

## Quiet Time

Every morning, set aside a special time called "Quiet Time." During this time you can talk with God and let Him talk to you through the Bible. There are a lot of good methods that can be used for your Quiet Time. The PRESS method is the one we suggest.

- Pray: Begin by thanking God for the new day, and then ask Him to help you learn from what you read.
- Read: Read a Bible passage. You can pick up a devotional book to lead you through this, or just start in the Bible with the book of Matthew or John and keeping going from there.
- Examine: Ask yourself these questions: What is the main point of this passage? What does it tell me about god? About myself?
- Summarize: Do one of the following:  
(1) Rewrite the verses in your own words.  
(2) Outline what each verse is saying.  
(3) Give each verse a one word title to summarize what it says.
- Share: Talk with God about what you've learned. Also, take time each day to share with your friends or family what you learned in your Quiet Time.

Having a daily Quiet Time is extremely important. It is the key to developing spiritually. If you will commit to doing these over the next month, you will have established this habit that is bound to grow and change your life in amazing ways. Keep the habit going by reading other books of the Bible.