

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. Be sure you are saved because living for Jesus is supernatural and by the power of the Holy Spirit. * The author, Bill Heath, learned this Word and prayer method with the South Korean Navigators and practices for 20+ years. Thanks to Ben Shevchuk for edit.	The passage is divided into sections by time, event, or people. 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 Note 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 1 st regular (content) 2 nd divisions (note changes) 3 rd words (note repetition & importance) 4 th final out loud read before writing Rewrite in your own words, paraphrase, or capture the outline. 1) Preferably in the morning 2) Read and meditate, along with prayer. Avoid deep study during daily QT. If time allows, study! 3) Prayer and Scripture together are the focus, with renewing my mind. (Romans 12:1-2, Philippians 2:5-11, Titus 3:5) Content 1) Read for content 2) Read for context, divide into parts 3) Read parts - meditate for truth, complexity, and application 4) Relate parts to each other 5) Relate in context to prior passage. Updated: Jan 3, 2026	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 Desire to be filled with the Holy Spirit and wisdom from above. May God's grace and mercy guide you in your daily quiet time. Helps: Annual schedule, Journal form, and Rightly Dividing (RD) Bible.	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.