



Quiet Time Exercises

Try one of these formats for creatively spending time with God. Write your observations/responses in a journal.

Look for a S.P.E.C.K.

Concentrate on applying God's Word to your life. Find one of the following applications in the passage you're reading and consider how you might apply it to your own circumstances.

- S – Sin to avoid
- P – Promise to claim
- E – Example to follow
- C – Command to obey
- K – Knowledge to gain

S.O.A.P.

- S—Scripture: choose the Scripture passage you want to focus on.
- O—Observation: write down any observations you have about what is unfolding in the passage.
- A—Application: consider how these observations might personally apply to you and the circumstances in your life. Write how you might put one application into practice.
- P—Prayer: write a short prayer telling God how you feel about what you've learned.

Two Questions

From Acts 22:8, 10. When Paul met the Lord on the road to Damascus, he asked just two questions. However, those two questions may be the most important ones we can ask. Try to answer both questions from the passage you are reading.

1. *"Who are you, Lord?"* – What can I learn about the Lord from this passage? What do I learn about His character, His actions, and His attitudes?
It may be a new insight about God, or it may be a truth you already know, but one in which God wants you to have a fresh appreciation.
2. *"What shall I do, Lord?"* – What can I apply to my life from this passage? What, specifically, can I do to be more like Jesus from what I learn here?

Question Format

Ask and answer questions about the passage you've just read using the words:

Who, What, Where, When, Why, and How



Experience God with all your senses

Try placing yourself in the story you are reading in the Bible. Observe the action with all your senses, looking for new insights or awareness of God's presence. Answer the following questions:

- What do I see?
- What do I hear?
- What do I smell?
- What do I taste?
- What do I feel?
- What do I wonder?
- What do I believe?
- What do I want to do?

Psalm 44 "Formula for Prayer"

- Remember His deeds "We have heard...the work that You did" (v. 1)
- Acknowledge His Lordship "You are my King, O God" (v. 4)
- Trust in Him Alone "I will not trust in my bow, nor my sword" (v. 6)
- Praise Him "In God we have boasted all day long" (v. 8)
- Stay Faithful "All this has come upon us, but we have not forgotten You" (v. 17)
- Keep Asking "Rise up, be our help, and redeem us" (v. 26)

David's Format

In many of David's psalms you will find a pattern for His conversations with God. Following this pattern helped him turn from discouragement to delight in his God. Try the same formula as you read or pray (see also *Letter to God* Exercise in Prayers/Praise Section).

1. Identify the problem—what are you struggling with in your life right now? What emotions are you experiencing?
2. Acknowledge God's truth—what is the truth about your problem according to God's word? Do you need to remember that God is faithful? Merciful? Forgiving? A very present help in times of trouble? Write down the truth that applies to your problem.
3. Respond in Praise—thank God for reminding you of this promise/truth. Tell Him how you will respond to your problem with this fresh reminder of His truth.