

Guide for the Weekly QT Journal MMM - _____ YR - _____ (all is cusomiizable)

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)
<p>Month and year on top of the form.</p> <p>Add the day of the month from Monday to Sunday</p> <p>Mon 1, or the day of the month</p>	<p>Psalm 1:1-6</p> <p>Book by book, chapter by chapter, passage by passage</p>	<p>What not to do and what to do, to be blessed by God</p>	<p>(1) Do not walk, stand, or sit in evil ways</p> <p>(2) Meditate in law day and night. Ps 119:35</p> <p>(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</p> <p>(4-6) Ungodly way</p>	<p>1) Am I prospering as in verse 3?</p> <p>2) Three life positions – sit, walk, stand.</p> <p>3) Did Ezra write this Psalm?</p> <p>Proverbial</p>	<p>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.</p> <p>Ephesians: Sit-Walk-Stand in the right way</p>
<p>Notes</p> <p>3420 passages for 9 years of daily Word and prayer are in the Rightly Dividing (RD) Bible.</p> <p>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.</p> <p>* 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.</p>	<p>The passage is divided into sections by time, event, or people.</p> <p>Notes</p> <p>Rise before the sun to give the Son a title of our time and love to God.</p> <p>24 verses in the Bible focus on rising early in the morning for prayer, seeking the Lord, and a daily battle plan.</p> <p>I am accountable to God, 1st for my time management, priorities, and actions.</p>	<p>Make your own title</p> <p>Catch the main theme</p> <p>The title may come last</p> <p>Note</p> <p>Disciples need self-control, patience, and focus on the task at hand, preparing for the future.</p> <p>Let's follow Jesus (John 12:26, 1 Cor 11:1)</p>	<p>Read at least 3 times</p> <p>1st regular (content)</p> <p>2nd divisions (note changes)</p> <p>3rd words (note repetition & importance)</p> <p>4th final out loud read before writing</p> <p>Rewrite in your own words, paraphrase, or capture the outline.</p> <p>1) Preferably in the morning</p> <p>2) Read and meditate, along with prayer. Avoid deep study during daily QT. If time allows, study!</p> <p>3) Prayer and Scripture together are the focus, with renewing my mind. (Romans 12:1-2, Philippians 2:5-11, Titus 3:5)</p> <p>Know <u>WDJD</u> (What Did Jesus Do) by reading the New Testament, then in my circumstances <u>WWJD</u> (What Would Jesus Do), and finally <u>WMID</u> (What Must I Do).</p> <p><u>Content</u></p> <p>1) Read for content</p> <p>2) Read for context, divide into parts</p> <p>3) Read parts - meditate for truth, complexity, and application</p> <p>4) Relate parts to each other</p> <p>5) Relate in context to prior passage.</p> <p>Updated: Jan 3, 2026</p>	<p>Challenges or difficulties in this passage, which may relate to the application.</p> <p>1) Interpret</p> <p>2) Context</p> <p>3) Words</p> <p>4) Difficult to understand</p> <p>5) Answers to challenges</p> <p>6) Teach and disciple others</p> <p>-----</p> <p>Final Notes</p> <p>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.</p> <p>Helps: Annual schedule, Journal form, and Rightly Dividing (RD) Bible.</p>	<p>How does this apply to your personal walk with God, following Jesus, and your relationship to people?</p> <p>-Husband/wife</p> <p>-Family</p> <p>-Work</p> <p>-Disciples</p> <p>-Discipler</p> <p>-Christians</p> <p>-Unbelievers</p> <p>-----</p> <p>QT=P1 + S + P2</p> <p>Quiet Time (QT)</p> <p>Prayer (P1-P2)</p> <p>Scripture (S)</p> <p>P1=5-15 minutes</p> <p>S=15-60 minutes</p> <p>P2=10-45 minutes</p> <p>QT=30 minutes to 2 hours</p> <p>The time is flexible but should be consistent and orderly, with a set time and place whenever possible.</p>