

ROBERT WEST

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The Quiet Time Planner™

Weekly Schedule

SCRIPTURE READING 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"/> I Samuel (31)
<input type="checkbox"/> II Samuel (24)
<input type="checkbox"/> I Kings (22)
<input type="checkbox"/> II Kings (25)
<input type="checkbox"/> I Chronicles (29)
<input type="checkbox"/> II 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)

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"/> I Corinthians (16)
<input type="checkbox"/> II 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"/> I Thessalonians (5)
<input type="checkbox"/> II Thessalonians (3)
<input type="checkbox"/> I Timothy (6)
<input type="checkbox"/> II 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"/> I Peter (5)
<input type="checkbox"/> II Peter (3)
<input type="checkbox"/> I John (5)
<input type="checkbox"/> II John (1)
<input type="checkbox"/> III John (1)
<input type="checkbox"/> Jude (1)
<input type="checkbox"/> Revelation (22)

*Psalms Outline
<input type="checkbox"/> Book 1: The Lord our God (1-41)
<input type="checkbox"/> Book 2: The Lord our Redeemer (42-72)
<input type="checkbox"/> Book 3: The Lord is Holy (73-89)
<input type="checkbox"/> Book 4: The Lord Reigns (90-106)
<input type="checkbox"/> Book 5: Praise the Lord (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)

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

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

Scripture Reading and Prayer Prompts

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 (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 (Isa. 40:31).

- Eight Keys of Effective Quiet Time Management**
- Welcome.** Welcome the presence of the Lord. Invite Him to speak into your life today.
 - Surrender.** Surrender your mind, will, emotions, intellect, and imagination to Him.
 - Scripture.** Listen to hear what Scripture reading objective He will speak into your spirit to pursue. Record your Scripture reading objective in the *Notes* section of the *Journal*.
 - 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, transcribe, underline and/or highlight 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).
 - Worship.** Express gratitude to the Lord for revealing Himself and His word to you.
 - Confession.** Confess your weakness, God's strength, your need for forgiveness, and faith in the sacrifice of Christ.
 - Quiet.** Stop talking. Be quiet in the presence of the Lord. Listen to hear what He will speak into your spirit.
 - Intercession.** Conclude your time together by speaking or writing a closing prayer thanking the Lord for His presence, His word, and His heart toward you. Intercede on behalf of those whom the Spirit brings to mind. Accomplish what He instructs you to do.

The Quiet Time Planner™
Journal

SAMPLE

Hrs/Min 15 min

Date/Reference	Notes
Welcome & Surrender	Dear Lord, I welcome Your Presence and invite You to speak 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
Meditation	Verse 28 - "Come to Me...and I will give you rest." I will give you rest. I will give you rest. I will give you rest. I will give you rest. I will give you rest. I will give you rest.
Prayer	Dear Lord, Thank you for inviting me to come to You. I accept Your invitation. My heart is ready to learn from You. Amen.

J.A.M. Session Prescriptions

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

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

Joy
<input type="checkbox"/> Psalm 16:11 - Joy with God
<input type="checkbox"/> 1 John 1:3-4 - Joy with People

Appreciation
<input type="checkbox"/> Isa. 53:1-12 - The Divine Exchange
<input type="checkbox"/> Eph. 6:10-18 - The Armor of God

Maturity
<input type="checkbox"/> Matt. 5:1-7:29 - Sermon on the Mount
<input type="checkbox"/> Gal. 5:22-25 - Fruit of the Spirit
<input type="checkbox"/> I Cor. 12:1-14:25 - Gifts of the Spirit
<input type="checkbox"/> James 1:5 - Wisdom from Above
<input type="checkbox"/> II Pet. 1:3-11 - The Divine Nature

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

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

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>

God of the Bible

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

"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
<p><input type="checkbox"/> Father</p> <ol style="list-style-type: none"> Our Father in heaven (Mat. 5:16) Abba Father (Rom. 8:15; Gal. 4:6) Father of our Lord Jesus (Rom. 15:6) Father of mercies (2 Cor. 1:3) Father of glory (Eph. 1:17) Father of spirits (Heb. 12:9) Father of lights (Jas. 1:17)
<p><input type="checkbox"/> Son</p> <ol style="list-style-type: none"> Jesus (Mat. 1:18-21) Immanuel (Mat. 1:22-23) Word (John 1:1-4: 14-18) Lamb of God (John 1:29) Bread of Life (John 6:35) Light of the World (John 8:12) Door/Gate of the sheep (John 10:7) Good Shepherd (John 10:11) Resurrection and Life (John 11:25) Way, Truth and Life (John 14:6) True Vine (John 15:1) Prince of Life (Acts 3:15) Lord of glory (1 Cor. 2:8) Lord of peace (2 Thes. 3:16) Apostle and High Priest (Heb. 3:1) Alpha and the Omega (Rev. 1:8)
<p><input type="checkbox"/> Holy Spirit</p> <ol style="list-style-type: none"> Spirit of truth (John 14:17) Comforter/Helper (John 14:26) Spirit of holiness (Rom. 1:4) Spirit of life (Rom. 8:2) Spirit of the living God (2 Cor. 3:3) Spirit of the Lord (2 Cor. 3:17) Spirit of His Son (Gal. 4:6) Holy Spirit of promise (Eph. 1:13) Spirit of grace (Heb. 10:29) Spirit of glory and of God (1 Pet. 4:14)

"May the grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all."
(2 Corinthians 13:14, NLT)

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)

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)

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

“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.” (Psalm 23:1-6, NLT) 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.

“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) 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!” (Psalm 103:1-4, 10-12, 22) Emphasis added.

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"/> Forgiveness (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)

Armor of Light
 “Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.” (Rom. 13:12b-14)