

CHRISTIAN FOUNDATIONS - APPENDIX TO WEEK III

A PATTERN FOR A DAILY QUIET TIME WITH GOD

I TURN TO GOD

Find a quiet place and time where you can be alone with God. Many people find the very beginning of the day is best. Try to set aside the distractions of the day to focus your mind on God. Think of him as a person who loves you very much and wants to develop a friendship. It is useful to have a notebook and pen as well as your Bible.

II TURN TO THE BIBLE

Using your Bible reading notes, open the Bible at today's passage. Read it twice – first to get the feel of it, then to start to look for details. Do not turn straight to the notes, with other people's thoughts! Here are some useful questions:

- *Is there anything about God the Father, Son or Holy Spirit?
- *What does it show me about what people are like?
- *Is there an example to follow or a mistake to avoid?
- *Is there a command to obey or a warning to notice?
- *Is there a promise to claim or a prayer I can use for myself?
- *Is there a verse I want to learn?
- *How can I apply this to my daily life?

**What one thing will I focus on today?*

III TURN TO YOUR NOTEBOOK

Jot down some of the thoughts you have had.

IV **TURN TO YOUR BIBLE READING NOTES** to see if they add to your own discoveries.
Do your own thinking first.

V TURN TO PRAYER

Talk (in silence) or aloud to Jesus your friend.

*about the things you have noticed in your Bible reading. Ask him to help you carry out in your life the things the Bible has shown you.

*about other personal matters: your family and friends, your work, your leisure interests, the needs of your church.

Use your notebook to make a list of the people or concerns you want to talk to God about regularly. Write down a few names of those you particularly want to see becoming Christians.

Write down – with a date – your special prayer requests. Look back at these from time to time to remind yourself about God's answers to your prayers.

***WHAT DO I DO IF MY MIND KEEPS WANDERING FROM GOD ON TO OTHER THINGS?**

Turn these straggling thoughts into a short prayer. Then return to your previous thoughts. If there are things you want to remember to do, jot them down on a piece of paper (not in your special notebook!)