



ELEMENTS

Week 2: Quiet Time

RECALL

DISCUSS YOUR EXPERIENCE:

Take a few moments to discuss your reading assignment from last week: Colossians 1:15-23. How did the “Elements” spiritual learning steps (**Recall, Reveal, Reflect, Recognize, & Respond**), help you to better understand this passage? What did you learn about Jesus and His role in God’s Story?

ICEBREAKER:

Put down your Bible and for the next 60 seconds remain totally silent. Listen intently for the various sounds you hear in the room. What are some of the sounds that you hear? What are some of the sounds that you did not hear previously? Why do you think you missed those sounds? It could be that you’ve simply grown accustomed to those particular sounds so they really don’t get your attention or it might be that you missed them because you simply haven’t taken time out of your busy day to be still and listen. Unfortunately, this is all too often true in our spiritual lives as well. We often miss many of God’s spiritual truths because we fail to have regular times of quietness just listening for His voice.

FOCUS:

Do you desire to hear from God? Are you really passionate about wanting His will in your life? God’s plan and desire is to bless those who follow Him. Following Him, however, requires our obedience. We must first know and understand His expectations. As Christ followers, we can gain His perspective and direction for our lives if we will learn to listen to Him, but this requires intentionally setting aside regular times each day to spend alone-time with God.

It is in our Quiet Times or the “morning watch” and “appointments with God,” that we will “hear” Him speak. Sure, we may hear God at other times throughout the day, perhaps through a friend or circumstance, but it is when we take time to make Him a priority, shutting out the rest of the world, that we hear Him. Quiet time is the common denominator of every great person of God. Anybody who has ever become somebody for God has made spending time alone with Him a priority.

REVEAL

PRAY FOR GUIDANCE:

Now take a few moments and ask God to help you understand, grasp and apply the spiritual truths of this week’s selected Bible passage.

Jeremiah 29:11-14 (HCSB)

¹¹ “For I know the plans I have for you”—[this is] the LORD’s declaration—“plans for [your] welfare, not for disaster, to give you a future and a hope. ¹² You will call to Me and come and pray to Me, and I will listen to you. ¹³ You will seek Me and find Me when you search for Me with all your heart. ¹⁴ I will be found by you”—[this is] the LORD’s declaration—“and I will restore your fortunes and gather you from all the nations and places where I banished you”—[this is] the LORD’s declaration. “I will restore you to the place I deported you from.”

REFLECT

UNDERSTAND THE CONTEXT:

As a group, utilize your study bibles or on-line resources to help you answer as many of the following questions about the



selected passage as you can. Keep in mind, these questions are intended to be a guide and you may not be able to find all of the answers or have time to address each one in the group.

1. Who? Who wrote the book and/or passage? Who was the intended audience? Who are the main characters in the story?
2. What? What are some of the key words and their meanings in the passage?
3. When? When was the book or passage written? What was historically occurring at the time?
4. Where? In what geographic location did the story take place? What was the setting?
5. Why? Why was this book or passage written? What was the main purpose?

RECOGNIZE

KNOW THE TRUTH(S):

Keeping in mind the context of the selected passage (see Reflect), read the Scripture as a group and carefully take note of the truth(s) and/or promises God provides. Look for God's promises, plans, provisions and purposes.

1. What did it mean? Read each verse individually, pausing at the end to note any truth(s) and/or promises that were intended for the original audience.
2. What does it mean? What are the universal truth(s) and/or promises and how do they apply today?
3. What meaning is unclear? Discuss, if any, problems you have encountered with the passage (i.e. what you don't understand, possible contradictions, or difficulties in applying the passage today).

RESPOND

TAKE ACTION:

You've now prayed asking God to **R**eveal Himself and help you understand the selected passage; you've **R**elected on the context in which the passage was written; you've **R**ecognized God's timeless truths; and now you must **R**espond. To help determine your response, as a group, discuss the following questions:

1. Do you spend daily Quiet Time with God? Be honest and share with the group.
2. Briefly assess your weekly schedule by evaluating your routine tasks and appointments. Where is the majority of your time spent?
3. What task or activities in your life keep pushing your time with God down on the priority list? Be specific. In what areas should you make a priority change?
4. God reveals in the Jeremiah passage that He desires to be our priority. Having a daily Quiet Time is the primary way to deepen our relationship with Him. Through this relationship we discover His plans for our lives. So what does it look like practically to search for Him with all of our heart?

THIS WEEK:

Your assignment is to do your very best to have a 15-20 minute Quiet Time each day using 1 Kings 19 as your Scripture focus. Apply the five (5) spiritual learning steps (**R**ecall, **R**eveal, **R**elect, **R**ecognize, & **R**espond). Remember, having a daily Quiet Time is foundational for developing and enhancing your relationship with God and for understanding His plans and purposes for your life.

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