

# ABC Quiet Time

*“The meditation of Scripture centers on internalizing and personalizing the passage. The written Word becomes a living word addressed to you. It is important to resist the temptation to pass over many passages superficially. Our rushing reflects our internal state and our internal state is what needs to be transformed.” Richard Foster-Celebration of Discipline pg.29*

To begin your ABC Quiet Time tell your Father you have come to have fellowship with Him. Ask Him to speak to you through His Word as you read and meditate on a passage and anticipate He will grow you as He reveals something relevant for your life and you apply it.

- A. Analyze – Reflect on what the passage says and seek to understand the author’s intended meaning. Make observations about the passage by asking investigative questions [who, what, where, when, why and how] also ask: 1) How does this passage inspire me to love God more? 2) What insight in this passage helps me see myself as I really am? 3) How does this passage instruct me to deny the old self and follow Jesus as His disciple?
- B. Best Verse(s) to me today – Meditate on the verse(s) in the passage that *especially speak* to you and ask God to show you the meaning of the verse(s) for the people to whom it was written and for you today.
- C. Commitment – How specifically does God want me to respond to what He has shown me through meditation on today’s passage and the best/specific verse(s) that spoke to me today?

Today Lord I see you saying to me to:

I Commit to obey you by (Be specific):

## LEARN TO LISTEN TO THE WORD AND THEN DO WHAT IT SAYS. JAMES 1:21-25 (NIV)

<sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.  
<sup>22</sup> Do not merely listen to the word, and so deceive yourselves. Do what it says.  
<sup>23</sup> Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror  
<sup>24</sup> and, after looking at himself, goes away and immediately forgets what he looks like.  
<sup>25</sup> But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does.

## How to Empower Your Prayer Life by Martin Luther

“7 Daily Disciplines to enhance you QT”

1. Solitude
2. Silence
3. Listening
4. Meditation
5. Journaling
6. Praying
7. Obeying