

MY BACKGROUND PREPARATION: (on a topic in preparation for life-to-life disciple-making)

Topic: *Quiet Time*

Objective: (what do you want the individual to do, know, believe, act, etc.)

That the student will have a regular "daily" Quiet Time (includes both "how to", and actually having one on an (almost) daily basis.

Biblical examples: (examples from Scripture of this activity or truth in action)

Jesus - Mk 1:35

Daniel - Dan. 6:10

Key verses and Biblical truth: (Bible verses that teach this topic, and a note about the Biblical truth revealed)

John 15:1-16 Abiding in Jesus is the foundation of our relationship with Him; if we do not abide in Jesus, nothing else happens: no fruit (people nor character), prayers are not answered, no joy, we lack the knowledge of how to obey Him, etc.

Your personal experience (how has this been important to you?):

As a college sophomore my Nav Rep taught me about QT, but I was very inconsistent – it seemed my motivation was wrong – I was doing it just because I knew my Nav Rep was going to ask me about it. So I struggled with "am I doing this for the wrong reason? And if so, then maybe I shouldn't do it." Eventually, however, I concluded that having QT was the right thing to do, and that doing the right thing, even if doing it for the wrong reason, was better than not doing the right thing at all. Therefore I should have a regular QT even if my motives were not correct.

I soon found that my love for the Word grew, my heart for prayer grew, and ultimately, my love for Jesus grew to where I began to look forward to have that daily time with Jesus – my motives changed to the glory of God.

Additional resources (illustrations, books, booklets, DVDs, CDs, MP3s (Navigators Discipleship Library online), audio tapes, YouTube videos, etc....):

Seven Minutes with God – Nav Tool sheet

The Daily Quiet Time pamphlet by the American Bible Society

HOW DO I PLAN TO COMMUNICATE IT?

As you develop your plan, draw from the Background Preparation to fill in Bible verses, illustrations, personal experience, other resources, etc. where appropriate.

Tell WHY: (Motivation, Biblical truth, benefits...)

Read John 15:1-6 together – What does it mean to abide in Jesus? What are the results of “abiding”? And what are the results of “not abiding”?

Read Mk 1:35 together, point out that even Jesus found it necessary to spend time with His Father.

Show HOW: (Provide instructions, show while s/he watches, do it together....)

Mk 1:35 – early morning may be best, less distractions, prepares you for the day, etc.

Handout Nav Tool: Seven Minutes with God, and discuss this plan.

Get STARTED: (Do it together, give an assignment, etc.)

Have QT together: (follow “Seven Minutes” format): Intro prayer; then Read Proverbs chapter that matches the day of the month (on the 1st of month, read Pr 1; on the 2nd of the month, read Pr 2; etc.); pick out a key verse, and share the main thought; then share prayer requests and pray.

Assignment: have QT each day this week.

Keep GOING: (How are you going to check up on progress? How will you know if s/he is making progress? Are there any “next steps” to take this to the next level?)

Each day, send the student a text with the reference for my verse of the day, and my key thought.

For example: “Pr. 6:9-11 I can get a lot more done if I get up early and get started.”

Continue daily texts, and having QT together at least once a week until they become regular.

Pass it on: (Make sure s/he can pass it on to another, make sure it is reproducible...)

Have the student show another student how to have a QT.