

# QUIET TIME

## USING THE BULLETIN



## QUIET TIME: USING THE BULLETIN

So often, we go to church on Sundays, and then we've forgotten what we've heard by Monday morning. Use this guide as part of your daily quiet time to extend your Sunday into the rest of the week. It will help you respond to the sermon, as well as prepare you for the next one.

**“Quiet times” are dedicated times each day set aside to connect with God.**

### TIPS:

- **Time:** The quiet times from Monday to Friday are designed to help you reflect on different parts of the bulletin and will take about 10-15 minutes each day. The one on Saturday will help you study the upcoming sermon text and will take about 20-30 minutes.
- **Journal:** During your quiet time, record your thoughts and prayers in a notebook, especially if you get easily distracted.
- **Worship:** You might wish to start your quiet time with worship. Read a psalm or sing a song from the bulletin.

## SUNDAY (TIME VARIES)

### REST & CELEBRATE

- The Sabbath\* is a blessing from God. How can you rejoice with and rest in God — on your own and/or with others today?
- Take some time to reflect on the past week. What specific things can you adore and thank God for?

### PRAY

- Rejoice and rest in God.
- Thank Him for His creation and the fruits of our labor.
- Pray for Trinity's gathered worship service. Intercede for — pray on behalf of — the staff, volunteers, members, and guests.

### AT CHURCH

- Throughout the service, take notes in your bulletin to help you remember what you heard and how God spoke to you.

\* For more info,  
visit [trinityowasso.com/sabbath](http://trinityowasso.com/sabbath)

**“Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.”**  
~ Exodus 20:9-10

## MONDAY (10-15 MINUTES)

### REFLECT

- What were the main points of the sermon?
- What was especially meaningful to you? How did it encourage or challenge you?
- What would you ask God to do in your heart as a result? What specific actions will you take this week?

**“I seek you with all my heart.  
Do not let me stray from your  
commands.” ~ Psalm 119:10**

### PRAY

- Ask the Holy Spirit\* to help you apply these things throughout the week.

### SHARE

- If you're in a Community Group\*\*, how can you pray for them — and they for you — in light of the sermon scripture? Share this with your group this week.

*\* In John 14, Jesus said that the Holy Spirit lives inside us — to teach us and remind us about God.*

*\*\* For more info on Community Groups, go to [trinityowasso.com/communitygroups](http://trinityowasso.com/communitygroups)*

## **TUESDAY (10-15 MINUTES)**

### **TREASURE HIS WORD**

**“I have hidden your word in  
my heart.” ~ Psalm 119:11**

- Read the sermon passage again.
- What particular verse or attribute of God resonates with you? Why?
- Memorize it. Refer to it throughout the week (e.g. write it on a piece of paper and place it in your pocket; use it as the lock screen of your phone; post it on the bathroom mirror).

### **PRAY**

- Ask the Holy Spirit to deepen your understanding of this verse/attribute throughout the week.

## WEDNESDAY (10-15 MINUTES)

### REJOICE!

- Pick a song in the bulletin and read it like a poem. Circle or underline words in the lyrics that describe who God is (e.g. His characteristics, promises, desires, commands).
- Meditate — think deeply — about these words. What truths about God stand out to you?
- Why is He showing you this today? If you took these truths about God seriously, how would you be different?

**“Come, let us bow  
down in worship, let  
us kneel before the  
Lord our Maker.”  
~ Psalm 95:6**

### PRAY

- Adore God for who He is — tell Him all the things that you noticed about Him in the song.
- Ask the Holy Spirit to make these truths about God real and alive in your life.
- Who is God putting on your heart today (e.g. from your home, neighborhood, work, church)? Pray these truths for them too.
- As a prayer, conclude by singing or reading the song aloud.

## THURSDAY (10-15 MINUTES)

### TURN BACK TO GOD

- Meditate on the “Confession of Sin” in the bulletin.
- What challenged or convicted you? What would God like you to learn or unlearn?
- What specific things does God want you to repent of — turn away from — so you can turn back to Him? (Post it on the bathroom mirror).

### PRAY

- Repent of the things that lure you away from God, and ask the Holy Spirit to help you love God more than anything or anyone else.
- Meditate on the “Confessional Response” song and the “Words of Encouragement” in the bulletin. Let Jesus’ love and grace cleanse and comfort you.

**“Create in me a pure heart, O God, and renew a steadfast spirit within me.” ~ Psalm 51:10**

## FRIDAY (10-15 MINUTES)

### PRAY FOR US

- How would you describe Trinity in your own words? Review Trinity's Vision statement. [trinityowasso.com/vision](http://trinityowasso.com/vision) How are we doing at accomplishing this vision in Northeast Oklahoma?
- Are there one or more ministries that you're drawn to? Who or what might God want you to intercede for — pray on behalf of — today?
- How might God want to use you to bring about renewal and flourishing — at home, in your neighborhood, at work?

### PRAY

- Thank God for all the ways that He is using Trinity to show that grace changes everything in your life and the life of your family.
- Pray for the flourishing of our church, its staff, and its ministries. If a Scripture comes to mind (e.g. of God's promises, desires, plans), pray these truths for them.
- Ask God to show you how you can actively participate in the flourishing of the people and places where you live, work, and play.

**“I thank God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel...”  
~ Philippians 1:3-5**



## SATURDAY (20-30 MINUTES)

### PREPARE OUR HEARTS

- Each week the upcoming bulletin is included in our weekly email. Find the sermon notes and look up the Scripture.
- Use the meditation and prayer guide below to study the passage before you attend gathered worship on Sunday.

“Blessed is the one...  
whose delight is in the  
law of the Lord, and who  
meditates on his law day  
and night. That person  
is like a tree planted by  
streams of water.”

~ Psalm 1:1-3

### QUIET TIME: MEDITATION & PRAYER

Like most people, our devotional times might consist of a) Bible reading and then b) prayer. Our prayer lives will change, however, when we learn to add a ‘middle discipline’ — meditation — between plain Bible reading and full-out prayer. ***Meditation is prayer — full reflection on what God has just told you in His Word. It is neither study nor prayer, exactly, but a combination.*** Psalm 1, which is not a prayer, but a meditation, indicates that meditation is the doorway into deeper prayer. Learn to do meditative prayer, and you will enrich your prayer life in untold ways.

**1. Be Still** (and know that He is God): Take a moment to be still with what you're about to do. Some ideas to think about:

- “Come, let us bow down and worship Him. Let us fall on our knees before the Lord our Maker.” -Psalm 95:6
- God is my loving Father, therefore I can come to Him as a child.
- Jesus is my High Priest, which means I have access to the throne of grace.
- The Holy Spirit indwells me, so that what I pray will be through His leading.

**2. Invite:** Ask the Holy Spirit to open your heart and mind to hear from Him, and to give you a humble and responsive heart that will be transformed by Him.

**3. Read Slowly** read the scripture passage 2-3 times. Read for understanding.

- Observe basic facts, e.g.: Who, what where, when, why? What did it mean to the audience of that time?
- What does the text say about God? (e.g. His attributes, desires, promises, commands) About humanity? Create a “T” chart with two columns. List observations about God on the left; humanity on the right.

**4. Meditate:** Become aware of God's loving presence and read the passage again, perhaps out loud. Notice how He might be speaking to you. Dwell on a word, phrase, or idea that jumps out at you.

- What has connected to my heart or mind? (e.g. a characteristic of God to be grasped, a command to be obeyed, a comfort to be savored)
- Think deeply about it. What does it mean? What is it really saying? Put it into your own words.
- Why is God showing me this today? If I took this seriously, how would I be different?
- What can I adore God for because of this? What sins can I confess? What can I thank Him for? What requests can I make?

**5. Pray:** Talk to God about what He has shown you through this text. Some find the ACTS model of prayer below helpful. But the essence is simply to respond to what God has revealed to you. Be yourself; ask questions; try not to rush. A response can also be silence, tears, or worship.

- Adore God for who He is (e.g. His attributes revealed in this passage)
- Confess the sinful emotions, attitudes, and behaviors that result when we forget who He is.
- Thank God for what He has done.
- Supplicate (ask) God to transform you and to help you apply what He has shown you today.

**Bonus: Intercede for Others.** The Bible is not just my story — it is first and foremost God’s story, then our story, and finally my story. What does this passage reveal about God’s heart for the people and world around you (e.g. family, neighbors, workplace, Trinity, Tulsa)? Who or what has God put on your heart today? Pray this passage for them too.

**Free Prayer:** Pray about whatever else is on your heart or on your prayer list. Now that you’ve listened to God’s word and prayed on the basis of what He has told you today, you can better trust your own heart — it’s been given guidance and rails to run on.

**6. Behold:** “See the light of the glory of God in the face of Jesus Christ.” End by adoring and appreciating some aspect of the excellence and beauty of Christ.





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PRESBYTERIAN CHURCH

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