



## If New to Quiet Time:

Spend fifteen minutes with God.

1. **Pray** the following (read it directly or put it in your own words):
  - **“Holy Spirit, I invite you to come and be with me. Come and open my heart and mind to hear from you.”**
2. **Take a moment** to sense his presence with you.
3. **Read** Acts 22:14
4. **Reflect** on the verse; write it out, look at different versions, put it in your own words, draw it, read it out loud, etc.
5. **Journal** on; what do you think Holy Spirit is trying to speak to you through this Scripture?
6. **Pray** the following (read it directly or put it in your own words):
  - **“Holy Spirit, thank you for speaking to me.”**

## Going Deeper – Do this daily:

- **Do** activity #1-2 above.
- **Read** a chapter daily of one of the gospels until you finish the book.
- **Reflect** on one of these passages for the week. Write it out, look at different versions, put it in your own words, draw it, read it out loud, etc.
  - 1 Corinthians 13:4-7
  - Proverbs 3:5-6
  - Matthew 11:28-30
- **Journal** on; what do you think Holy Spirit is trying to speak to you through the reading and reflection of Scripture? Are there any steps He is inviting you to take? Anything He is inviting you to change?
- **Pray** the following (read it directly or put it in your own words):
  - **“Holy Spirit, thank you for speaking to me.”**
  - **Pray according to things you read.**