



# Quiet Time List

June – August 2024

*"Open my eyes that I may behold wondrous things out of your law."  
—Psalm 119:18*

\* Here are some practical suggestions for a consistent, meaningful Quiet Time:

1. **Decide to have Quiet Time EVERYDAY.**  
Set aside a "fixed time" for your QT. Arrange your life around your time with God [QT]—not QT around your life.
2. **Stick to the QT List schedule one day at a time.**  
Even if you missed a day(s), your QT passage should be one day's portion. Don't try to make it up by including several days' passages in your QT.
3. **Get a QT partner and share your QT Daily.**  
Do this for 2 weeks and then move to sharing 2-3 times a week.
4. **Focus on Today's Quiet Time:**  
"Have I spent time with the Lord *TODAY?*"

## JUNE

1 *Psalm 119:1-8*  
 2 119:9-16  
 3 119:17-32\*  
 4 119:33-48  
 5 119:49-64  
 6 119:65-80  
 7 119:81-96  
 8 119:97-112  
 9 119:113-128  
 10 119:129-144\*  
 11 119:145-160  
 12 119:161-168  
 13 119:169-176  
 14 120  
 15 121  
 16 122  
 17 *Hebrews 1:1-4\**  
 18 1:5-14  
 19 2:1-4  
 20 2:5-13  
 21 2:14-18  
 22 3:1-6  
 23 3:7-19  
 24 4:1-10\*  
 25 4:11-16  
 26 5:1-10  
 27 5:11-14  
 28 6:1-8  
 29 6:9-20  
 30 7:1-10

## JULY

1 *Hebrews 7:11-28\**  
 2 8:1-6  
 3 7-13  
 4 9:1-14  
 5 9:15-22  
 6 9:23-28  
 7 10:1-10  
 8 10:11-25\*  
 9 10:26-39  
 10 11:1-12  
 11 11:13-26  
 12 11:27-40  
 13 12:1-13  
 14 12:14-24  
 15 12:25-13:8\*  
 16 13:9-16  
 17 13:17-25  
 18 *Acts 1:1-11*  
 19 1:12-26  
 20 2:1-13  
 21 2:14-36  
 22 2:37-47\*  
 23 3:1-10  
 24 3:11-26  
 25 4:1-12  
 26 4:13-22  
 27 4:23-37  
 28 5:1-16  
 29 5:17-32\*  
 30 5:33-42  
 31 6:1-15

## AUGUST

1 *Acts 7:1-53*  
 2 7:54-60  
 3 8:1-25  
 4 8:26-40  
 5 9:1-31\*  
 6 9:32-43  
 7 10:1-22  
 8 10:23-48  
 9 11:1-18  
 10 11:19-30  
 11 12:1-19  
 12 12:20-25\*  
 13 13:1-12  
 14 13:13-41  
 15 13:42-52  
 16 14:1-7  
 17 14:8-20  
 18 14:21-28  
 19 15:1-21\*  
 20 15:22-35  
 21 15:36-16:5  
 22 16:6-24  
 23 16:25-40  
 24 17:1-15  
 25 17:16-34  
 26 18:1-17\*  
 27 18:18-28  
 28 19:1-10  
 29 19:11-22  
 30 19:23-41  
 31 20:1-12

\*Mondays



## The 7 Steps of Quiet Time\*

### 1. Set aside an optimal time and place (Mark 1:35).

Choose your mental "prime" time and place where you can be alone and quiet. (Think thru **4D's** in training.)

### 2. Pray for God's help as you begin your time alone with God (Psalm 119:18).

"Open my eyes, that I may see the wondrous things in Your Word."

### 3. Read today's passage once.

After the first reading of the passage, write the essential content in your own words—i.e., you can either title the passage or summarize it in one sentence.

### 4. Meditate for deeper understanding of the passage.

As you read the passage more carefully and slowly second time, write down on the QT journal your thoughts of meditation on the passage through asking relevant questions:

#### 1) "What is God like?"

What can you learn about God, His character, or how He works? How should you respond to this thought about God? As you learn to do this, look for even more indirect depictions about God, Jesus, and Holy Spirit.

#### 2) "What lesson(s) is God teaching me?"

Ask yourself the **SPACE** questions for reflection: Is there any...

- Sin to avoid?
- Promise to claim?
- Attitude to change?
- Command to obey?
- Example to follow?

### 5. Apply the lessons into your life.

Aim for concrete applications in **3 P's**:

- Personal [receptive & obedient]
- Practical [specific & tangible]
- Possible [realistic, today or this week]

#### A Suggested Format

Psalm 119:1-8

06.01.24 (S)

"Title Today's Passage in Your Own Words"

#### Content:

- v. x Write what you learn about "what God is like."  
-Personalize your response.
- v. x OR "what lesson God is teaching you" [SPACE]  
-Personalize your response.
- vv. x-x Write in a succinct, direct way.

#### Application:

1. No more than 2-3 applications.
2. Think 3P's: Personal, Practical, & Possible
3. Arrive at concrete applications for today/this week.

#### Prayers:

1. For yourself (for example):
  - 1) Discipline in my daily QT in the next 2 weeks [training]
  - 2) Wisdom in parenting/disciplining
2. For others (for example):
  - 1) Missionary Lee
  - 2) Tim's health
  - 3) Susan's salvation

For example, if the lesson is on loving others, your application should reflect whom [by name(s)] you will commit to love more, how you should actualize your love for the person(s), when you will obey, and so on.

### 6. Respond to His Word through prayer.

God has spoken to your heart. Now it's your turn to respond to what He has said. Concentrate and verbalize thoughtfully your response to Him through **ACTS**:

- Adoration: Praise him with new thoughts you learned.
- Confession: Tell Him your sins, decisions, and realizations.
- Thanksgiving: Thank Him for His lessons, and blessings.
- Supplication: Pray for yourself and for others.

### 7. Share regularly with a few friends the meaningful lessons and applications of your Quiet Time.

\* For more information and helpful materials for Quiet Time, please contact Pastor Paul K. Kim at paul.kim@crosswayoc.org.