

| Guide for the Weekly QT Journal MMM - _____ | | | | YR - _____ | (all is customizable) |
|--|---|--|--|---|---|
| Golden rule of Bible reading and thinking. What does the passage say: (1) then? (2) about God? (3) to me today? | | | | | |
| Day | Passage | Title (4) | Content (knowledge) (1) | Complexity (2) | Application (3) |
| Month and year on top of the form. Add the day of the month from Monday to Sunday Mon 1, or the day of the month | Psalm 1:1-6 Book by book, chapter by chapter, passage by passage | What not to do and what to do, to be blessed by God | (1) Do not walk, stand, or sit in evil ways (2) Meditate in law day and night. Ps 119:35 (3) Like a tree planted by rivers of water, it brings forth his fruit in his season; leaf shall not wither and what I do shall prosper (4-6) Ungodly way | 1) Am I prospering as in verse 3? 2) Three life positions – sit, walk, stand. 3) Did Ezra write this Psalm? Proverbial | Promise: vs 3. If I don't walk, stand, or sit with ungodly & meditate in the law day & night, then I am blessed by God. Ephesians: Sit-Walk-Stand in the right way |
| Notes 3420 passages for 9 years of daily Word and prayer are in the Rightly Dividing (RD) Bible. Cross-reference scripture may be in any column. * The author, Bill Heath, learned this Word and prayer method with the South Korean Navigators and has practiced it for 20+ years. Thanks to Ben Shevchuk for the edit. | Notes Rise before the sun to give the Son a tithe of our time and love to God. 24 verses in the Bible focus on rising early in the morning for prayer, seeking the Lord, and a daily battle plan. I am accountable to God, 1 st for my time management, priorities, and actions. | Make your own title Catch the main theme The title may come last Notes Disciples need self-control, patience, and focus on the task at hand, preparing for the future. Let's follow Jesus (John 12:26, 1 Cor 11:1) | Read at least 3 times (content) 1 st Read normally 2 nd Read slowly (mark changes or parts) 3 rd Read slowly (mark words for repetition & importance) 4 th Read out loud Rewrite in your own words, paraphrase, or capture the outline. The passage is divided into sections by time, event, or people. In general, mark up your Bible as you read, or take notes. Relate previous passages, meditate on them during the day, and use them as your method of learning that works for you. Notes: 1) Read and meditate, along with prayer. Avoid deep study during daily QT. If time allows, study! 2) The objective is renewing my mind like Christ. (Romans 12:1-2, Philippians 2:5-11, 1 Cor 2:16, Titus 3:5) To know WJWD (What Would Jesus Do), I must know WJDD (What Jesus Did Do) by reading the Gospels, and then, in my circumstances, WMID (What Must I Do). | Challenges or difficulties in this passage, which may relate to the application. 1) Interpret 2) Context 3) Words 4) Difficult to understand 5) Answers to challenges 6) Teach and disciple others Final Notes Helps: Annual schedule, Journal form, and Rightly Dividing (RD) Bible are updated and available on the link 2026 Daily Bible & Prayer Journal guide updated: Jan 7, 2026 | How does this apply to your personal walk with God, following Jesus, and your relationship to people? -Husband/wife -Family -Work -Disciples -Discipler -Christians -Unbelievers ----- QT=P1 + S + P2 Quiet Time (QT) Prayer (P1-P2) Scripture (S) P1=5-15 minutes S=15-60 minutes P2=10-45 minutes QT=30 minutes to 2 hours The time is flexible but should be consistent and orderly, with a set time and place whenever possible. |