

DAILY QUIET TIME GUIDE

BREVARD COMMUNITY CHURCH

BETTER TOGETHER

DEVOTIONAL ADAPTED FROM: GROUP LAUNCH



HOW TO HAVE A DAILY QUIET TIME

The QT Guide is designed to help you MOVE with God through Bible Reading, reflection and prayer. It can be completed in about 7 mins.

½ Minutes Preparing Your Heart: Invest the first 30 seconds preparing your heart. You might pray, “Lord, cleanse my heart so You can speak to me through the Scriptures. Make my mind alert, my soul active, and my heart responsive. Surround me with Your presence during this time.

4 Minutes Listening To God: Take the next four minutes to read the Bible. Your greatest need is to hear a word from God. Allow the Word to strike fire in your heart. Meet the Author!

2 1/2 Talking To God (Prayer): After God has spoken through His Book, then speak to Him in prayer.

DAY 1

Ecclesiastes 4:8-12

We Need Others

Do you feel alone? Do you feel like everyone is just going through life at their own pace, and you have been left behind? Maybe you *really* are alone. Maybe you are single, have little family, or don't really click with your coworkers or classmates. Many of us reminisce about the good ole days of high school or college when we had 2 or 3 people that were our best friends. But over time, our friend circle slowly dwindled, became less of a priority, and we became swamped in other areas of our life.

We were created for community. We were created to have relationship with one another. Solomon, the wisest king in the history of the world, came face to face with the same problems we face today. He had wealth, a nice house, a beautiful spouse, extravagant hobbies, and he threw the most incredible parties. But he was lonely. He was frustrated. He was struggling desperately, and nobody around him knew it. He wrote, “If one person falls down, is there anyone there to pick him up?”

Do you feel the same way Solomon did? Do you have a person or a group of people around you to help when life doesn't work out the way you expect?

Questions:

Have you ever been in a group together? What was it like?

When have you experienced this truth of “two are better than one” in your life?

Have you experienced the despair of having no one to help you up when you were struggling?

DAY 2

John 13:33-34, John 15:9-14

Group Life

The goal of your group is to bridge the gap for one another from where you are to where God wants you to be. That's done best by experiencing the "*one anothers*" that make for healthy friendships and community.

Jesus modeled group life. He knew his ministry would not be as successful if he just preached to people and didn't do life with them. That is why early on Jesus hand-picked his small group of 12 guys. He lived life with them. He traveled with them. He had meals with them. They went to parties together. They did mission projects together. They laughed together and cried together. They were there for each other when they experienced death in the family.

Wouldn't you love to do life with a group of people like that? Jesus stayed in his group for about three years, and at the end of his life, he had a few pieces of encouragement to give them all. He simply asked his guys to love one another. Jesus poured out his whole life for his group and for us. He loved them and loves us. He cared for them and cares for us. He affirmed his group, was there for them, prayed for them, and died for them. And he died for us. All he is asking from us, is to love others like he loved us.

Questions:

How many really good friends do you have?

Do you feel like you love others well?

DAY 3

Romans 12:9-13, Romans 14:13, 1 Thessalonians 3:11-13

The Judgement Issue

One thing that gets in the way of an amazing group is the judgment we pass on the people around us. When we feel judged, we shut down, retreat, and become apathetic to the idea of having authentic community. When we pass judgement on people, we become prideful, self-righteous, build walls and isolate ourselves from the life-giving relationships Jesus wants us to have.

It is difficult to separate our lives from judgment when we see it all around us every day. American Idol, America's Got Talent, Dancing with Stars, The Bachelor and The Bachelorette are all television shows where folks get judged for every move they make. Wouldn't it be life-affirming to walk into an environment having complete confidence to be yourself and not be judged for it? This is what a small group can be like.

Paul urged the Christians at Thessalonica to trust in Jesus, to increase and overflow their hearts with love for each other. Maybe we need to lean in a little bit as well and ask Jesus to change our hearts to be more like His.

Questions:

Has there ever been a time in your life where you felt judged? How did that impact you?

Do you struggle with passing judgement on other people? If so, why do you think you have this struggle?

DAY 4

Galatians 5:13-18, Philippians 2:1-11

Do Life Together

You are not designed do life by yourself. God didn't stop creation with Adam. He created Eve and then told them, "Be fruitful and multiply."

One of the benefits of being in a group is the community around you when you face different struggles and situations in life.

Paul told Christians of our ability to live in freedom. We are free to choose where we live, where we work and what we do in our spare time. But Paul warned us to not use our freedom just to please ourselves, but instead, use our freedom to serve one another.

When there is a death in the family, when a new baby is born, when you have been laid off, or your household comes down with the flu, your group should be there to live life with you. Paul asks us to imitate the love of Jesus, who always thought about those around him first, before he considered himself.

If you want to have a successful group, serve each other as Jesus has served us!

Questions:

When was the last time someone served you or your family well? What did they do?

Do you have a hard time thinking about others before yourself? Why do you think that is?

DAY 5

Colossians 3:15-17, 1 Thessalonians 5:4-11, Hebrews 10:22-25

Love Others Well

There are five main ways people show and receive love: physical touch, acts of service, gifts, quality time and words of affirmation. If you don't know what your "love language" is, just observe how you love others. What do you do? Do you give hugs every time you see someone? When you have dinner at someone's house do you take out the trash and wash the dishes? Do birthdays excite you because of the gifts you get to buy? Do you buy random items for your friends and family? Do you love spending hours talking on the phone or sitting outside drinking coffee with friends or family? Are you an encourager, using words to uplift those around you?

Over and over again, scripture tells us that no matter what our love language is, we should all affirm each other with words. We should encourage each other and speak truth. When this happens, we begin the journey from unknown to known. When we uplift others with our words, we show them that we care about them. When we receive uplifting words, we begin to believe others truly care about us.

Questions:

Have you ever had a great encourager in your life before? What things did he/she say to you?

Is It easy or difficult for you to affirm your friends and family? Examine your answer.