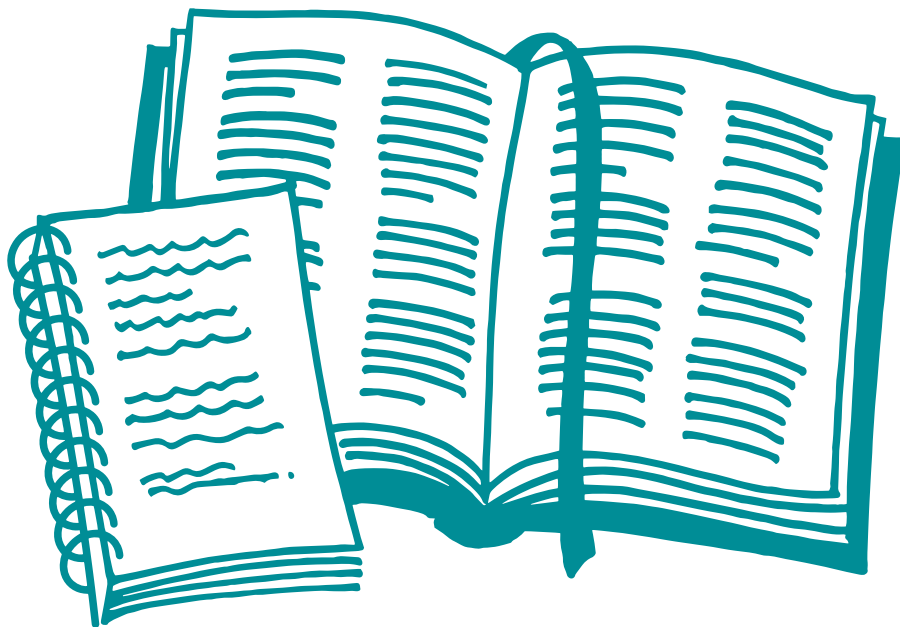




## Navigators Discipleship Tool



Follow these simple steps to help  
your quiet times be focused and  
meaningful, and spiritually nourished  
on Jesus, “the bread of life.”

# How to Have a Daily Quiet Time

Spending daily quiet time in God’s Word and in prayer are essential ingredients to growing your relationship with Him, yet so many of us struggle to do either consistently. Perhaps it’s because we’re unsure what consists of a “successful” time with God, wondering if we need to feel peace, have a spiritual experience, or receive a clear message from the Lord. That’s not what happens every time, and that’s okay.

Having a daily quiet time is not an end in itself; rather, it’s just a tool to help you develop and deepen your relationship with God.

In Mark 1:35, Jesus gave us a great example:

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed” (NIV).*

He chose a **time**, a **place**, and made a **plan** to pray.

**Time** – Choose a time of day when you can give your full attention to God, even if it’s just five minutes. Maybe it’s mornings, lunch, or before bed. Consistency is key, so pick a routine you can stick with.

**Place** – Find a spot where you can tune out the noise and be free from distractions. For Jesus, this was “a solitary place.” For you, it might be your room, your car on lunch break, or a park bench when the weather is nice.

**Plan** – Before you start, decide what you’ll focus on. Choose what Bible passage(s) you’ll read and what else you might do, such as meditating on Scripture, allowing the Holy Spirit speak to you. Then, journal your reflections. Having a plan means spending less time figuring out what to do and spending more time with God.



## Daily Quiet Time Outline

One way to feast on God's Word is by "having a spiritual sandwich." With the "bread" being prayer (first and last) and the "meat" being Scripture (middle), we can be nourished daily by the Lord and His truth in the Bible.

Here's how you can taste and see that the Lord is good by eating a "spiritual sandwich" with this daily quiet time outline:

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### Prayer – "Bread"

To start off your quiet time, use the [ACTS Prayer Model](#) for prayer. Focus your time by beginning with just A and C, as you'll move on to T and S later on.

**A – Adoration.** Begin with praising God, adoring Him for who He is, His Holiness, and making Him the focus of your worship and exaltation.

**C – Confession.** Confess any sins that you have not already confessed to Him.

1 John 1:9 declares, *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"* (NIV).

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### God's Word – "Meat"

If you are feeling stuck in your Bible reading during your daily quiet time, try the [ABC Bible Reading Method](#).

**Ask** questions about what you are reading. Here are some ideas:

- Who is saying this? To whom? Why?
- What was the writer's intent in saying this to his original audience?
- What was that audience thinking?
- What is the main point in this passage?
- What can I apply to my life today from this passage?
- What is God saying to me here?

**Best Verse** – Look for one verse in the passage that narrows your focus on the big lesson or truth God is revealing to you.

As you go through your day, try to return to that "best verse," perhaps rereading it again, or just taking a few seconds to talk with God about it. Then, listen. Often, the Holy Spirit will bring it to mind in the middle of an unexpected situation and how it can apply.

**Commit.** Choose one area of your life — or some part of your upcoming day — that you can commit to God. It might be a sales call, presentation, test, or a meeting with a particular person. What is it about your "best verse" that resonates with your life? Commit that to God.

Sometimes what we commit to God is an attitude of the heart: "Today, Lord, I trust You with this." Or, it's a specific action we should take: "Yes, Lord, I will go to her and ask her forgiveness."

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### Prayer – "Bread"

Now, use the [ACTS guideline](#) to pray again, this time focusing on the T and S.

**T – Thanksgiving.** Thank God for what He spoke to you. Thank Him for your "best verse" and for the truth or lesson that He revealed to you. This is also a good time to thank Him for any other blessings in life.

**S – Supplication.** To "supplicate" is to ask, so this is time you can use to ask God for anything you need. You might ask Him for His help with your latest project, for patience with your coworker, or for eyes to see your day the way the Lord sees it. Trust God's sovereignty, including His timing and will for your life.