

The Quiet Time Planner™

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Study Guides

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The Quiet Time Planner™ Study Guides
Books of the Bible

Old Testament
<input type="checkbox"/> Genesis (50)
<input type="checkbox"/> Exodus (40)
<input type="checkbox"/> Leviticus (27)
<input type="checkbox"/> Numbers (36)
<input type="checkbox"/> Deuteronomy (34)
<input type="checkbox"/> Joshua (24)
<input type="checkbox"/> Judges (21)
<input type="checkbox"/> Ruth (4)
<input type="checkbox"/> 1 Samuel (31)
<input type="checkbox"/> 2 Samuel (24)
<input type="checkbox"/> 1 Kings (22)
<input type="checkbox"/> 2 Kings (25)
<input type="checkbox"/> 1 Chronicles (29)
<input type="checkbox"/> 2 Chronicles (36)
<input type="checkbox"/> Ezra (10)
<input type="checkbox"/> Nehemiah (13)
<input type="checkbox"/> Esther (10)
<input type="checkbox"/> Job (42)
<input type="checkbox"/> Psalms* (150)
<input type="checkbox"/> Proverbs** (31)
<input type="checkbox"/> Ecclesiastes (12)
<input type="checkbox"/> Song of Songs (8)
<input type="checkbox"/> Isaiah (66)
<input type="checkbox"/> Jeremiah (52)
<input type="checkbox"/> Lamentations (4)
<input type="checkbox"/> Ezekiel (48)
<input type="checkbox"/> Daniel (12)
<input type="checkbox"/> Hosea (14)
<input type="checkbox"/> Joel (3)
<input type="checkbox"/> Amos (9)
<input type="checkbox"/> Obadiah (1)
<input type="checkbox"/> Jonah (4)
<input type="checkbox"/> Micah (7)
<input type="checkbox"/> Nahum (3)
<input type="checkbox"/> Habakkuk (3)
<input type="checkbox"/> Zephaniah (3)
<input type="checkbox"/> Haggai (2)
<input type="checkbox"/> Zechariah (14)
<input type="checkbox"/> Malachi (4)

“You search the Scriptures because you believe they give you eternal life. But the Scriptures point to me!”
(John 5:39, NLT)

New Testament
<input type="checkbox"/> Matthew (28)
<input type="checkbox"/> Mark (16)
<input type="checkbox"/> Luke (24)
<input type="checkbox"/> John (21)
<input type="checkbox"/> Acts (28)
<input type="checkbox"/> Romans (16)
<input type="checkbox"/> 1 Corinthians (16)
<input type="checkbox"/> 2 Corinthians (13)
<input type="checkbox"/> Galatians (6)
<input type="checkbox"/> Ephesians (6)
<input type="checkbox"/> Philippians (4)
<input type="checkbox"/> Colossians (4)
<input type="checkbox"/> 1 Thessalonians (5)
<input type="checkbox"/> 2 Thessalonians (3)
<input type="checkbox"/> 1 Timothy (6)
<input type="checkbox"/> 2 Timothy (4)
<input type="checkbox"/> Titus (3)
<input type="checkbox"/> Philemon (1)
<input type="checkbox"/> Hebrews (13)
<input type="checkbox"/> James (5)
<input type="checkbox"/> 1 Peter (5)
<input type="checkbox"/> 2 Peter (3)
<input type="checkbox"/> 1 John (5)
<input type="checkbox"/> 2 John (1)
<input type="checkbox"/> 3 John (1)
<input type="checkbox"/> Jude (1)
<input type="checkbox"/> Revelation (22)

*Psalms Outline
<input type="checkbox"/> Book 1 - Psalm (1-41)
<input type="checkbox"/> Book 2 - Psalm (42-72)
<input type="checkbox"/> Book 3 - Psalm (73-89)
<input type="checkbox"/> Book 4 - Psalm (90-106)
<input type="checkbox"/> Book 5 - Psalm (107-150)

**Proverbs Outline
<input type="checkbox"/> Wisdom for young people (1-9)
<input type="checkbox"/> Wisdom for all people (10-24)
<input type="checkbox"/> Wisdom for leaders (25-31)

“Come to Me, all you who labor and are heavy laden, and I will give you rest.”
(Matthew 11:28)

The Quiet Time Planner™ Study Guides
God of the Bible

Old Testament
<input type="checkbox"/> Elohim
God. Creator and Judge of the universe (Genesis 1:1)
<input type="checkbox"/> Yahweh
I AM THAT I AM (Exodus 3:14)
<input type="checkbox"/> Yahweh-Jireh
The LORD will provide (Genesis 22:13, 14)
<input type="checkbox"/> Yahweh-Rapha
The LORD who heals (Exodus 15:26)
<input type="checkbox"/> Yahweh-Nissi
The LORD my banner or ensign (Exodus 17:10-15)
<input type="checkbox"/> Yahweh-Mekaddishkem
The LORD our sanctifier (Exodus 31:13)
<input type="checkbox"/> Yahweh-Shalom
The LORD our Peace (Judges 6:24)
<input type="checkbox"/> Yahweh-Sabaoth
The LORD of hosts (1 Samuel 1:3)
<input type="checkbox"/> Yahweh-Elyon
The LORD most high (Psalms 7:17)
<input type="checkbox"/> Yahweh-Roi
The LORD my shepherd (Psalms 23:1)
<input type="checkbox"/> Yahweh-Tsidkenu
The LORD our righteousness (Jeremiah 23:6)
<input type="checkbox"/> Yahweh-Shammah
The LORD is present (Ezekiel 48:35)

“I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me.”
(Exodus 20:2-3)

New Testament
<input type="checkbox"/> Father
1. Our Father in heaven (Mat. 5:16)
2. Abba Father (Rom. 8:15; Gal. 4:6)
3. Father of our Lord Jesus (Rom. 15:6)
4. Father of mercies (2 Cor. 1:3)
5. Father of glory (Eph. 1:17)
6. Father of spirits (Heb. 12:9)
7. Father of lights (Jas. 1:17)
<input type="checkbox"/> Son
1. Jesus (Mat. 1:18-21)
2. Immanuel (Mat. 1:22-23)
3. Word (John 1:1-4: 14-18)
4. Lamb of God (John 1:29)
5. Bread of Life (John 6:35)
6. Light of the World (John 8:12)
7. Door/Gate of the sheep (John 10:7)
8. Good Shepherd (John 10:11)
9. Resurrection and Life (John 11:25)
10. Way, Truth and Life (John 14:6)
11. True Vine (John 15:1)
12. Prince of Life (Acts 3:15)
13. Lord of glory (1 Cor. 2:8)
14. Lord of peace (2 Thes. 3:16)
15. Apostle and High Priest (Heb. 3:1)
16. Alpha and the Omega (Rev. 1:8)
<input type="checkbox"/> Holy Spirit
1. Spirit of truth (John 14:17)
2. Comforter/Helper (John 14:26)
3. Spirit of holiness (Rom. 1:4)
4. Spirit of life (Rom. 8:2)
5. Spirit of the living God (2 Cor. 3:3)
6. Spirit of the Lord (2 Cor. 3:17)
7. Spirit of His Son (Gal. 4:6)
8. Holy Spirit of promise (Eph. 1:13)
9. Spirit of grace (Heb. 10:29)
10. Spirit of glory and of God (1 Pet. 4:14)

“With Jesus’ help, let us continually offer our sacrifice of praise to God by proclaiming the glory of his name.”
(Hebrews 13:15, NLT)

The Quiet Time Planner™ Study Guides
Praise and Worship References

God Is
<input type="checkbox"/> For me (Ps. 56:9)
<input type="checkbox"/> Gracious (2 Chron. 30:9)
<input type="checkbox"/> Greater than man (Job 33:12)
<input type="checkbox"/> In heaven (Ecc. 5:2)
<input type="checkbox"/> A just God (Isa. 45:21)
<input type="checkbox"/> King of all the earth (Ps. 47:7)
<input type="checkbox"/> Merciful (Ps. 116:5)
<input type="checkbox"/> Mighty (Job 36:5)
<input type="checkbox"/> My defence (Ps. 59:9)
<input type="checkbox"/> My helper (Ps. 54:4)
<input type="checkbox"/> My salvation (Ps. 62:7)
<input type="checkbox"/> Righteous (Dan. 9:14)
<input type="checkbox"/> The God of salvation (Ps. 68:20)
<input type="checkbox"/> With us (Isa. 8:10)

“God is Spirit,
and those who worship Him
must worship in spirit and truth.”
(**John 4:24**) Emphasis added.

“God is able
to make all grace abound
toward you....” (**2 Cor. 9:8**)
Emphasis added.

“God is faithful,
who will establish you and guard you
from the evil one.” (**2 Thes. 3:3**)
Emphasis added.

“God is love,
and he who abides in love
abides in God, and God in him.”
(**1 John 4:16b**) Emphasis added.

The Lord's Prayer

“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 forgive
our debtors. And do not lead us into
temptation, but deliver us from the evil
one. For Yours is the kingdom and the
power and the glory forever. Amen.”
(**Matthew 6:9-13**)

The Lord Is
<input type="checkbox"/> Exalted (Isa. 33:5)
<input type="checkbox"/> A great God (Ps. 95:3)
<input type="checkbox"/> A great King (Ps. 95:3)
<input type="checkbox"/> Clothed with majesty (Ps. 93:1)
<input type="checkbox"/> Clothed with strength (Ps. 93:1)
<input type="checkbox"/> Full of compassion (Ps. 145:8)
<input type="checkbox"/> Good (Ps. 34:8; 135:3)
<input type="checkbox"/> Good to all (Ps. 145:9)
<input type="checkbox"/> Greater than all gods (Ex. 18:11)
<input type="checkbox"/> Greatly to be praised (Ps. 96:4)
<input type="checkbox"/> My keeper (Ps. 121:5)
<input type="checkbox"/> My rock (Ps. 18:2)
<input type="checkbox"/> My shield (Ps. 28:7)
<input type="checkbox"/> My song (Ps. 118:14)

“The LORD is my shepherd; I have all
that I need. He lets me rest in green
meadows; he leads me beside peaceful
streams. He renews my strength.
He guides me along right paths, bringing
honor to his name. Even when I walk
through the darkest valley, I will not be
afraid, for you are close beside me. Your
rod and your staff protect and comfort me.
You prepare a feast for me in the presence
of my enemies. You honor me by anointing
my head with oil. My cup overflows with
blessings. Surely your goodness and
unfailing love will pursue me all the days of
my life, and I will live in the house of the
LORD forever.” (**Psalms 23:1-6**, NLT)
Emphasis added.

“Bless the Lord, O my soul; and all that is
within me, bless His holy name! Bless the
Lord, O my soul, and forget not all His
benefits: Who forgives all your iniquities,
Who heals all your diseases, Who
redeems your life from destruction, Who
crowns you with lovingkindness
and tender mercies. He has not dealt with
us according to our sins, nor punished us
according to our iniquities. For as the
heavens are high above the earth, so great
is His mercy toward those who fear Him;
as far as the east is from the west, so far
has He removed our transgressions from
us. Bless the Lord, O my soul!” (**Psalms**
103:1-4, 10-12, 22) Emphasis added.

The Quiet Time Planner™ Study Guides
Affirmation Verses

Who I Am In Christ
<input type="checkbox"/> Accepted (Eph. 1:6)
<input type="checkbox"/> Alive (Eph. 2:5; Col. 2:13)
<input type="checkbox"/> Anointed (2 Cor. 1:21)
<input type="checkbox"/> An ambassador (2 Cor. 5:20)
<input type="checkbox"/> A living sacrifice (Rom. 12:1)
<input type="checkbox"/> A new creation (2 Cor. 5:17)
<input type="checkbox"/> A partaker (2 Pet. 1:4)
<input type="checkbox"/> A saint (1 Cor. 1:2)
<input type="checkbox"/> A soldier (2 Tim. 2:3, 4)
<input type="checkbox"/> A son (1 John 3:1, 2)
<input type="checkbox"/> Blessed (Gal. 3:9)
<input type="checkbox"/> Born of God (1 John 5:18)
<input type="checkbox"/> Buried (Rom. 6:4; Col. 2:12)
<input type="checkbox"/> Brought near (Eph. 2:13)
<input type="checkbox"/> Being transformed (2 Cor. 3:18)
<input type="checkbox"/> Called (2 Tim. 1:9)
<input type="checkbox"/> Chosen (1 Pet. 2:9)
<input type="checkbox"/> Circumcised (Col. 2:11)
<input type="checkbox"/> Crucified (Rom. 6:6; Gal. 2:20)
<input type="checkbox"/> Complete in Him (Col. 2:10)
<input type="checkbox"/> Dead to sin (1 Pet. 2:24)
<input type="checkbox"/> Delivered (Col. 1:13)
<input type="checkbox"/> Established (Col. 2:7)
<input type="checkbox"/> Firmly rooted (Col. 2:7)
<input type="checkbox"/> Forgiven (Eph. 1:7; 1 John 2:12)
<input type="checkbox"/> Healed (1 Pet. 2:24)
<input type="checkbox"/> Hidden (Col. 3:3)
<input type="checkbox"/> His child (Gal. 3:26)
<input type="checkbox"/> His disciple (John 13:35; 15:8)
<input type="checkbox"/> His workmanship (Eph. 2:10)
<input type="checkbox"/> Holy (Eph. 1:4)
<input type="checkbox"/> Light of the world (Matt. 5:14)
<input type="checkbox"/> Made free (Rom. 6:18, 22)
<input type="checkbox"/> One in Him (John 17:21-23)
<input type="checkbox"/> Qualified (Col. 1:12)
<input type="checkbox"/> Raised (Col. 2:12)
<input type="checkbox"/> Reconciled (2 Cor. 5:18)
<input type="checkbox"/> Redeemed (1 Pet. 1:18, 19)
<input type="checkbox"/> Saved (Rom. 5:8, 9)
<input type="checkbox"/> Sanctified (Heb. 10:10)
<input type="checkbox"/> Sealed (Eph. 1:13)
<input type="checkbox"/> Seated (Eph. 2:6)
<input type="checkbox"/> Set free (John 8:31-36)

New Covenant
<input type="checkbox"/> Jeremiah 31:31-34
<input type="checkbox"/> Luke 22:14-20
<input type="checkbox"/> Hebrews 8:1-13; 9:1-28; 10:1-23

New Commandment
<input type="checkbox"/> Love one another (John 13:34)
<input type="checkbox"/> As I have loved you (John 15:9-17)
<input type="checkbox"/> The Law of Christ (Gal. 6:2, 10)
<input type="checkbox"/> Taught by God (1 Thes. 4:9)
<input type="checkbox"/> The law of liberty (James 1:25)
<input type="checkbox"/> The royal law (James 2:1, 8, 9, 12)
<input type="checkbox"/> Love fervently (1 Peter 1:22, 23)
<input type="checkbox"/> Have fervent love (1 Peter 4:7-10)
<input type="checkbox"/> His commandment (1 John 3:21-23)
<input type="checkbox"/> Love one another (1 John 4:11, 21)

Gospel of Christ

“For I am not ashamed of the gospel
of Christ, for it is the power of God
to salvation for everyone who believes, for
the Jew first and also for the Greek. For in
it the righteousness of God is revealed
from faith to faith; as it is written, ‘The just
shall live by faith.’” (**Rom. 1:16, 17**, NLT)

Righteousness of God

“For God made Christ, who never sinned,
to be the offering for our sin, so that
we could be made right with God
through Christ.” (**2 Cor. 5:21**, NLT)

Promise of the Spirit

“That the blessing of Abraham might come
upon the Gentiles in Christ Jesus,
that we might receive the promise of the
Spirit through faith.” (**Gal. 3:14**)

“What then shall we say to these things?
If God is for us, who can be against us?
He who did not spare His own Son, but
delivered Him up for us all, how shall He
not with Him also freely give us all things?
For I am persuaded that neither death nor
life, nor angels nor principalities nor
powers, nor things present nor things to
come, nor height nor depth, nor any other
created thing, shall be able to separate us
from the love of God which is in Christ
Jesus our Lord.” (**Rom. 8:31, 32, 38, 39**)

The Quiet Time Planner™ Study Guides
Character Transformation

Maturity
<input type="checkbox"/> Matt. 5:1-7:29 - <i>Sermon on the Mount</i>
<input type="checkbox"/> I Cor. 12:1-14:25 - <i>Spiritual gifts</i>
<input type="checkbox"/> Galatians 5:22-25 - <i>Fruit of the Spirit</i>
<input type="checkbox"/> Phillipians 2:5; 3:15 - <i>Mind of Christ</i>
<input type="checkbox"/> I John 2:20-27 - <i>The anointing</i>

Prayer
<input type="checkbox"/> Matt. 6:9-13 - <i>The Lord's Prayer</i>
<input type="checkbox"/> Rom. 8:26, 27 - <i>Intercession</i>
<input type="checkbox"/> Ephesians 6:18 - <i>Supplication</i>
<input type="checkbox"/> Jude 1:20 - <i>In the Holy Spirit</i>
<input type="checkbox"/> Phillipians 4:6, 7 - <i>With thanksgiving</i>
<input type="checkbox"/> I Tim. 2:1-4 - <i>For all men, for kings</i>
<input type="checkbox"/> Matt. 5:43-45 - <i>For enemies</i>

Fasting
<input type="checkbox"/> II Chronicles 7:14 - <i>Humble yourself</i>
<input type="checkbox"/> Joel 2:12 - <i>Turn your heart to God</i>
<input type="checkbox"/> Isa. 58:6-12 - <i>Call on the Lord</i>
<input type="checkbox"/> Acts 13:1-3 - <i>Attune to the Holy Spirit</i>

Communion
<input type="checkbox"/> Matthew 26:26-30 - <i>Institution</i>
<input type="checkbox"/> I Cor. 11:23-32 - <i>Self-examination</i>

Fellowship
<input type="checkbox"/> I John 1:3-7 - <i>With God</i>
<input type="checkbox"/> Acts 2:41-47 - <i>With people</i>

Prayer of Salvation
<p>"Dear God, I am very sorry for all the wrong that I have done. Please forgive me of all my sins. I believe that Jesus Christ is the Son of God. I believe that Jesus died on the cross and rose again from the dead so I may be forgiven of my sins, cleansed from all unrighteousness and receive the gift of eternal life. Dear Jesus, I accept you as my Savior and as my Lord, and I give my life to you. Please baptize me with the Holy Spirit so that I may live for you. Thank you God for loving me, forgiving me, saving me and giving me new life. In Jesus' name. Amen." (John 3:16; Rom. 3:23; 6:23; 10:9, 10; II Cor. 5:17; Eph. 2:8; Col. 1:10; I John 1:8)</p>

Miracles of Jesus
<input type="checkbox"/> By Order of Nature
1. John 2:1-11 - <i>Turned water into wine</i>
2. Matt. 8:23-27 - <i>Stilled the waves</i>
3. Matt. 14:22-25 - <i>Walked on the water</i>
4. Matt. 14:15-21 - <i>Created fish and bread</i>
<input type="checkbox"/> By Order of Sickness
1. Mark 1:29-31 - <i>Healed sickness</i>
2. Mark 8:22-26 - <i>Healed blindness</i>
3. Luke 17:11-19 - <i>Healed ten lepers</i>
4. Jn 9:1-17 - <i>Finished unfinished creation</i>
<input type="checkbox"/> By Order of Death
1. Luke 8:41-56 - <i>Dead few minutes</i>
2. Luke 7:11-16 - <i>Dead several hours</i>
3. John 11:1-45 - <i>Dead four days</i>
4. John 10:18 - <i>Power over death</i>

Ministry of Divine Healing
<input type="checkbox"/> By Faith in Him
1. Matt. 8:5-13 - <i>Centurion's faith</i>
2. Mark 7:24-30 - <i>Gentile woman's faith</i>
<input type="checkbox"/> By Word Command
1. Matt. 9:1-8 - <i>Arise and walk</i>
2. Matt. 12:9-13 - <i>Stretch out your hand</i>
3. Mark 9:14-29 - <i>Come out of him</i>
4. John 4:46-54 - <i>Your son lives</i>
5. John 5:1-16 - <i>Take up bed and walk</i>
<input type="checkbox"/> By Contact and Transmission
1. Matt. 8:1-4 - <i>Jesus touched him</i>
2. Matt. 20:29-34 - <i>He touched their eyes</i>
3. Mark 5:25-34 - <i>She touched His clothes</i>
4. Luke 13:10-17 - <i>He laid hands on her</i>

Prayer of Faith
<p>"Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results." (James 5:14-17, NLT) Emphasis added.</p>

The Quiet Time Planner™
Daily Quiet Time Exercise

At any time during the day that works best for your personality (e.g., morning, afternoon, evening), find a quiet place to rest in the presence of the Lord. Next, set an alarm or countdown timer to a time estimate (e.g., 15 min, etc.) and use the prompts below to help you quiet your mind of busyness and distractions as you wait to hear from the Lord during your quiet time appointment with Him (Isaiah 40:31). Feel free to add more time if needed.

The Eight Keys of Effective Quiet Time Management
1. Welcome. Welcome the presence of the Lord. Invite Him to speak into your life today.
2. Surrender. Surrender your mind, will, emotions, intellect, and imagination to Him.
3. Scripture. Listen to hear what Scripture reading objective He will speak into your spirit to pursue. Record your objective under the <i>Notes</i> section of the <i>Journal</i> .
4. Meditation. Read the Scriptures aloud (or listen to an audio version of the Bible). Meditate on verses that touch or have an impact on you (e.g., repeat, memorize or transcribe verses; make notations in a journal or the margins of your Bible of ways the Lord is calling you to personal application of the verses).
5. Worship. Praise, worship, adore and express gratitude to the Lord as He reveals His word and Himself to you.
6. Confession. Confess your weakness, God's strength, your need for forgiveness, and faith in the sacrifice of Christ.
7. Quiet. Stop talking. Be quiet in the presence of the Lord. Wait patiently to hear what He will speak into your spirit.
8. Intercession. Conclude your time together by praying and interceding for those whom the Spirit brings to mind and taking action on what the Lord instructs you to do.

The Quiet Time Planner™
Journal

SAMPLE

Date/Reference	Notes
Welcome	Dear Lord, I welcome Your Presence and invite You to speak
Surrender	into my life today. I surrender my mind, will, emotions, intellect,
	and imagination (i.e., my self, my soul) to You.
Scripture	Matthew 11:1-30
	Verse 28 - "Come to Me...and I will give you rest."
Meditation	<u>I</u> will give you rest. I <u>will</u> give you rest. I will <u>give</u> you rest.
	I will give <u>you</u> rest. I will give you <u>rest</u> . <u>I</u> will give <u>you</u> rest.
Worship	Dear Lord, Thank you for inviting me to come to You. I accept
	Your invitation. My heart is ready to learn from You. Amen.