

**“Making My Life A Ministry”**  
**A Study in the Practical Meaning of Ephesians 2:10**  
 06 – Daily Quiet Time Discipline

**Priority #1 - THE DISCIPLINE OF A Personal Daily Quiet Time with the Lord**

That all believers would be equipped with skills, so that they will know how to study the Word for personal spiritual feeding, how to pray for their own lives, their family, church and unsaved friends, and how to memorize the Word for spiritual feeding and protection in their daily spiritual battles.

1. Bible Study: Read this pericope - Luke 10:38-42. What does Christ desire more than your activity in His service?

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2. John 15:7 – What two means of grace are mentioned by Jesus? \_\_\_\_\_

3. The Place of the Word in Spiritual Growth

Colossians 1:9-10 Cycle		
Holy Spirit →	Bible →	→ Christian
Inspiration	Biblical Statements to know	Knowledge of His will
Illumination	Meaning and Implications	Spiritual wisdom and understanding
Motivation	Application	Live a life worthy of the Lord
Transformation	Actual Productivity	Bearing fruit in every good work
Personalization	Desired Spiritual Outcome	Growing in the knowledge of God

The goal of time in the Word and Prayer is to grow in the knowledge of God. Paul lays out how time in the Word functions as God’s primary means of grace to change us and to deepen our knowledge of God.

## Quiet Time Instructions

**The purpose of a QT is to know God** by spending time with God by the means God has given to us to know Him. Those means are the Bible and prayer. That means we must know how to use the Bible and how to pray with the aim of fellowship with God. The right use of the Bible is any method that enables us to do what is stated in Psalm 1:2b “and on his law he meditates day and night,” where meditation is the main concern. The right use of prayer involves those prayer types that the Scripture reveal which focus on God Himself, who He is, what He has done, what our responses are to be to Him, what He does for His covenant people. The prayer rubric, ACTS, is a faithful summary of those prayer types. The order here is important. To Adore God focuses on who God is, what God has done. Confession should be in light of God’s own character as holy. Thanksgiving has the particular focus on redemption in Christ. Supplication is seeking God’s special providences for our needs and the needs of others.

**The Bible study format** described here is designed to foster meditation. It is abbreviated **PROAPT**. The explanation is as follows:

1. **Pray:** begin with asking God’s Spirit to focus your heart and mind on His Word, seeking God to open His Word to your understanding, for the sake of growing in the knowledge of Him.
2. **Read – slowly:** this is a second reading, at a slower pace, where the notebook records terms or figures of speech or anything significant in the text or context.
3. **Observation:** Here is where the process of meditation begins. We will use the SCOPE approach because it is simple and useful to most passages. These 5 elements are not all present in every passage. Your study does not need to follow the spelling order. Your observing of the text looks for these elements and you record them in your notebook as they occur in the text. As a review -
  - a. **S – Sin:** any indication in the text of disobedience of any sort to God, both commission of sin actually stated or implied, or any omission of duty or obedience stated or implied.
  - b. **C – Command:** any command we find in the passage, even something implied, should be recorded.
  - c. **O – Observation about God:** what does the passage say about who God is, what God does.
  - d. **P – Promises:** any of God’s promises specifically stated or implied.
  - e. **E – Example to follow:** anything the writer says or shows that we should imitate in our life as believers.
4. **Applications:** in your notebook this step involves journaling and summarizing the SCOPE notes into the key lessons you see in the passage that apply to your own life. This journaling should often reach the point of conclusions about changes you want to see in your own life.
5. **Pray:** Commit these conclusions to God in prayer.
6. **Tell:** Seek to share insights you have gained in this meditation time with someone else.

**The time of prayer** should follow the time of Bible meditation, because things discovered in the Word will be used in prayer. The prayer format of ACTS helps us to stay focused and to stay balanced. By adopting this disciplined approach for our QT, we can help ourselves grow into the worshippers God has saved us to be. Knowing God more deeply and worshipping God more faithfully are synonymous activities. Here are brief guidelines:

**Adoration:** this means the prayers are focused on praise and adoration of God, acknowledging His character and His activities, who He is and what He has done. This is where the passage studied should be used especially, with praying back to God the very words of Scripture, as well as your own words and notations of observations about God.

**Confession:** first look to the passage you have studied and any sins mentioned there that apply to your life for what to confess. There may be none. In any case we know that we never love God as we ought; we never love our neighbor as we ought; we know that the Ten Commandments show us many

ways we are not perfect and not fully obedient. If we need help searching the deceitfulness of the heart, we can read the Larger Catechism's detailed listing of what the commandments require and forbid, for help in confessing of sin.

**Thanksgiving:** this is first and foremost about the gospel, what Jesus has done as our sacrifice and high priest, to perfectly save us from our sin, to give us a full pardon, to unite us to Himself forever. We express gratitude for grace. We should further note the daily providences God has blessed us with: income, housing, food, clothing, important work in His kingdom, lives of eternal significance, improvements in health or living conditions, His faithfulness during afflicting times, His promises of keeping our good in His plans for us (Rom 8:28).

**Supplication:** the prior aspects of prayer are so needed before we begin to seek God's provision and help for ourselves and others. When we have adored and thanked God, we have hearts that are much more ready to ask with confidence in His grace and with congruence to His will. **Prayer**

**List:** a written list of people to pray for, with their needs, is necessary, to develop the discipline of intercession and supplication. It is recommended as a guideline that you order your list in this manner:

- family - self - close family and friends - unsaved friends - church family needs - kingdom and missionary concerns