

How to Have A Quiet Time

How to Order the 959 Plan:

- The Calvary Chapel Kaua'i bookstore has a limited stock of the 959 Plan books.
- You may also purchase them directly from Agape Ministry @ parkavenuebookstore.com



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“The Quiet Time”

This pamphlet is designed to help you show someone how to have a Quiet Time using the 959 Plan.

What’s a “Quiet Time”?

- A Quiet Time (QT) is a time where the believer intimately fellowships and communicates with God. He/she listens to God speak through reading and meditating on a passage in the Bible and he/she responds to God through prayer. To know God more intimately and to be changed by Him is the goal of our QT.
- If we want to know our Heavenly Father and grow closer to Him, we need daily fellowship with Him. Consider these parallels: husband/wife relationship; vine/branches (John 15); physical growth/spiritual growth

Personal Experience

- Share how you started having QTs.
- Share how consistently meeting with God through QTs has changed your life (consistent growth, know God better, direction in life, wisdom for daily living, joy through obedience, encouragement in hard times).

The 959 Plan

- Common problems of QTs:
 - 1) The “*scattered*” approach and
 - 2) The “*No time*” syndrome. The 959 Plan is a tool designed with both of these issues in mind.
- “959” means you can have QT in 9 minutes and 59 seconds!
- Go over the components of 959:
 - 1) Explanation of QT. Briefly highlight key points in 959 Plan: Priority, Time, Place, Holy Spirit’s role. Encourage person to read this whole section later. It will reinforce the need for QT and add clarity to the process of have a QT.
 - 2) Reading Plan. Every NT book is broken down into manageable sizes. Benefits: systematic; not

959 Work Sheet

“Open my eyes that I may see wonderful things in Your law.”

Psalm 119:18

Passage: _____ Date: _____

Wonderful things seen: _____

Wonderful things applied to my life: _____

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959 Work Sheet

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overwhelming.

3) QT Journal Sheets. Designed to help person identify a meaningful insight and application.

4) Benefits of Journaling:

- a) Clarifies your thoughts. Journaling helps your mind process or meditate on the scriptures more effectively.
- b) Locks that truth into your mind
- c) Becomes a springboard for praying & sharing with others.

Sample Quiet Time: Philippians 1:1-8

- Share the Benefits of reading Philippians: short, sense of success, encouraging, applicable to our lives.
- Go over Background of Philippians (see next page).
- Explain how we'll have a QT and then have sample QT together:
 - 1) Pray for Holy Spirit to teach us.
 - 2) Read the passage together.
 - 3) Provide about 10 minutes for independent meditation and journaling.
 - 4) Use 2 questions as we meditate on passage.
 - 5) Write discoveries
 - 6) Share with each other. Give feedback and encourage!
 - 7) Respond to God through prayer (refer to Prayer Diagram)

Follow-up

- It's been said that it takes 21 days to establish a new habit. It's effective and helpful to contact your friend each week for a month following the sample QT to encourage, "trouble-shoot", etc. Ask him/her what God is teaching them and how they're applying God's Word.

About Philippians

It's always helpful to know some basic information about the book you choose to read during your Quiet Times. Here's some information about Philippians:

Who wrote this letter?

Paul, an apostle and servant of Christ. He was formerly known as Saul of Tarsus, a high ranking Pharisee and persecutor of Christians. He experienced a radical conversion recorded in Acts 9 and was then called by God to minister to the Gentiles. Paul was an apostle/missionary/church planter and wrote 13 letters in the New Testament. This short book was written by a man who had found true joy and peace of mind.

Who received this letter?

The church in Philippi. Paul had a very warm friendship and affection for the Philippians.

Philippi was a Roman colony and leading city of Macedonia (a territory north of Greece). This was the first church Paul established in Europe. Acts 16 tells of Paul's 2nd missionary journey (51 A.D.) where he was called by God to preach the gospel in Macedonia. His mission at Philippi was marked by both joy and suffering; joy, because he led many people to Christ, and suffering because he was persecuted for the gospel. Acts 16 tells the exciting story of how Paul & Silas were miraculously delivered from jail.

When did Paul write this letter?

Paul wrote Philippians around 61 A.D., 10 years after establishing the church.

959 Work Sheet

"Open my eyes that I may see wonderful things in Your law."

Psalm 119:18

Passage: John 15:1-8

Date: 2/05/02

Wonderful things seen: My Father, the Gardener, wants me to bear fruit! The only way to bear fruit is to continually remain in Jesus, the Vine.

Wonderful things applied to my life: The Gardener wants me to bear fruit through my character & disciplinmaking. I cannot do this unless I am continually living in the vine. One way I can abide is to begin each day by speaking in the nutrients that Jesus offers through His Word. I can write what the Lord teaches me & meditate on it all day.

ACTION POINT: I will write John 15:4 on an index card & put it by the sink where I'll see it all day!

Passage: _____ Date: _____

Wonderful things seen: _____

Wonderful things applied to my life: _____

__Romans 8:1-8
__Romans 8:9-17
__Romans 8:28-39
__Romans 9:1-11
__Romans 9:12-26
__Romans 9:27-33
__Romans 10:1-15
__Romans 10:16-21
__Romans 11:1-11
__Romans 11:12-25
__Romans 11:26-36
__Romans 12:1-8
__Romans 12:9-21
__Romans 13:1-7
__Romans 13:8-14
__Romans 14:1-9
__Romans 14:10-18
__Romans 14:19-23
__Romans 15:1-7
__Romans 15:8-16
__Romans 15:17-33
__Romans 16:1-16
__Romans 16:17-27

1THESSALONIANS

__1Thess. 1:1-4
__1Thess. 1:5-10
__1Thess. 2:1-8
__1Thess. 2:9-20
__1Thess. 3:1-8
__1Thess. 3:9-13
__1Thess. 4:1-6
__1Thess. 4:7-12
__1Thess. 4:13-18
__1Thess. 5:1-8
__1Thess. 5:9-15
__1Thess. 5:16-28

1PETER

__1Peter 1:1-12
__1Peter 1:13-21
__1Peter 1:22-25

__1Peter 2:1-8
__1Peter 2:9-16
__1Peter 2:17-25
__1Peter 3:1-7
__1Peter 3:8-16
__1Peter 3:17-22
__1Peter 4:1-8
__1Peter 4:8-11
__1Peter 4:12-19
__1Peter 5:1-7
__1Peter 5:8-14

2PETER

__2Peter 1:1-7
__2Peter 1:8-15
__2Peter 1:16-21
__2Peter 2:1-10
__2Peter 2:11-22
__2Peter 3:1-9
__2Peter 3:10-18

PHILIPPIANS

__Phil. 1:1-8
__Phil. 1:9-17
__Phil. 1:18-26
__Phil. 1:27-30
__Phil. 2:1-4
__Phil. 2:5-11
__Phil. 2:12-16
__Phil. 2:17-30
__Phil. 3:1-7
__Phil. 3:8-12
__Phil. 3:13-21
__Phil. 4:1-7
__Phil. 4:8-13
__Phil. 4:14-23

MARK

__Mark 1:1-13
__Mark 1:14-28
__Mark 1:29-45
__Mark 2:1-12

__Mark 2:13-22
__Mark 2:23-28
__Mark 3:1-12
__Mark 3:13-21
__Mark 3:22-35
__Mark 4:1-20
__Mark 4:21-34
__Mark 4:35-41
__Mark 5:1-20
__Mark 5:21-34
__Mark 5:25-43
__Mark 6:1-13
__Mark 6:14-30
__Mark 6:31-44
__Mark 6:45-56
__Mark 7:1-13
__Mark 7:14-23
__Mark 7:24-37
__Mark 8:1-13
__Mark 8:14-26
__Mark 8:27-38
__Mark 9:1-13
__Mark 9:14-29
__Mark 9:30-37
__Mark 9:38-50
__Mark 10:1-16
__Mark 10:17-27
__Mark 10:28-34
__Mark 10:34-45
__Mark 10:46-52
__Mark 11:1-4
__Mark 11:15-26
__Mark 11:27-33
__Mark 12:1-2
__Mark 12:13-27
__Mark 12:28-34
__Mark 12:35-44
__Mark 13:1-13
__Mark 13:14-23
__Mark 13:24-37

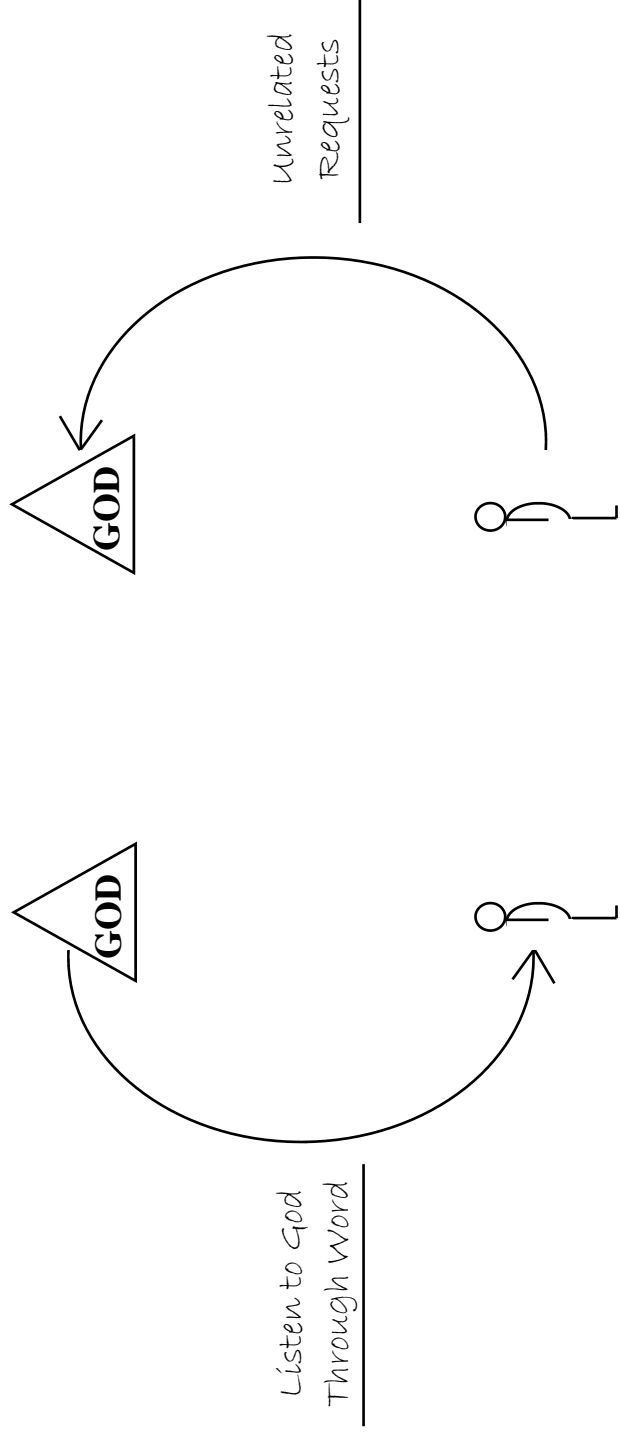
Where was Paul when he wrote Philippians?

Paul was under house arrest in Rome. He had always longed to go to Rome and when he finally went, he went as a prisoner of Christ (Rom. 15:23). He had already been a prisoner in Caesarea for two years and was awaiting trial in Rome for another two years in his own rented house where he boldly preached the gospel with soldiers guarding him 24/7. See Acts 28:30-31.

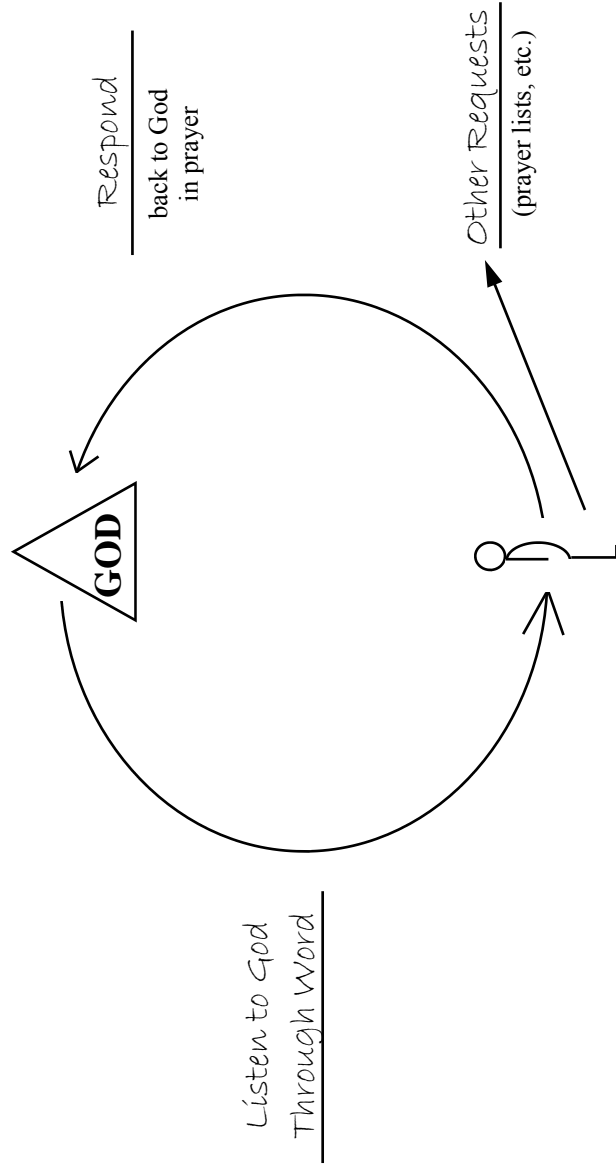
Why did Paul write Philippians?

Unlike our prison systems today, prisoners in Rome had to rely on friends and family to provide for their food and provisions. The Philippians sent a monetary gift to Paul through Epaphroditus who risked his life to deliver the gift. Paul was now writing a *thank you* letter to his beloved friends and church. He also takes the time to *encourage* and *exhort* them.

The overall theme is “*joy in suffering*” and a key verse is Philippians 4:4.



POOR COMMUNICATION



EFFECTIVE COMMUNICATION

(Taken from Navigators)