

## Snowy Range Evangelical Free Church

### Quiet Time

Mark 1:35; Ephesians 4:14-19

Sunday, August 11, 2024

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Daily Quiet Time is the process by which the \_\_\_\_\_ of Jesus becomes part of our \_\_\_\_\_ and \_\_\_\_\_ bloodstream.

Daily \_\_\_\_\_ leading to obedience is the best way to know and \_\_\_\_\_ Christ.

Daily \_\_\_\_\_ works best when you have a \_\_\_\_\_, a \_\_\_\_\_, and a \_\_\_\_\_.

Daily \_\_\_\_\_ should build a \_\_\_\_\_, not just a \_\_\_\_\_.

Daily \_\_\_\_\_ helps Jesus become \_\_\_\_\_ and me become \_\_\_\_\_.

### Discussion Questions:

Do you have a regular Quiet Time?

If so, what do you currently do during your Quiet Time?

If not, what do you need to do to start having a Quiet Time?

From this sermon, did you get any new ideas for Quiet Time?

In which rooms of your heart does Christ dwell (**My Heart Christ's Home** pamphlet)?

In which rooms do you need to give Christ more access?

How can you extend your Quiet Time to the rest of your day?

### Some Five-Minute, Before Sleep, Quiet Time Verses:

Psalm 139:23-24

Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.

### 1 Corinthians 1:9

God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

### Romans 8:1-2

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

### Psalm 34:8

Taste and see that the LORD is good;  
blessed is the one who takes refuge in him.

### Romans 5:8

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

### John 15:5

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

### John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

### John 10:27-28

My sheep listen to my voice; I know them, and they follow me. <sup>28</sup> I give them eternal life, and they shall never perish; no one will snatch them out of my hand.

### Isaiah 26:3

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

### Matthew 4:19

"Come, follow me," Jesus said, "and I will send you out to fish for people."

### Philippians 4:6-7 The Message

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.