

Members of the Word

FREE PRINTABLE

Quiet Time *guide and journal*

Simple outlines for a 10, 20 or 30 minute quiet time, and a week of journal pages to use with any passage.

10, 20 or 30 minutes

7 journal pages

Free to share

THREE OUTLINES

A quiet time that fits the day you have

A quiet time is unhurried time with God, usually with a Bible passage, prayer and a little writing. Pick the outline that fits today.

10 MINUTES

- 1 min: be still and ask for understanding.
- 4 min: read one short passage twice.
- 3 min: write one sentence about what you noticed.
- 2 min: pray about it.

20 MINUTES

- 2 min: settle and pray.
- 6 min: read a passage and the verses around it.
- 5 min: SOAP, using the journal page.
- 5 min: pray with ACTS.
- 2 min: choose one action.

30 MINUTES

- 3 min: settle, a psalm of praise.
- 10 min: read a chapter slowly.
- 7 min: write observations and questions.
- 7 min: pray for yourself and others by name.
- 3 min: copy one verse to carry.

Making it last

- **Same time, same place.** Attach it to something you already do.
- **Prepare the night before.** Leave your Bible, pen and this page where you will sit.
- **Choose a book, not a random verse.** Reading through Mark or Philippians gives each day a next step.
- **Expect ordinary days.** Most quiet times feel ordinary. Faithfulness is the point.

QUIET TIME · DAY 1

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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QUIET TIME · DAY 2

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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QUIET TIME · DAY 3

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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QUIET TIME · DAY 4

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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QUIET TIME · DAY 5

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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QUIET TIME · DAY 6

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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QUIET TIME · DAY 7

Be still

Date _____
Passage _____

BEFORE I READ

One sentence to God about how I am arriving.

WHAT I NOTICED

WHAT IT SHOWS ABOUT GOD

MY PRAYER

ONE THING TO CARRY TODAY

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KEEP GOING ON YOUR PHONE

A quiet time, ready when you are

The Bible Studies for Women app opens to today's guided session: the passage, a plain explanation, questions to reflect on and a written prayer, in about 5, 10 or 20 minutes.

- Guided studies on peace, rest, courage, forgiveness, waiting and more, each with a shorter or deeper route.
- The full Bible in BSB, WEB and KJV, with highlights and notes that stay yours.
- A private journal, a prayer list with answered prayers, and a verse of the day.
- The Bible reads offline, and no account is needed to start.

App Store

Google Play

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