

# Quiet Time Journal

**DEVOTE yourselves  
to PRAYER, keeping  
ALERT in it with an  
ATTITUDE of  
THANKSGIVING.**

**Colossians 4:2**

## **My Gift to You**

This journal is my gift to you to help you grow as a Christian. I can think of nothing more exciting than watching students' lives change as they grow closer to God. This quiet time journal will help you develop one of the habits necessary for growth.

## **Why a Quiet Time?**

Our world is noisy and busy and time with God can be easily passed over. A quiet time is where you take some time out of your day and make an appointment to connect with God. Even Jesus took this time—“*Jesus often withdrew to lonely places and prayed*” (Luke 5:16)

The bottom line is that you can't be a healthy Christian without time with God. When you spend time with God you will:

- fall in love with Him more
- receive direction for daily living
- have His strength to keep going
- grow more like Him

## **Why 31 Pages?**

No . . . it's not one page for every day of the month. You would obviously benefit from having a quiet time everyday but there's no secret behind the 31 pages. I just want to keep the journal short enough so you can feel a sense of completion.

## **Is there a Bible reading plan that goes with this journal?**

No! Read whatever you want and keep track of it in the journal. If you don't know where to read in your Bible, you might start with the Gospel of John or the book of Philippians Or, if you need a reading plan, you can read through the One Minute Bible or pick up a Bible reading plan from our resource hub.

**What's the deal with a Proverb on every page?**

I love the book of Proverbs because it is filled with wisdom for everyday living. There happen to be 31 chapters in Proverbs so it was a convenient way to expose you to more of God's Word. Its for your reading pleasure. (Every passage is from either the NLT or NIV translations)

**What do I write on the journal page?**

Whatever you want! You can write out your prayers, list what God is teaching you, write a letter to God, write about your spiritual journey, describe what you want to learn, write what you think God would say to you if he was writing to you—there are no rules.

It's your spiritual journal. It's not intended to be a diary where you record everything you did yesterday. They are your pages— write what's on your heart.

**What do I do when I finish?**

Ask for another one. Look back over your journal pages and reflect on what God is doing in your life and what you're learning. Transfer your on-going prayer requests to your next journal . . . and celebrate God's growth in your life.

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 31:30*

*Charm is deceptive, and beauty does not last; but a woman who fears the Lord  
will be greatly praised.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 1:23*

*Come here and listen to me! I'll pour out the spirit of wisdom up on you and make you wise.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 30:5*

*Every word of God proves true; He defends all who come to him for protection.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 2:8*

*He guards the paths of justice and protects those who are faithful to him.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 29:18*

*When people do not accept divine guidance, they run wild. But whoever obeys the law is happy.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 3:5-6*

*Trust in the lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will Direct your paths.*



**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 28:14*

*Blessed are those who have a tender conscience, but the stubborn are headed for serious trouble.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 4:23*

*Above all else, guard your heart, for it affects everything you do.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 27:17*

*As iron sharpens iron, a friend sharpens a friend.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 5:21*

*For the Lord sees clearly what a man does, examining every path he takes.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 26:11*

*As a dog returns to its vomit, so a fool repeats his folly.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 6:23*

*For these commands and this teaching are a lamp to light the way ahead of you. The correction of discipline is the way of life.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 25:28*

*A person without self-control is as defenseless as a city with broken-down walls*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 7:1*

*Follow my advice, my son; always treasure my commands.*



**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 24:5*

*A wise man is mightier than a strong man, And a man of knowledge is more powerful than a strong man.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 8:13*

*All who fear the Lord will hate evil. That is why I hate pride, arrogance, corruption, and perverted speech.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 23:18*

*For surely you have a future ahead of you; your hope will not be disappointed.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 9:10*

*Fear of the Lord is the beginning of wisdom. Knowledge of the holy one results in understanding.*

**TODAY'S JOURNAL:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 22:9*

*Blessed are those who are generous, because they feed the poor.*

**TODAY'S JOURNAL:**

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**PRAYER REQUEST:**

*Proverbs 10:12*

*Hatred stirs up quarrels, but love covers all offenses.*

**TODAY'S JOURNAL:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 21:21*

*Whoever pursues godliness and unfailing love will find life, godliness, and honor.*

**TODAY'S JOURNAL:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 11:20*

*The Lord hates people with twisted hearts, but he delights in those who have integrity.*



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**PRAYER REQUEST:**

*Proverbs 20:1*

*Wine produces mockers; liquor leads to brawls. Whoever is led astray by drink cannot be wise.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 12:18*

*Some people make cutting remarks, But the words of the wise bring healing.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

**SCRIPTURE READ:**

**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 19:21*

*You can make many plans, but the Lord's purpose will prevail.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 13:20*

*Whoever walks with the wise will become wise; whoever walks with fools will suffer harm.*

**TODAY'S JOURNAL:**

**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 18:24*

*There are "friends" who destroy each other, but a real friend sticks closer than a brother.*

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**TODAY'S DATE:**

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**WHAT THIS SCRIPTURE MEANS TO ME:**

**PRAYER REQUEST:**

*Proverbs 14:31*

*Those who oppress the poor insult their maker, But those who help the poor honor him.*

**TODAY'S JOURNAL:**

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**PRAYER REQUEST:**

*Proverbs 17:22*

*A cheerful heart is good medicine, but a broken spirit saps a person's strength.*

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**PRAYER REQUEST:**

*Proverbs 15:30*

*A cheerful look brings joy to the heart; good news makes for good health.*



## TODAY'S JOURNAL:

One of our goals is to help committed students develop HABITS necessary for continual spiritual growth. We've identified these HABITS and some tools to help you develop these HABITS.

Hang time with God Quiet Time Journal

Accountability with another believer Back to Back

Bible memorization Hidden Treasures

Involvement with the church body Going to church

Tithing commitment Bank of Blessings

Study the Bible RootWorks

If you don't have any of the other tools besides the Quiet Time Journal, you can get them from your small group leader or at one of the weekend services.

*Proverbs 16:3*

*Commit your work to the LORD, and then your plans will succeed.*