

A PRACTICAL APPROACH TO LISTENING TO JESUS

Mary...sat at the Lord's feet listening to what he said... Only one thing is needed. Mary has chosen what is better, and it will not be taken away from her. Luke 10:40,42

There are three parts to a Quiet Time*. They are:

1. **Bible Study.** This is reading a passage of the Bible and trying to get the gist of what it means.
2. **Prayer.** This is talking to God by a) praising him, b) confessing sins, c) asking for things.
3. **Meditation.** This is the most important, and it is a mixture of prayer and Bible study that could be called, "praying the truth into the heart."

A Suggested Format:

1. **Bible Study.** Read a paragraph or a chapter. Answer one of the following question sets (choose only one).

Set #1

1. List what it tells about God or Christ
2. List what it says about you.
3. List examples to follow or avoid commands to obey promises to claim

Set #2

1. The key verse that impressed me
2. Put verse in your own words
3. What is the thought just before the verse and just after?
4. Give 2-3 reasons it helped you.

2. **Meditation.** Take the one main thought/teaching. Write out or think out one or more of these questions. You don't have to do them all! Remember, slow down and hear what Jesus is saying to you.

- a. How can I praise God or Christ for this?
- b. What wrong behavior, harmful emotions, false attitudes result in me when I forget he is like this?
- c. Why is God showing me these particular things today?
- d. Does my life demonstrate that I am remembering and acting out of this?
- e. What sins do I need to confess in light of this?
- f. What do I need to do or to become in light of this? Ask him for it.

3. **Prayer.** First, pray for the things that came out of your meditation.

- a. Praise him for things you saw.
- b. Confess sins that you saw
- c. Prayer list. Consider keeping a written list, and keep on it new items that came up during this Quiet Time and ongoing items for yourself, family and friends and church.

* This is adapted from material by Tim Keller, pastor of Redeemer Presbyterian Church in New York City.