

# SHE PROVES

## *faithful*

**TOPIC:** The Word Plan 2: Quiet Times

**KEY VERSE:** Colossians 3:10

**OBJECTIVES:**

1. Understand why reading the word consistently is important
2. Learn a method of reading the Bible
3. Develop a Bible reading plan

### I. DISCUSSION QUESTIONS

What do you think some of the benefits are of reading the Bible consistently. Have you ever done a Bible reading plan? What was it like? How did it go?

### II. SCRIPTURE AND DISCUSSION

1. Read Colossians 3:1-3
  - How do we seek things that are above and keep our mind on things above?
2. Read Romans 12:1-2
  - How do we renew our minds? Why is it so important to do so?

There are several methods we can use to grow in the knowledge of God's Word including reading, listening, studying, meditating, and memorization. A great way to get a steady diet of God's Word is to simply spend time in it each day. This method is often called a "Quiet Time" and involves reading a passage of God's Word, writing down your thoughts, applying it to your life, and praying through what you've learned.

Here is a simple Quiet Time method:  
ABC Quiet Time Method

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|----------------|--|
| A - Analyze    | Pick a section of scripture, read it, write down your observations, thoughts and questions |
| B - Best Verse | From what you read, select your favorite verse, one that stuck out to you                  |
| C - Commit     | Pray about how you can apply what you've read to your life                                 |

Now have a quiet time together using the ABC Quiet Time Method. Read Colossians 3:1-11 on your own and then work through the ABC's in a journal or on a piece of paper. Give each other 10-15 minutes and then discuss what you discovered from your quiet time.

### III. TAKING ACTION

Bible reading plans are very helpful for some people to remain in God's word consistently. Bible reading plans can be found on apps, like You Version, but can also be as simple as choosing a book of the Bible to read through. Discuss a Bible reading plan you are interested in and set a goal to read the word each day this week using the ABC quiet time method.