

# READ AND PRAY

## QUIET TIME PLAN

"COME, ALL YOU WHO ARE THIRSTY, COME TO THE WATERS, AND YOU WHO HAVE NO MONEY, COME, BUY AND EAT! COME, BUY WINE AND MILK WITHOUT MONEY AND WITHOUT COST.

WHY SPEND MONEY ON WHAT IS NOT BREAD, AND YOUR LABOR ON WHAT DOES NOT SATISFY? LISTEN, LISTEN TO ME, AND EAT WHAT IS GOOD, AND YOUR SOUL WILL DELIGHT IN THE RICHEST OF FARE.

GIVE EAR AND COME TO ME, HEAR ME, THAT

"SEE, I HAVE MADE HIM A WITNESS TO THE PEOPLES, A LEADER AND COMMANDER OF THE PEOPLES. SURELY YOU WILL SUMMON NATIONS YOU KNOW NOT, AND NATIONS THAT DO NOT KNOW YOU WILL HASTEN TO YOU, BECAUSE OF THE LORD YOUR GOD, THE HOLY ONE OF ISRAEL. FOR HE HAS ENDOWED YOU WITH SPLENDOR, SEEK THE LORD WHILE HE MAY BE FOUND, CALL ON HIM WHILE HE IS NEAR.

LET THE WICKED FORSAKE HIS WAY AND THE EVIL MAN HIS THOUGHTS.



# THE THIRTY-FIVE MINUTE QUIET TIME

1.READY	:03
2.READ	:10
3.REFLECT	:03
4.RECORD	:03
5.RESOLVE	:02
6.REMEMBER.	:04
7.REPLY	:10





READ  
AND  
PRAY  
QUIET TIME PLAN

READY  
: 03

"COME, ALL YOU WHO ARE THIRSTY, COME TO  
THE WATERS, AND YOU WHO HAVE NO MONEY,  
COME, BUY AND EAT! COME, BUY WINE AND  
MILK WITHOUT MONEY AND WITHOUT COST.

WHY SPEND MONEY ON WHAT IS NOT BREAD,  
AND YOUR LABOR ON WHAT DOES NOT SATISFY?  
LISTEN, LISTEN TO ME, AND EAT WHAT IS  
GOOD, AND YOUR SOUL WILL DELIGHT IN THE  
RICHEST OF FARE.

YES, I HAVE MADE HIM A WITNESS TO THE  
PEOPLES, A LEADER AND COMMANDER OF THE  
PEOPLES. BEHOLD HIM! WILL YOUNG NATIONS  
YOU KNOW NOT, AND NATIONS THAT DO NOT  
KNOW YOU WILL BOW DOWN TO YOU, BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL. FOR HE HAS KNOWN YOU WITH  
STRENGTH. SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



*Open my eyes, that I  
may behold wondrous  
things out of your law.*

—PSALM 119:18



READ  
AND  
PRAY  
QUIET TIME PLAN

READ  
: 10

"COME, ALL YOU WHO ARE THIRSTY, COME TO  
THE WATERS, AND YOU WHO HAVE NO MONEY,  
COME, BUY AND EAT! COME, BUY WINE AND  
MILK WITHOUT MONEY AND WITHOUT COST.

WHY SPEND MONEY ON WHAT IS NOT BREAD,  
AND YOUR LABOR ON WHAT DOES NOT SATISFY?  
LISTEN, LISTEN TO ME, AND EAT WHAT IS  
GOOD, AND YOUR SOUL WILL DELIGHT IN THE  
RICHEST OF FARE.

YES, I HAVE MADE HIM A WITNESS TO THE  
PEOPLES, A LEADER AND COMMANDER OF THE  
PEOPLES. WHEREVER YOU WILL, YOUNG MEN  
YOU KNOW NOT, AND NATIONS THAT DO NOT  
KNOW YOU WILL BOW DOWN TO YOU, BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL. FOR HE HAS KNOWN YOU WITH  
STRENGTH. SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



*Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.*

—1COR 9:25-26



*Turn my heart toward your statutes  
and not toward selfish gain. Turn my  
eyes away from worthless things;  
preserve my life according to your  
word*

—PSALM 119:36-37



READ  
AND  
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QUIET TIME PLAN

REFLECT  
: 03

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COME, BUY AND EAT! COME, BUY WINE AND  
MILK WITHOUT MONEY AND WITHOUT COST.

WHY SPEND MONEY ON WHAT IS NOT BREAD,  
AND YOUR LABOR ON WHAT DOES NOT SATISFY?  
LISTEN, LISTEN TO ME, AND EAT WHAT IS  
GOOD, AND YOUR SOUL WILL DELIGHT IN THE  
RICHES OF FAITH.

YES, I HAVE MADE HIM A WITNESS TO THE  
PEOPLES, A LEADER AND COMMANDER OF THE  
PEOPLES. HEED YOU, WILL YOMMON NATIONS  
YOU KNOW NOT, AND NATIONS THAT DO NOT,  
KNOW YOU WILL BASTEN TO YOU, BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL. FOR HE HAS KNOWN YOU WITH  
STRENGTH. SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



*Psalm 119:27*

*Cause me to  
understand the  
way of your  
precepts, that I  
may meditate on  
your wonderful  
deeds.*

- › PICTURE IT
- › PARAPHRASE IT
- › PERSONALIZE IT
- › PRAY IT



READ  
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QUIET TIME PLAN

RECORD  
: 03

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WHY SPEND MONEY ON WHAT IS NOT BREAD,  
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LISTEN, LISTEN TO ME, AND EAT WHAT IS  
GOOD, AND YOUR SOUL WILL DELIGHT IN THE  
RICHEST OF FARE.

YES, I HAVE MADE HIM A WITNESS TO THE  
PEOPLES, A LEADER AND COMMANDER OF THE  
PEOPLES. HELED YOU, WILL YOU MON NATIONS  
YOU KNOW NOT, AND NATIONS THAT DO NOT  
KNOW YOU WILL BASTEN TO YOU. BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL. FOR HE HAS KNOWN YOU WITH  
STRENGTH. SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



- › PROMISE TO CLAIM
- › COMMAND TO OBEY
- › SIN TO AVOID/CONFESS
- › EXAMPLE TO IMITATE/AVOID
- › TRUTH TO BELIEVE
- › QUESTION TO RESOLVE
- › CHANGE TO EMBRACE.



READ  
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QUIET TIME PLAN

RESOLVE  
: 02

"COME, ALL YOU WHO ARE THIRSTY, COME TO  
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PEOPLES. HEED YOU, WILL YOU MON NATIONS  
YOU KNOW NOT, AND NATIONS THAT DO NOT  
KNOW YOU WILL BASTEN TO YOU, BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL. FOR HE HAS KNOWN YOU WITH  
STRENGTH, SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



*But solid food is for the mature,  
for those who have their powers  
of discernment trained by  
constant practice to distinguish  
good from evil.*

—HEBREWS 5:14



*Do not merely listen to the  
word, and so deceive yourselves.  
Do what it says.*

—JAMES 1:22-23



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QUIET TIME PLAN

REMEMBER  
:04

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PEOPLES. HEED YOU, WILL YOU MONARCHS  
YOU KNOW NOT, AND NATIONS THAT DO NOT,  
KNOW YOU WILL BASTEN TO YOU, BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL. FOR HE HAS KNOWN YOU WITH  
STRENGTH, SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



*Pay attention and turn your ear to the sayings  
of the wise; apply your heart to what I teach,  
18 for it is pleasing when you keep them in  
your heart and have all of them ready on  
your lips. 19 So that your trust may be in the  
Lord, I teach you today, even you.*

—PROVERBS 22:17-19



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REPLY  
: 10

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KNOW YOU WILL HEAVEN TO YOU. BECAUSE OF  
THE LORD YOUR GOD, THE HOLY ONE OF  
ISRAEL, FOR HE HAS KNOWN YOU WITH  
STRENGTH. SEEK THE LORD WHILE HE MAY BE  
FOUND, CALL ON HIM WHILE HE IS NEAR.



- *Our Father in heaven, hallowed be your name.*
- *Your kingdom come, your will be done, on earth as it is in heaven.*
- *Give us this day our daily bread,*
- *and forgive us our debts,*
- *as we also have forgiven our debtors.*
- *And lead us not into temptation,*
- *but deliver us from evil.*



› ADORATION

› CONFESSION

› THANKSGIVING

› SUPPLICATION

› PRAISE

› CONFESS

› THANK

› REQUEST



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