

# Quiet - Time Worksheet

Passage \_\_\_\_\_

Date \_\_\_\_\_

1. Begin with Prayer — ask God to help you (e.g., I-O-U-S) —
  - **I**ncline my heart to you, not to prideful gain or any false motive. (Psalm 119:36)
  - **O**pen my eyes to behold wonderful things in your Word. (Psalm 119:18)
  - **U**nite my heart to fear your name. (Psalm 86:11)
  - **S**atisfy me with your steadfast love. (Psalm 90:14)
2. Read the passage twice.
3. Things I noticed today —

Key words:

Key thoughts:

Main truth:

Key verse to remember throughout the day:

4. How this passage applies to me.  
What does God expect from me because I read and meditated on His Word today?

My plan to do it:

5. Talk to God in prayer (e.g., A-C-T-S) —
  - **A**doration
  - **C**onfession
  - **T**hanksgiving
  - **S**upplication - for self and others