

DAILY QUIET TIME (KJV)

Quiet Time Checklist

Six small steps that make Bible reading a daily habit

Print one for your Bible cover. Print thirty for the month. Six steps, fifteen to twenty minutes, every morning -- the simplest discipline that changes a life.

- 1 Still**
Be still, and know that I am God. -- Psalm 46:10
Begin with 60 seconds of silence. Quiet your phone, your mind, your hurry.
 - 2 Pray**
Open thou mine eyes, that I may behold wondrous things out of thy law. -- Psalm 119:18
Ask the Holy Spirit to teach you before you read. Two or three sentences is enough.
 - 3 Read**
Thy word is a lamp unto my feet, and a light unto my path. -- Psalm 119:105
Read one short passage slowly. Quality of attention beats quantity of chapters.
 - 4 Reflect**
I will meditate in thy precepts, and have respect unto thy ways. -- Psalm 119:15
Underline one verse. Ask: What does it say about God? About me? What must I do?
 - 5 Respond**
Be ye doers of the word, and not hearers only. -- James 1:22
Pray the verse back to God. Then write down one specific way you will obey it today.
 - 6 Record**
I will remember the works of the Lord. -- Psalm 77:11
Note the date, the verse, and one sentence. Six months from now you will treasure these notes.
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WEEKLY HABIT TRACKER

Tick a box each day you complete your quiet time. Aim for 5 of 7 to start.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wk 1							
Wk 2							
Wk 3							
Wk 4							