

# Weekly Quiet Time Guide

## April 21 - 27



### Sunday - Sermon Notes & Sabbath

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

*A spiritual formation resource called [practictheway.org](http://practictheway.org) says, practicing sabbath is about responding to Jesus, "to follow Jesus is to adopt his overall lifestyle as our own." They also say that this ordering around Jesus is more about obedience to Jesus more than it is about us living our best life, "we don't sabbath because it's good for us, (though it is), but because we are apprentices of Jesus, our teacher and Lord." It is so amazing that in the Jesus way what is right for us is also good for us!*

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 week's Bible passage is **Philippians 4:10-13**. 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

Today as you talk to God, use the beautiful guide Jesus gave us called "The Lord's Prayer" found in Matthew chapter 6. Whether this prayer is a familiar part of your life or not, set aside time to engage in this guided prayer exercise to pray in this way.

[Watch this Video Explaining the Lord's Prayer Exercise](#)

### Wednesday - BREAD

Philippians 4:10-13

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



## **Thursday - Listen to God**

Take some time today to journal your thoughts in response to the questions below. These questions come from a list of 22 questions that John Wesley and the members of his Holy Club group asked themselves every day in their private devotions over 200 years ago. Allow these questions to guide you into a time of prayer, searching yourself and listening for God's voice.

- Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
- Am I honest in all my acts and words, or do I exaggerate?
- Did the Bible live in me today?
- Do I give it time to speak to me everyday?
- How do I spend my spare time?

## **Friday - Praise & Gratitude**

Praise -- Jehovah Jireh

Jehovah - Jireh means "the Lord will Provide". He provides for us both eternally and daily for all of our needs. Praise God, Jehovah - Jireh for all the He provides for you.

Gratitude

Spend time today in prayer today to think back over the history of God's provision and faithfulness in your life, your family, and your church. Make a list of desperate situations or seasons when you have witnessed His providential protection and provision.

## **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?