

## How to Have a Quiet Time

*“When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.”*  
Acts 4:13

### “SOAP” Method of Reading the Bible

#### **S: Scripture**

- Spend time in Scripture asking God to renew your mind in His Truth (Romans 12:1-2)
- Start with a book of the Bible (John is a great place to start) or Bible reading plan (Bible App)

#### **O: Observe**

- Reflect on what the passage means
- Look for one or two truths that stick out to you: try writing down a principle or verse in your own words

#### **A: Apply**

- Ask God how He wants to apply the truth you just read to your life
- How would your life be different if you believed or did what God’s Word says?

#### **P: Pray**

- Ask Him for the courage to follow Jesus today and remember He is with you today
- Spend some time in quiet with God (try using the PRAY acronym below for a simple approach)

### “PRAY”: Praying with Purpose

#### **P: Praise**

- Spend some time thanking God for who He is in your life
- Prayer starts with focusing our attention and affection on God

#### **R: Real Life**

- Spend time praying about the real things in your life (things you are grateful for and that you need help with)
- Prayer is not pretending, but bringing our real life to God and learning to live by His power

#### **A: Ask**

- Ask for God’s provision, love, and power to be made known to people in your life
- Prayer is partnering with God in His mission in the world

#### **Y: Your will be done**

- Spend some time listening to His Spirit about specific situations in your life
- Prayer is about surrendering to Jesus not trying to control Him—pray for the grace to accept the things you can’t change and the courage to change things you can and the wisdom to know the difference