Quiet Time
Helping You Develop the Discipline of Spending Time with God

Opening Questions
- How do you hear from God?
- Imagine you were taken away from anyone that could feed you spiritually. (Pretend you move to Seattle, WA. You have to work every Sunday, are unable to go to church and you can’t find any Bible study groups in the community.) Do you think you could spiritually feed yourself? How?
- Have you ever come to the point where you do little outside of Sunday Morning Service or Wednesday Night Service? When?

What Does the Bible Say About Quiet Times
- Read Psalm 119:9-16. What does the Bible say about the importance of a Quiet Time?
- Read Hebrews 5:12-13. How does a Quiet Time relate to food?
- What do I need to do in response to these passages?
- How might this help me or someone else struggling to “get fed?”

Relationship with God
- Read Philippians 3:10. What did Paul desire?
- Read Psalm 63:1. What was the Psalmist’s desire?
- Read Mark 1:35 and Luke 5:16. What was Jesus’ habit?
- Think back on the week. Would your actions show your desire to know Jesus? Explain.
- How does your relationship with God differ from our relationship with others? How is it the same?
- What are some ways to get to know Him better?

SPECKA
A Sin to confess… a Promise to keep… an Example to follow… a Command to keep… Knowledge to learn… an Application to apply in our lives

Using this acronym, reread the follow passages and apply SPECKA to them:

Hebrews 5:12-6:2
Psalm 119:9-24

MEMORIZE LUKE 5:16