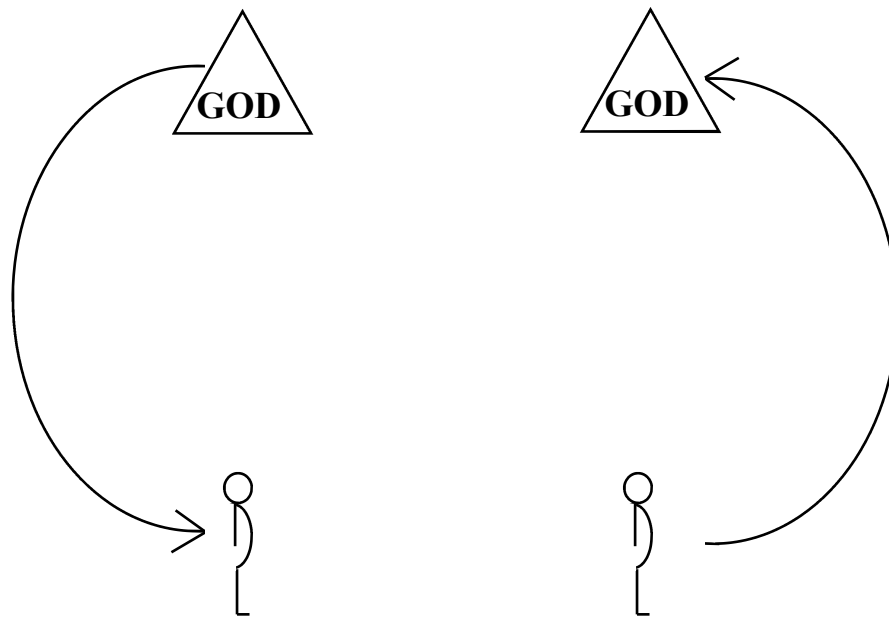
Paul was under house arrest in Rome. He had always longed to go to Rome and when he finally went, he went as a prisoner of Christ (Rom. 15:23). He had already been a prisoner in Caesarea for two years and was awaiting trial in Rome for another two years in his own rented house where he boldly preached the gospel with soldiers guarding him 24/7. See Acts 28:30-31.

Why did Paul write Philippians?

Unlike our prison systems today, prisoners in Rome had to rely on friends and family to provide for their food and provisions. The Philippians sent a monetary gift to Paul through Epaphroditus who risked his life to deliver the gift. Paul was now writing a *thank you* letter to his beloved friends and church. He also takes the time to *encourage* and *exhort* them.

The overall theme is "*joy in suffering*" and a key verse is Philippians 4:4.

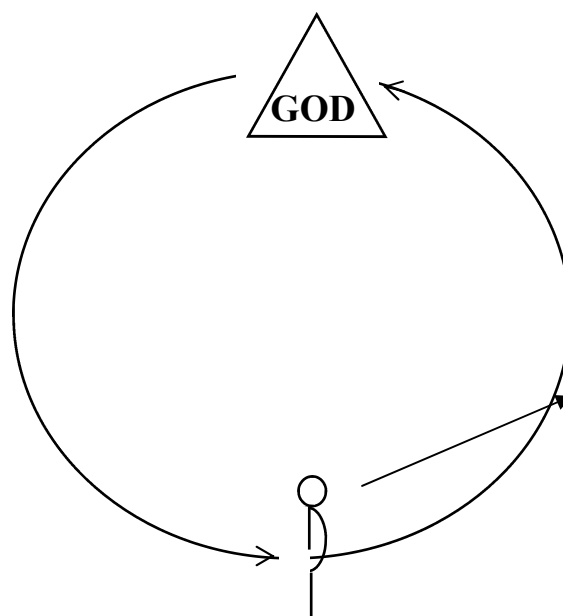
Listen to God
Through Word



unrelated
Requests

POOR COMMUNICATION

Listen to God
Through Word



Respond
back to God
in prayer

Other Requests
(prayer lists, etc.)

EFFECTIVE COMMUNICATION

(Taken from Navigators)

___ Romans 8:1-8
___ Romans 8:9-17
___ Romans 8:28-39
___ Romans 9:1-11
___ Romans 9:12-26
___ Romans 9:27-33
___ Romans 10:1-15
___ Romans 10:16-21
___ Romans 11:1-11
___ Romans 11:12-25
___ Romans 11:26-36
___ Romans 12:1-8
___ Romans 12:9-21
___ Romans 13:1-7
___ Romans 13:8-14
___ Romans 14:1-9
___ Romans 14:10-18
___ Romans 14:19-23
___ Romans 15:1-7
___ Romans 15:8-16
___ Romans 15:17-33
___ Romans 16:1-16
___ Romans 16:17-27

1THESSALONIANS

___ 1Thess. 1:1-4
___ 1Thess. 1:5-10
___ 1Thess. 2:1-8
___ 1Thess. 2:9-20
___ 1Thess. 3:1-8
___ 1Thess. 3:9-13
___ 1Thess. 4:1-6
___ 1Thess. 4:7-12
___ 1Thess. 4:13-18
___ 1Thess. 5:1-8
___ 1Thess. 5:9-15
___ 1Thess. 5:16-28

1PETER

___ 1Peter 1:1-12
___ 1Peter 1:13-21
___ 1Peter 1:22-25
___ 1Peter 2:1-8
___ 1Peter 2:1-8
___ 1Peter 2:9-16
___ 1Peter 2:17-25
___ 1Peter 3:1-7
___ 1Peter 3:8-16
___ 1Peter 3:17-22
___ 1Peter 4:1-8

___ 1Peter 4:8-11
___ 1Peter 4:12-19
___ 1Peter 5:1-7
___ 1Peter 5:8-14

2PETER

___ 2Peter 1:1-7
___ 2Peter 1:8-15
___ 2Peter 1:16-21
___ 2Peter 2:1-10
___ 2Peter 2:11-22
___ 2Peter 3:1-9
___ 2Peter 3:10-18

PHILIPPIANS

___ Phil. 1:1-8
___ Phil. 1:9-17
___ Phil. 1:18-26
___ Phil. 1:27-30
___ Phil. 2:1-4
___ Phil. 2:5-11
___ Phil. 2:12-16
___ Phil. 2:17-30
___ Phil. 3:1-7
___ Phil. 3:8-12
___ Phil. 3:13-21
___ Phil. 4:1-7
___ Phil. 4:8-13
___ Phil. 4:14-23

MARK

___ Mark 1:1-13
___ Mark 1:14-28
___ Mark 1:29-45
___ Mark 2:1-12
___ Mark 2:13-22
___ Mark 2:13-22
___ Mark 2:23-28
___ Mark 3:1-12
___ Mark 3:13-21
___ Mark 3:22-35
___ Mark 4:1-20
___ Mark 4:21-34
___ Mark 4:35-41
___ Mark 5:1-20
___ Mark 5:21-34
___ Mark 5:25-43
___ Mark 6:1-13
___ Mark 6:14-30
___ Mark 6:31-44

___ Mark 6:45-56
___ Mark 7:1-13
___ Mark 7:14-23
___ Mark 7:24-37
___ Mark 8:1-13
___ Mark 8:14-26
___ Mark 8:27-38
___ Mark 9:1-13
___ Mark 9:14-29
___ Mark 9:30-37
___ Mark 9:38-50
___ Mark 10:1-16
___ Mark 10:17-27
___ Mark 10:28-34
___ Mark 10:34-45
___ Mark 10:46-52
___ Mark 11:1-4
___ Mark 11:15-26
___ Mark 11:27-33
___ Mark 12:1-2
___ Mark 12:13-27
___ Mark 12:28-34
___ Mark 12:35-44
___ Mark 13:1-13
___ Mark 13:14-23
___ Mark 13:24-37

959 Work Sheet

“Open my eyes that I may see wonderful things in Your law.”

Psalm 119:18

Passage: John 15:1-8

Date: 2/05/02

Wonderful things seen: My Father, the Gardener, wants me to Bear fruit! The only way to bear fruit is to continually remain in Jesus, the vine.

Wonderful things applied to my life: The Gardener wants me to Bear fruit through my character disciplinemaking. I cannot do this unless I am continually living in the vine. One way I can abide is to begin each day by speaking in the nutrients that Jesus offers through His Word. I can write what the Lord teaches me & meditate on it all day.

ACTION POINT: I will write John 15:4 on an index card & put

Passage: _____

Date: _____

Wonderful things seen: _____

ACTION POINT: _____

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Psalm 119:18

Passage: _____ Date: _____

Wonderful things seen: _____

ACTION POINT:

Passage: _____ Date: _____

Wonderful things seen: _____

Wonderful things applied to my life: _____

ACTION POINT:

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Wonderful things seen: _____

ACTION POINT: _____

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Wonderful things seen: _____

Wonderful things applied to my life: _____

ACTION POINT: _____

How to Order the 959 Plan:

- The Calvary Chapel Kaua'i bookstore has a limited stock of the 959 Plan books.
- You may also purchase them directly from Agape Ministry @ parkavenuebookstore.com



Calvary Chapel Kaua'i

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