

# Weekly Quiet Time Guide

## April 14 - 20



### Sunday - Sermon Notes & Sabbath

*Sabbath at Mercy Hill: a Sunday practice aimed at resting from work and dwelling with God and community.*

*"The end goal of Sabbath is not to say, "I practice Sabbath." It's to apprentice under Jesus and, as a result, become a person who is aware of what God is doing around you, sincerely grateful, emotionally healthy, and delighted by the goodness of your life with God. A person who is like a rock in a sea of chaos, unmoved by the overwork, overconsumption, and overactivity of our host culture. May the God of rest fill you with his peace and presence as you rest in him." (The Sabbath Practice Digital Guide created by Practictheway.org)*

For more information about Sabbath at Mercy Hill [read this paper](#)

### Monday - Study The Bible

Each week we'll provide you with a study guide for a particular passage of Scripture. This weeks Bible passage is **Romans 12:1-21**. These guides will provide background, context, and explore different tools for studying the Bible. Take notes about what we are studying in your Commit to the Quiet journal.

[Read the Study Guide Here](#)

### Tuesday - Talk to God

One powerful way to talk to God is praying scripture. Turn this verse into your prayer for today:

Isaiah 53:4-5

4 Surely he took up our pain and bore our suffering,  
yet we considered him punished by God, stricken by him, and afflicted.  
5 But he was pierced for our transgressions, he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.

### Wednesday - BREAD

Romans 12:1-21

[Read this if you are unfamiliar with BREAD Bible Reading](#)



## **Thursday - Listen to God**

As you position yourself to hear from God, consider this question: What things are worrying or upsetting you today?

Take some time here to sit in the quiet, in stillness, holding space for thoughts and feelings to emerge. Set a timer for 2-10 minutes here and learn to sit in God's presence with your feelings.

Pray this prayer to close your time: Help me, O Lord, to be still and wait patiently for you. (Psalm 37:7). I offer to you each of my anxieties and worries this day.

Teach me to be prayerfully attentive and to rest in you as I enter into the many activities of this day. In Jesus' name, amen.

(Emotionally Healthy Spirituality, Day by Day page 31)

## **Friday - Praise & Gratitude**

Praise -- Jealous God

God called Himself a "jealous God" in Exodus 20 when He spoke to Moses at Mount Sinai. This name reminds us that God does not take lightly nor tolerate our wandering hearts. He alone is worthy of our worship and praise, and He will not share it with another.

Scripture presents God as jealous for His deity, His sovereignty, and His glory. Throughout the Old Testament, God uses this name to emphasize that He alone is God, and He alone is holy and worthy of our worship.

Gratitude

What kind of "wants" are you defining as "needs"? Ask God to show you any ways you may have become blinded to His grace. Highlight them. Confess them. And thread them in on the bounty God promises to the grateful.

## **Saturday - Examine**

Use St. Ignatius of Loyola's Examen questions as an opportunity for peaceful reflective prayer as you look back on this last week:

Where have I felt true joy?

What has troubled me?

What has challenged me?

Where and when did I pause?

Have I noticed God's presence in any of this?

As I look ahead, what comes to mind?

With what spirit do I want to enter next week?