

SALEM

-Baptist Church-

Disciples Do

Skills and Practices for
Living as a Disciple of Christ

Unit 1 – Daily Quiet Time

Salem Baptist Church
Stonewall, LA

Read Your Bible-Pray-Pay Attention
www.sbcstonewall.com

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Baptist Church

Developed for
Salem Baptist Church

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Unit 1 – Daily Quiet Time Session 1

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Unit 1

Personal Quiet Time

Defining Disciple:

Disciple means _____ or _____.

God's only direct command to the church is to _____.

We are to teach them to _____.
(Matthew 28:18-20)

Beyond being a mere follower or even learner,
a disciple is an _____.
(Ephesians 5:1)

Discipleship is incomplete unless you are _____.
(Ephesians 4:11-12)

The result of living as a genuine disciple is that God will work through you to _____.
(2 Timothy 2:2, Acts 14:21)

Scriptural Basis for a Daily Quiet Time:

Jesus sought God _____.
(Mark 1:35, Matthew 14:22-23)

We need to seek God _____.
(Matthew 6:6-8)

Drawing near to God is not a _____,
but an ongoing process. (James 4:8)

Regularly drawing near to God _____,
(Romans 12:1-2)

The person who maintains ongoing fellowship with God is _____.
(Psalm 1:1-2, Joshua 1:8)

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Mechanics of a Daily Quiet Time:

A daily quiet time can include 1 or more of these elements on any given day.

reading: scripture/devotional thoughts

prayer

journaling

meditation

preparing for your day

evaluating your day

time of day: optional

helps to be consistent with time set apart for that purpose

able to be alone/free from distractions

place: inside/outside

should be comfortable/able to focus

can vary from time to time to keep it fresh

posture: not slouching

sitting/standing/walking/kneeling (promotes focus on God)

Finding sources: online/SBC publications/devotional books

Assignment:

personal notes: _____

1) Select a time/place where you will have a quiet time (5 days) this week.

2) Use the attached guide to complete your quiet time each day.

3) Jot down notes about the experience on the guide pages.

4) Contact your partner at least twice during the week for support, feedback, and accountability.

5) Be prepared to share about your experience at our next meeting.

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Quiet Time Guide
Disciples Do – Unit 1 – Daily Quiet Time
Salem Baptist Church
Week 1

Day 1: Romans 3:21–24

Sin is a universal experience of all people. There is universal need among all people...to be forgiven. There is no other way to be right with God. There are only two types of people in the world: forgiven sinners and sinners who are not forgiven. Your salvation is God's free gift, not something you have earned or deserve. Understanding this truth should nurture a sense of gratitude in every moment of every day.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 2: John 10:27–30

Your salvation is not secured because you said the right words, prayed the right prayer, or participated in the right ritual. Your salvation is secured by Jesus, who holds you with a grip that no one can break. That doesn't mean that you are free to sin. Instead you are free from the penalty of sin. Let this freedom and the gratitude that is in you spur you toward greater faithfulness as you walk with Him daily.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 3: Ephesians 2:8–10

What you do for God is His choice, not yours. He has a plan and will provide all that you need to follow that plan. Instead of telling God what you will do and asking Him to bless it, humbly, patiently pay attention to what He is doing and what He is calling you to do. Until you know, keep doing what you know all Christians are called to do.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 4: Matthew 5:17–20

Your Christian life must be more than keeping rules. If that were all there is to it, the Pharisees would have been God's all-stars. Instead, Jesus rejected their form of religion. God wants you to know Him and live your life in continual fellowship with Him. Obeying the rules of the Bible is a means toward that goal, but not an end in itself.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 5: John 14:15–18

This is not a threat, but a promise. Failure to obey God is the result of not loving Him as you should. If you have a problem with obedience, work on knowing Him more completely so that you will love Him more deeply. To those who genuinely and fully love Him, He gives the spiritual power to live the way He has called us to live. Without that help, we will never please Him.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Unit 1 – Daily Quiet Time Session 2

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Disciples Do Unit 1 – Session 2 Personal Quiet Time

Report on your quiet time experience (*discuss any issues with completing it*):

How did you handle your 2 “open days?” (*discuss any issues with completing it*)

Scripture clearly teaches that God values consistency and endurance.

Faithfulness is an attribute of _____ and that He rewards _____.
(2 Timothy 2:11-13)

God demands _____, not results.
(Matthew 25:21)

Salvation is connected to _____ in scripture.
(Matthew 10:22, 24:13)

Good _____, do not make up for lack of follow through.
(Matthew 21:28–31, James 1:23–24)

The Christian life is best compared to a _____, not a sprint and
is accomplished by keeping our eyes on _____. (Hebrews 12:1-2)

Assignment: same as last week

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Quiet Time Guide

Disciples Do – Unit 1 – Daily Quiet Time

Salem Baptist Church

Week 2

Day 1: Galatians 5:5–6

Nothing you could ever do, say, or think will be a substitute for believing. God wants faith in action. Faith is best expressed by loving the way Jesus did. It takes incredible faith to love those who hate you and even try to hurt you. Let your faith in God empower you to love the way He loves you.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 2: John 6:66–69

Believe what the Bible says so that you live as He calls you to live and your experience will validate its truth. Saving faith does not test other alternatives when serving God becomes difficult. Saving faith sticks with God when others fall away.

I understand: _____

I pray: _____

I will: _____

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Day 3: Matthew 22:34–40

There are no commandments that are more or less important. However, everything you do for God starts with loving Him with all of who you are and continues with loving others the way He loves you. God has left you on Earth to make a difference for Him in the lives of others.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 4: Genesis 44:16

The guilt of unconfessed sins is a heavy load that never goes away. Every time something bad happens, you think that “God is getting me for what I did.” Come to God honestly, let Him forgive you, and move forward with real peace in your heart.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Day 5: James 1:2-4

We are not called to enjoy suffering, but we should have an awareness while suffering that God will work through this process and make me more like Him. Endure trials, suffering, disappointment, and setbacks with the confidence that God is present, at work, and already providing a way to bring Him glory.

I understand: _____

_____.

I pray: _____

_____.

I will: _____

_____.

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Unit 1 – Daily Quiet Time Session 3

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Disciples Do Unit 1 – Session 3 Personal Quiet Time

Report on your quiet time experience (*discuss any issues with completing it*):

How did you handle your 2 “open days?” (*discuss any issues with completing it*)

Scripture clearly teaches that as we grow, we should pass on what we learn to help other grow.

We are to _____ the things that we learn to those who will use it properly and pass it on to others. (2 Timothy 2:2)

Be _____ about trying to generate _____ for walking daily with Christ in people who don't know Him. (Matthew 7:6)

God reveals Himself to people through the _____ of others. (Romans 1:17)

Your responsibility for passing on your faith starts with _____.
(Ephesians 6:4)

God holds us _____ for every opportunity to pass on our faith and to help others grow spiritually. (Acts 20:26–27, Matthew 12:36)

Assignment: continue daily quiet time as a permanent practice and help others develop this practice in their lives as you have opportunity.

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Quiet Time Resources

My Utmost for His Highest, Oswald Chambers

Josh McDowell's Family Devotions, Bob Hostetler

15 Minutes Alone with God for Men, Bob Barnes

Desperate for You: A 30-day Worship Adventure, Roberta Croteau

The Man Minutes, Jason Cruise

The Confessions of Saint Augustine, translated by Edward Bouverie, Pusey

F260 Reading Plan, Robbie Gallaty

New Morning Mercies by Paul David Tripp

Open Windows, SBC (available through the church)

Chicken Soup for the Soul, various versions

billygraham.org, *crosswalk.com*, online resource (many others)

Facebook/Twitter Posts: Stacy Morgan/Mike Hawkins (many others)

Check the back of your Sunday School book or other similar publications

Bible Studies such as *Experiencing God*, Henry Blackaby

Various Study Bibles (NIV, ESB, CSB)