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The Quiet Time Planner™

Robert West

NOT FOR SALE.

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Time Alone with God

At any time during the day that works best for your personality (e.g., morning, midday, evening), set an alarm or count down timer (e.g., 15 min, etc.) and use the “right brain” executive function principles below to help you quiet your mind of busyness and distractions so you can hear from the Lord during your quiet time appointment with Him. Feel free to add more time if needed.

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 He brings to your mind. Accomplish what He instructs you to do.

The Quiet Time Planner™
Journal

SAMPLE

Hrs/Min
15 min

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 (NKJV)
verse 28	"Come to Me...and I will give you rest."
verse 29	"Take My yoke upon you and learn from Me...."
Meditation	<u>Come to Me. Rest. Learn from Me. Let Me teach you.</u> (NLT).
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.

Affirmation Verses

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

New Covenant
☐ Jeremiah 31:31-34
☐ Luke 22:14-20
☐ Hebrews 8:1-13; 9:1-28; 10:1-23

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

Praise and Worship References

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

“**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.

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

Scripture Prescriptions

Quiet Time
☐ 1 John 1:3-4 - Fellowship
☐ Matt. 11:28-30 - Discipleship

Fasting
☐ 2 Chronicles 7:14 - Humble yourself
☐ Joel 2:12 - Turn your heart to God
☐ Isa. 58:6-12 - Call on the Lord
☐ Acts 13:1-3 - Attune to the Holy Spirit

Prayer
☐ Matt. 6:9-13 - The Lord's Prayer
☐ Rom. 8:26, 27 - Intercession
☐ Ephesians 6:18 - Supplication
☐ Jude 1:20 - In the Holy Spirit
☐ Phil. 4:6, 7 - With thanksgiving
☐ 1 Tim. 2:1-4 - For all men, for kings
☐ Matt. 5:43-45 - For enemies

Communion
☐ Matthew 26:26-30 - Instituted
☐ 1 Cor. 11:23-32 - Self-examination

Maturity
☐ Matt. 5:1-7:29 - Sermon on the Mount
☐ Gal. 5:22-25 - Fruit of the Spirit
☐ 1 Cor. 12:1-14:25 - Gifts of the Spirit
☐ Eph. 6:10-18 - The Armor of God
☐ 2 Pet. 1:3-11 - The Divine Nature

Prayer of Repentance
“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; 2 Cor. 5:17; Eph. 2:8; Col. 1:10; 1 John 1:8)

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

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

Prayer of Faith
“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.

Books of the Bible

Old Testament	New Testament
☐ Genesis (50)	☐ Matthew (28)
☐ Exodus (40)	☐ Mark (16)
☐ Leviticus (27)	☐ Luke (24)
☐ Numbers (36)	☐ John (21)
☐ Deuteronomy (34)	☐ Acts (28)
☐ Joshua (24)	☐ Romans (16)
☐ Judges (21)	☐ 1 Corinthians (16)
☐ Ruth (4)	☐ 2 Corinthians (13)
☐ 1 Samuel (31)	☐ Galatians (6)
☐ 2 Samuel (24)	☐ Ephesians (6)
☐ 1 Kings (22)	☐ Philippians (4)
☐ 2 Kings (25)	☐ Colossians (4)
☐ 1 Chronicles (29)	☐ 1 Thessalonians (5)
☐ 2 Chronicles (36)	☐ 2 Thessalonians (3)
☐ Ezra (10)	☐ 1 Timothy (6)
☐ Nehemiah (13)	☐ 2 Timothy (4)
☐ Esther (10)	☐ Titus (3)
☐ Job (42)	☐ Philemon (1)
☐ Psalms* (150)	☐ Hebrews (13)
☐ Proverbs** (31)	☐ James (5)
☐ Ecclesiastes (12)	☐ 1 Peter (5)
☐ Song of Songs (8)	☐ 2 Peter (3)
☐ Isaiah (66)	☐ 1 John (5)
☐ Jeremiah (52)	☐ 2 John (1)
☐ Lamentations (4)	☐ 3 John (1)
☐ Ezekiel (48)	☐ Jude (1)
☐ Daniel (12)	☐ Revelation (22)
☐ Hosea (14)	
☐ Joel (3)	
☐ Amos (9)	
☐ Obadiah (1)	
☐ Jonah (4)	
☐ Micah (7)	
☐ Nahum (3)	
☐ Habakkuk (3)	
☐ Zephaniah (3)	
☐ Haggai (2)	
☐ Zechariah (14)	
☐ Malachi (4)	
“You search the Scriptures because you believe they give you eternal life. But the Scriptures point to me!” (John 5:39, NLT)	
“And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself.” (Luke 24:27)	

God of the Bible

Old Testament	New Testament
☐ Elohim	☐ Father
God. Creator and Judge of the universe (Genesis 1:1)	1. Our Father in heaven (Mat. 5:16)
☐ Yahweh	2. Abba Father (Rom. 8:15; Gal. 4:6)
I AM THAT I AM (Exodus 3:14)	3. Father of our Lord Jesus (Rom. 15:6)
☐ Yahweh-Jireh	4. Father of mercies (2 Cor. 1:3)
The LORD will provide (Genesis 22:13, 14)	5. Father of glory (Eph. 1:17)
☐ Yahweh-Rapha	6. Father of spirits (Heb. 12:9)
The LORD who heals (Exodus 15:26)	7. Father of lights (Jas. 1:17)
☐ Yahweh-Nissi	☐ Son
The LORD my banner or ensign (Exodus 17:10-15)	1. Jesus (Mat. 1:18-21)
☐ Yahweh-Mekaddishkem	2. Immanuel (Mat. 1:22-23)
The LORD our sanctifier (Exodus 31:13)	3. Word (John 1:1-4: 14-18)
☐ Yahweh-Shalom	4. Lamb of God (John 1:29)
The LORD our Peace (Judges 6:24)	5. Bread of Life (John 6:35)
☐ Yahweh-Sabaoth	6. Light of the World (John 8:12)
The LORD of hosts (1 Samuel 1:3)	7. Door/Gate of the sheep (John 10:7)
☐ Yahweh-Elyon	8. Good Shepherd (John 10:11)
The LORD most high (Psalms 7:17)	9. Resurrection and Life (John 11:25)
☐ Yahweh-Roi	10. Way, Truth and Life (John 14:6)
The LORD my shepherd (Psalms 23:1)	11. True Vine (John 15:1)
☐ Yahweh-Tsidkenu	12. Prince of Life (Acts 3:15)
The LORD our righteousness (Jeremiah 23:6)	13. Lord of glory (1 Cor. 2:8)
☐ Yahweh-Shammah	14. Lord of peace (2 Thes. 3:16)
The LORD is present (Ezekiel 48:35)	15. Apostle and High Priest (Heb. 3:1)
	16. Alpha and the Omega (Rev. 1:8)
	☐ 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)
“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)	
“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)	