

# QUIET TIME COMMITMENT AND OUTLINE

Today I pledge myself before God that I will begin a daily quiet time with Him. I will spend thirty minutes each morning, using the outline below, in prayer and scripture reading to seek God and His will for my life. I make this commitment for the next three weeks, and I will renew it then if I can sense a change in my life.

Signed \_\_\_\_\_ Date \_\_\_\_\_

## THIRTY MINUTES WITH GOD

### **I. Praise (5 minutes)**

- A. Thank God for who He is and what He has done in your life.
- B. Read *aloud* one of the following Psalms:
  1. Monday: Psalm 66
  2. Tuesday: Psalm 103
  3. Wednesday: Psalm 111
  4. Thursday: Psalm 113
  5. Friday: Psalm 148
  6. Saturday: Psalm 149
  7. Sunday: Psalm 150
- C. Sing aloud (or say the words) a Chorus or Praise Song
  1. God is So Good
  2. This is the Day that the Lord has Made
  3. Amazing Grace (My Chains Are Gone)



### **II. Confession (5 minutes)**

- A. Ask God to reveal to you any sins in your life.
- B. Be quiet and listen for God's voice speaking through your conscience.
- C. List your sins (mentally or on paper).
- D. Ask God to forgive you and empower you to stop sinning in these areas.
- E. Claim His forgiveness:
  1. Read I John 1:9
  2. Say to yourself:  
"God always keeps His promises! According to His Word, My Sins are Forgiven!"

### **III. Scripture reading (10 minutes)**

- A. Ask the Holy Spirit to speak to you through the Scripture you are about to read.
- B. For the next three weeks, READ ONE CHAPTER EACH DAY FROM THE GOSPEL OF JOHN.
- C. Ask yourself: What is God telling me through this Scripture? Write down your thoughts.

### **IV. Prayer (10 minutes)**

- A. Keep a prayer list and pray for others, asking God to meet their known needs.
- B. Take the time to pray for yourself, asking God to work in your own life.
- C. End with a time of praise, re-reading the Psalm used earlier, or sing a Chorus of Praise.