



# Daily Quiet Time Guide

## DNA – Who We Are - Week 1

### Devotional Adapted From: The Impact Of Scripture



#### 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

Acts 17:11, Proverbs 30:5, Isaiah 40:8

**Scripture is reliable.**

Many claims have been made over the years that the Bible isn't truly what it says it is. It's not really God's Word. It has errors. It contradicts itself. It's out-of-date and irrelevant. It can't really be trusted. Yet the Bible marches forward through history continuing to be the most influential book of all time.

There's one way you can know that the Bible is reliable. Dig in. Read it for yourself. Study to see if what you're being told about it lines up with what God says to you through it. Don't just read some blog that attempts to discredit the Bible by picking pieces out of context and holding them up as evidence for disbelief. Go through the Bible for yourself. See if the power and authority of God's voice doesn't begin to come through clearly for you. Recognize that the words you are reading were written by real people recounting actual events.

Ask God to help you trust him even through the tough parts that seem so opposed to our modern cultural assumptions. When you come across a passage where God seems different from your ideas about him, ask him to help you trust in his complex and completely divine nature. God makes many promises to us in His Word. One of them is that those who seek him will find him when they seek him with all their heart. So use the Bible to get to know him. Rather than challenge your faith, it can become a shield that protects and strengthens your faith.

**Prayer:** *Sovereign God, You are so much more than I can comprehend. You are even so much more than any book can fully display. Help me seek you through Your Word. Help me to trust you as I come to accept the reliability of the Bible. Help my trust and faith in you grow as I study and explore your written Word. In Jesus' name, amen.*

## DAY 2

Hebrews 4:12

### **Scripture is alive.**

No matter how many times you read the same verse, the same passage, or even through the whole Bible, you'll experience the revelation of new truths and insights you've never seen before. God uses his written Word to speak directly to us today. When you begin your time of reading and study asking God to speak to you through his Word, it can become so personal to your situation, circumstances, and emotions, that it feels like he's reaching into your very soul. Just like the happiness you may experience when you get a heart-felt, hand-written note from a dear friend, imagine God writing each page as a love letter to you, his child.

What do you need to hear from God? How do you need direction from him? What hurt, sin, fear, shame, or guilt might be hiding deep in your soul that his Word can reveal and heal? As you meditate on today's verse, spend some time asking God to pierce your soul and allow the power of his Word to speak to you clearly.

***Prayer:** Oh God, sometimes I try so hard to protect my heart from anyone seeing into my innermost thoughts and desires, but I willingly open my heart up to Your Word. Speak into my life. Reveal anything in me that offends you. I invite you to speak to me in fresh ways every time I read your Word. In Jesus' name I pray, amen.*

## DAY 3

John 1:1-5, John 1:14

### **Scripture is the written Word.**

Jesus Christ is the living Word of God. What an incredible mystery. We can only attempt to comprehend the relationship between the printed words in the books of the Bible and the living, breathing Word who John describes in his opening paragraph. Jesus did not begin at his birth or even at his miraculous conception. Jesus has existed as God and with God from before he constructed time and space. Through the powerful concept of spoken words, God brought everything into tangible physical existence in the universe, including our ability to connect to him through the Bible.

Then with that same unlimited power, God Himself entered into the physical realm as an infant, took on real flesh, and became 100% divine and 100% human. Where written words in any language can fall short, Jesus Christ is the perfect three-dimensional example of the fullness of God. For those who aren't very familiar with the Bible, the best place to start reading and learning are the accounts of the life of Jesus found in the books of Matthew, Mark, Luke, and John.

As you continue a regular pattern of Bible reading, include studying the example and words of Christ. If we are to be his followers, we must know what he's like. Spend some time reflecting on the miracle of Jesus Christ, the living Word of God.

**Prayer:** *Dearest Jesus, my limited logic and understanding fail to help me comprehend what a miracle you are. Thank you so much for choosing to leave your eternal place in Heaven to enter the very world you created. Help me see the glory of God as I study who you are. Help me bring the same light to those in my life by living and loving just like you. In your name I pray, amen.*

## DAY 4

Psalm 119:105, Psalm 119:18

### **Scripture guides us.**

Do you think that God cares about even the smallest details of your life? Not just the big decisions like which job to pursue or who to marry, but the small steps that make up a day? God has made his guidance available through his Word. Even those who dedicate their entire education and career to studying God's Word still uncover new things in it throughout their lives. Every path we take can be influenced and guided by God's Word.

Imagine yourself on a darkened path at night with only a small lantern to guide you. You can't see beyond the blackness to the end of your journey, but the light does illuminate your next step. And it's not until you move forward and take that step that the lamp will show you the step after that.

When you're standing still in life, you see the same obstacles and issues day after day. But if you choose to move forward, trusting in God's Word, God will guide you. As you take each step, reach back into His Word to find the step after that. God may never choose to show you the destination or even the next leg of your journey, but he is faithful to light up your next step as you move forward and take it.

**Prayer:** *Lord God, I want to walk along the path that You have set for my life. I know I won't always be able to see where you're leading me, but I commit to take each step as you light the way for me. Help me dig into your Word to find the guidance and direction I need to walk in your ways. Open my eyes to see where you are leading me. In Jesus' name, amen.*

## DAY 5

Psalms 119:10-11, 2 Timothy 2:15

### **Scripture equips us.**

We can never predict exactly which trials and troubles we'll face in the future. Sometimes we can't avoid the problems that creep into our lives. But we can be ready for them. Just like soldiers must stay in a constant state of battle readiness, we can be ready for what comes our way through the time we spend in God's Word.

Have you ever been acquainted with someone who always knows just the right verse for a situation? That's not because they're smarter than you or extra holy. It's because they've spent time reading and studying the Bible. All of the power and preparation we need to face our own life situations, plus all we need to offer help to those around us, is there in the Bible.

Psalm 119:11 states, we can store God's Word up inside us so that when we're faced with sin, we'll have the power to overcome it. The more we study and memorize, the more effortlessly we'll be able to draw out just the right verse or passage for the particular trouble we face. When you imagine your Bible study time as the drills and exercises of a soldier, the more confident you'll be in the spiritual battles that come your way.

***Prayer:*** *Father God, I thank You for the gift of Your Word. I want to seek you with my whole heart, and I commit to do that by equipping myself with Your Word. Help me to store up the right passages inside me, and help me draw it up from my memory at just the right time. I want to present myself to you without any shame that comes from not truly appreciating the value in your Word. In Jesus' name, amen.*