

THE BIBLE RECAP

PRIORITY TIME (QUIET TIME) STRUCTURE

Apps TLC recommends:

[YouVersion Bible App](#) – to have Bible read aloud

[White Noise](#) – to prevent distractions/stay focused

[Echo Prayer](#) – for prayer reminders throughout the day

1. IMMERSION

- Set recurring reminders (3x daily) to ask: “What did I learn this morning?” ([Joshua 1:8](#))

2. LISTEN TO THE TEXT

- Listen to the day's Bible reading on the Bible app (w/headphones if necessary) Listen for the overall theme of the passage
- Listen for anything repetitive
- Listen for anything unusual, confusing, awesome

3. PREPARATION

- Silence your phone and leave it across the room if possible
- Pause and ask God to grant you wisdom ([James 1:5](#)) before you read the Word

4. READ THE TEXT ALOUD

- Look for God: What is He like? What does He love or hate? What motivates Him? Pause after each verse to mentally summarize
- Take note of the things you learn about God and His character
- Take note of anything new or anything that jumps out at you
- Take note of any questions you have or anything you want to study further

5. SILENCE/JOURNAL

- Pause to silently reflect on what you've learned in passage
- Ask God to search your heart ([Psalm 139:23](#)) and grant you understanding ([Psalm 119:34](#))
Journal about anything God presses on your heart in this time

6. PRAY (see page 2 for more info)

- Use the structure of The Lord's Prayer as your guideline (page 2)
- Set a timer on your phone/watch.
- After finishing prayer, send encouraging texts to some of the people you've prayed for.

PRAYER STRUCTURE

1. PRAISE/ADORATION

- Praise God for who He is, what He does, etc.
- Recall what you learned about Him and His character in the day's text

2. SUBMISSION/ALLEGIANCE

- Declare your allegiance to Him, His plan, His kingdom
- Set your heart to submit to those things over and above your own agenda

3. PETITION

- *On each day, I pray for myself in a different category of life (family member, friend, disciple, etc.), and I also pray for the people I encounter in that category. For example, on Tuesdays I pray for all our D-Group Leaders, then I pray for myself as a disciple-maker. I also have recurring prayers that I pray for every day of the week. I list these on the last line ("daily").*
 - MON:
 - TUE:
 - WED:
 - THU:
 - FRI:
 - SAT:
 - SUN:
 - DAILY:

4. CONFESSION

- *These questions help me monitor my heart and acknowledge my sins to the*
 - *Father. In the last 24 hours, did I:*
 - Avoid doing something I should've done?
 - Misrepresent God in my personal conduct?
 - Walk in honesty with God, others, myself?
 - Honor God in my thoughts?
 - Monitor my motives?
 - Depend on God or myself / my own understanding?

5. FORGIVENESS

- Repent of the sins He revealed to me in the questions above
- Thank Him for His forgiveness
- Respond to God by forgiving others who have offended you

6. PROTECTION

- Recognize your known areas of weakness and ask Him for help
- Ask Him for help and protection in my unknown areas of weakness (known to Him)

7. PRAISE/ADORATION/AMEN

- Thank Him for hearing your prayer, for caring about your heart