

*Coram Deo*¹

Simple Plan for a Daily Quiet Time

1. BIBLE STUDY ~ Goal: To understand the truth.

First: Slowly read a paragraph or a 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

- A. List what it tells about God or Christ.
- B. List what it tells us about us or me.
- C. List examples to follow or avoid...
 - ...commands to obey.
 - ...promises to claim.

Set #2

- A. The key verse that impressed me.
- B. Put verse in your own words.
- C. What is the thought just before the verse and just after?
- D. Give 2-3 reasons it helped you.

Set #3

- A. What did you like?
- B. What didn't you like?
- C. What didn't you get?
- D. How can you apply what you learned?

¹ Latin for "before God." This outline is from class notes taken from a class taught by Tim Keller .

2. MEDITATION ~ Goal: To sense the reality of the truth in your heart.
“We should well digest, in the affections of our hearts and in the meditations of our minds, any discourse or poem in which we speak of one so great and glorious”

C.H. Spurgeon, *The Treasury of David*; (Psalm 45)

Then beginning with Moses and with all the prophets, He explained to them the things concerning Himself in all the Scriptures. Luke 24:27

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:

A. How would I be different if this truth was explosively alive in my inner most being?

B. Why is God showing you 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 a least 2 or 3).

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

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 do or become in light of this? Ask him for it!

3. PRAYER ~ Goal: To see God work 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 him for things you saw today.

Confess sins that you saw today.

New items for supplication you saw today.

Add important ones to your prayer list.

Pray former items on your prayer list:

For self, for family, for friends, for church, for the world.

Suggested passages to start:

John 1:1-14	Psalm 1
John 1:19-28	Psalm 4
John 1:29-42	Psalm 19
John 1:43-51	Psalm 32