

# Weekly Quiet Time Guide

## April 7 - 13



### 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 marked by an inner spirit of restfulness and who is calm, at ease in their own body, unhurried, kind, and present. May the God of rest fill you with his peace and presence as you rest in him.” (The Sabbath Practice Digital Guide, Practicingtheway.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 **2 Corinthians 6:14-18**. 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

Make a list of 3 people in your life who do not know Christ.

*It would be great if at least one of these people was a physical neighbor.*

Pray for each of them by name, that they might come to know Christ and His love for them.

Pray for their salvation, that they would spend eternity with their Savior.

Pray that their eyes would be opened to the truth that God is for them, not against them.

Pray for courage and creativity to bear witness to God’s work in the world and to share the good news of the gospel with these people.

Pray for a window of opportunity in which you could invite them to Mercy Hill.

### Wednesday - BREAD

2 Corinthians 6:14-18

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



## **Thursday - Listen to God**

Take a prayer walk around your neighborhood. As you walk, bring your attention to the homes you pass and pray a blessing over each home. Posture yourself to hear from God as you walk, seeing your neighbors with His eyes of love and grace. If you are prompted to take any action during or after the prayer walk to connect with a neighbor in a new way, give it a try!

## **Friday - Praise & Gratitude**

Praise -- Refuge and Fortress

When God's people claim He is their refuge or fortress, they are saying He is a safe place in times of trouble. He will take care of them and protect them. Praise God today for the refuge and fortress that He has provided for you.

Gratitude

Take time today to think about your immediate neighbors - the people who either live IN your house, our nextdoor. Pray a blessing over each of them by name and then go even a step further and find a way to practically bless them today or in the days to come.

## **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?