

HEAR

Quiet Time Guide

1. Read Psalm 119:105 together and discuss.
2. Explain the importance of spending time with God each day
 - Share your personal experience of spending time with God
3. Explain the acrostic- H.E.A.R.
4. Walk them through an example quiet time.
You can use James 1:19-25 as an example.
5. Apply: Help them come up with a time & place to do this.

Highlight - what stood out to me?

Explain - what does it mean?

Apply - what should I do?

Respond - what action can I take?
what can I thank God for?
what can I ask God?