



Blessed Quietness

DEEP

Quiet Time Reflection Journal

tinaneeley.com

Go Deeper in Blessed Quietness

DEEP STUDY METHOD

Quiet time—we need it in our busy lives, even if only a few stolen moments. Time alone with God is never wasted, and He honors the time we give Him, no matter the size.

Blessed Quietness is a habit that can easily be cultivated using a simple strategy and flow. Over a brief time, the new habit becomes a highly anticipated meeting with the One that knows us best and loves us most.

Let's go DEEP in Blessed Quietness.

Devotional - reading

Explore – Bible Study

Express – journaling

Prayer – listening prayer

D – devotional

First, come to this time with the Lord expecting His Spirit to open the eyes of your heart to His Truths, asking in prayer for Him to focus your thoughts. Using the devotional of your choice, read the selection for the day, making note of any themes and verses that speak or stand out to you and copy quotes for further reflection.

E – explore

Read any verses noted in the devotional reading, then read other verses cross-referenced to it. Write out verses that stand out to you and note key or repeating words. Use an online resource to take a deeper look at these words in their original language and note their meanings. Save commentary review for last.

E – express

Write out what you've learned and how you see it applying to your life today. You might also write your prayer requests.

P - listening prayer

Close your time by sitting quietly and writing God's whispers to your heart. You will recognize His voice, and it will never contradict His Word. Consider beginning your listening prayer with "Child of Mine..." and see where it leads. Don't give up if you don't feel successful in your first attempts.

Look for devotionals, resources, and quiet time tips at tinaneeley.blogspot.com.

Devotional Notes

reading from:

date:

verses

key thoughts or themes

...let the Spirit renew your thoughts and attitudes. (Eph 4:23)

Explore - Bible Study

verses

key words

For His Spirit searches out everything and shows us God's deep secrets. (1 Cor 2:10)

Express - journaling

prayer requests

where I need Him today

Search me, O God, and know my heart; test me and know my
anxious thoughts. (Psa 139:23)

Prayer - listening prayer

Child of Mine . . .

...”Speak, LORD, your servant is listening.”...1 Sam 3:9)