

Weekly Quiet Time Guide

April 28 - May 4



Sunday - Sermon Notes & Sabbath

At Mercy Hill we describe Sabbath as *a Sunday practice aimed at resting from work and dwelling with God in community*. We encourage you to try Sabbath in 7 different ways. **Way #1 is, go to church on Sunday as a part of keeping Sabbath**. Going to church on Sunday morning is counter-cultural and so is Sabbath. In order to behave counter to culture (like going to church) you may have to say no or not yet to some things that seem normal to everyone else.

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 **Ecclesiastes 4:8-12**. 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

Talk to God for Someone in Crisis

Think of someone in your life who is in need of prayer right now. Maybe they are in a crisis, having health issues, experiencing grief, or in a time of suffering. Pray for them in these ways:

- Peace - pray God would give them peace that passes all understanding, that it would guard their hearts and minds in Christ Jesus.
- Provision - pray God would meet their needs in divine and miraculous ways.
- Protection - pray that they would be protected and delivered from all kinds of evil.

Wednesday - BREAD

Ecclesiastes 4:8-12

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



Thursday - Listen to God

Learning to Be Quiet with Breath Prayer

Hearing from God and being comfortable in silence seem to go hand in hand. You can grow your comfort like a muscle through something called Breath Prayer. If this is your first time set a timer for 1-2 minutes and then each week try to add 15-30 seconds. As you get comfortable you'll be able to tell (fancy word is 'discern') when something is a distracting thought and when it is God speaking. Pastor and author John Mark Comer offers these breath prayer instructions:

- Take long, slow breaths (if you want, count 4 seconds in, 4 seconds wait, 4 seconds out). Inhale through your nose, exhale through your mouth. You can link your breathing to a phrase if you want, for example: Jesus ... is Lord.
- Start to pay attention to your breathing. "Watch" your breath go in and out.
- Release the constant chatter in your mind. Let each thought go as quickly as it comes, and just focus on your breathing.
- Your mind will seize this opportunity to run wild with thoughts, feelings, memories, to do's, and all manner of distractions. That's okay. Don't judge yourself, feel bad, give up, or worry.

Friday - Praise & Gratitude

Praise - I AM

When Moses encountered God in the burning bush, the Lord instructed him to tell Pharaoh that "I AM" sent him. This is a name of the ultimate independent, self-complete being. Jesus also used many "I AM" statements to reveal himself as God, like "I am the bread of life" (John 6:35).

Scripture: Exodus 3:13-15; John 10:7-11, 14:6

Prayer: You are the Great I AM, the only one who is perfectly self-sufficient.

Thank you that I can find all that I need in You.

Gratitude

We are not self-sufficient. We are dependent. Spend some time thanking God for meeting needs in your past and meeting needs in your present. Think of people who God has used to meet your needs and thank God for them. God has used you to meet others needs. Thank God for being included in his purposes.

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?