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I will never forget the day I was walking in a church parking lot with a good friend of mine who is a pastor’s wife. We were talking about our commitment to Christ. And she said, “Catherine, my husband is so committed to the Lord. He spends time with the Lord every day.” Then, she stopped and looked into my eyes with a very serious expression on her face. I asked, “What’s wrong?” She said with longing in her voice, “Catherine, I want so much to enjoy the kind of intimacy with God that my husband knows. But I have no idea where to begin.” We spent the next thirty minutes in that parking lot talking about her quiet time—the need for a time, a place, and a plan—the essentials that you will read about in *The Quiet Time Journal* you now hold in your hands. I remember at the time wishing that I had some kind of tool I could give to my friend to help her grow in her quiet time.

A year later, near the end of my seminary studies at Bethel Theological Seminary, I was sitting with the Lord in my quiet time. My mind meandered to that conversation with my friend in the church parking lot. I began talking with the Lord about her words. “Lord, what can I do to help my friends and others who so long for quiet time with You.” Then I looked at the Quiet Time Notebook I had organized for myself and used for many years. “Lord, I could design a Quiet Time Notebook for others just like the one I made for myself. Then, men and women could use it in their quiet times. In fact, Lord, I could teach on quiet time at retreats and conferences and have The Quiet Time Notebook available as a resource.” Then, I stopped. A huge idea came into my mind—a God-sized idea that I could not ignore. “Lord, I could have a ministry that would be dedicated to teaching devotion to You and Your Word to men and women throughout the world!” I was in awe. I fell to my knees, dedicating the entire idea to the Lord, and not knowing what would happen next. When my husband arrived home from work that day, I told him about the idea of a ministry dedicated to quiet time with the Lord. He said, “Catherine, you could call it Quiet Time Ministries.” I exclaimed, “I could call it Quiet Time Ministries!”

And that was the beginning of Quiet Time Ministries. The first resource I designed was *The Quiet Time Notebook* with six sections, pages to write quiet time insights, and a guide into quiet time with the Lord. The Quiet Time Notebook has become a beloved companion in my quiet time and the quiet times of others over the last fifteen years. Because I travel quite a bit, I found myself wanting a condensed version of my notebook to take with me wherever I go. The result of that desire is what you now hold in your hands, *The Quiet Time Journal*. The Quiet Time Journal has two of the pages from The Quiet Time Notebook that you will love for your time with God—Journal pages and Adore God in Prayer pages.

I want to ask you a very serious question. How is your quiet time these days? Do you enjoy
Chapter 1

THE QUIET TIME PLAN:
WHERE DO I BEGIN?

*Times of refreshing may come from the presence of the Lord.*
Acts 3:19

Time with God is the most important part of your day. In Acts we see that “times of refreshing may come from the presence of the Lord” (Acts 3:19). No time is wasted that is spent with the Lord. This time determines every other activity in your life. It shapes your character. It influences your world: your family, your friends, your church, your ministry. Quiet time is vital for your spiritual growth.

One of the most common questions I receive about quiet time is “Where do I begin?” Jesus is our example. Taking periodic breaks to fellowship with His Father was the habit of His life. Luke tells us that “the new about Him was spreading even farther, and large crowds were gathering to hear Him and to be healed of their sicknesses. But Jesus Himself would often slip away to the wilderness and pray” (Luke 5:15-16). In these statements from Luke we see that Jesus led a busy life and was in great demand. Large crowds would seek Him out. To be alone was almost out of the question. What did Jesus do? He would “slip away to the wilderness and pray.” Luke tells us that He did it often. That means it was a habit. He intentionally set aside time in advance and purposely made a plan to do it. He went to the wilderness. He purposely chose a certain place that would be conducive to His time with His Father. And then He prayed. As you begin this great climb to know your God, it will help to set aside a time, a place, and a plan to be with Him each day. This sets the stage for all the magnificent things that happen in time alone with the Lord.

**THE QUIET TIME**

One of the first things that I learned in developing a quiet time with the Lord was that it involved intentional devotion. Quiet time is not something that just happens. It requires planning and preparation. If the president of the United States called you and invited you to lunch, you would not say, “Maybe I will, maybe I won’t.” You would say, “What time and where?” Think about it this way. The Lord, who is the CEO of the universe, desires time with you each day. We
Preparation is the foundation of radical intimacy. In fact, your experience with God may be measured in terms of your initial preparation. James says, “Draw near to God and He will draw near to you” (James 4:8).

When I was in college I had one philosophy for my studies: wait until the last minute. One Person changed my whole attitude toward preparation: the Lord Jesus Christ. By the time I began seminary, I was prepared to study hard, read volumes of material, and write lengthy papers on theological issues. For example, in my Revelation class I presented a thorough dissertation on the second coming of Christ. I looked up all the important Greek words, studied Revelation 19, completed observation and cross-reference studies, and read commentaries. I timed and practiced my presentation to the exact second, weaving in overhead transparencies and illustrations. When the moment came to walk up to the lectern, instead of my heart pounding with fear, I reached the podium in quiet assurance. I was prepared.

The initial element of the P.R.A.Y.E.R. Quiet Time Plan is “Prepare Your Heart.” This sets the tone for all that follows. The goal is to quiet your heart, slow down to hear God speak, and ask God to open your spiritual eyes and ears and to give you a teachable spirit. Jeremiah says, “Blessed is the man who trusts in the LORD and whose trust is the LORD. For he will be like a tree planted by the water, that extends its roots by a stream and will not fear when the heat comes; but its leaves will be green, and it will not be anxious in a year of drought nor cease to yield fruit” (Jeremiah 17:7-8). God will enable you to outlast the droughts of life by planting you in an ideal place by the water where you may flourish. The stream of water is the Lord Himself, “The fountain of living water” (Jeremiah 17:13). Your responsibility as one who “trusts in the Lord” is to extend your roots by the stream. When you prepare your heart, you actively reach out and draw near to God like that tree planted by the stream.

What kind of preparation matters most to God? David, the man after God’s own heart, was filled with a great desire to build a house for God—a place where he and others could go to meet
Journaling pours your soul out to the Lord. When you journal, you become receptive to the voice of God. The psalmist said, “My heart overflows with a good theme; I address my verses to the King; my tongue is the pen of a ready writer” (Psalm 45:1). Writing in your journal prepares your heart to meet with God and express your deepest spiritual insights.

Certain Christian authors excite my soul: A.W. Tozer, Oswald Chambers, Amy Carmichael. Henri Nouwen was a priest and pastor of the twentieth century, a prolific author, and a professor at several theological institutes and universities. In his last years, he ministered to handicapped adults in Toronto, Canada. What I appreciate about his writing is his deep expression of love for Christ and his deeper spiritual life. His writings have a unique style that communicates a great sense of peace and joy. Prior to his death in 1996, he released for publication what he called his “secret journal.” He said he wrote it during the most difficult time of his life, a time of extreme anguish when he wondered whether he would be able to hold on to life itself.

He says in his journal, “Everything came crashing down—my self esteem, my energy to live and work, my sense of being loved, my hope for healing, my trust in God…everything. Here I was, a writer about the spiritual life, known as someone who loves God and gives hope to people, flat on the ground and in total darkness.” He later writes, “To my surprise, I never lost the ability to write. In fact, writing became part of my struggle for survival. It gave me the little distance from myself that I needed to keep from drowning in my despair.”

Each day he wrote spiritual imperatives and encouragements to himself in his journal. He says that eight years later he was able to look back on that time as intense purification that led him gradually to a new inner freedom, a new hope, and a new creativity.

In her book, Journaling, Ann Broyles shares a story called “Maggie’s Journal.” In that story, a grandmother gives a journal to a young girl who is facing a summer with a broken leg. The grandmother says this to Maggie:
January 21, 2005. I love what John Henry Jowett says today in “The Things Which Lead To Peace.” He says there is a great reward for meditation and obedience. “The God of Peace shall be with you.” He goes on to say, “And that is everything. If the king is present at the table, a crust is a feast. If the Lord is on the battlefield, then amid all the surrounding turbulence there is a centre of peace. When the God of peace is in the life, there is a chamber in which the sound of warfare never comes.” I have truly experienced that what Jowett says is true. My relationship with the Lord is that one thing no one and nothing can touch.
What will you write in your journal? Start with the Word of God. Write a verse or even a complete chapter from the Bible that has been significant to you. There is a supernatural power in writing the Word of God in your journal (Hebrews 4:12). When you physically write the Word of God, you impress it on your heart and on your mind. As you write, you will focus your thoughts on what God is saying in His Word.

In Deuteronomy 17:18-20 (NIV), God commanded the future kings of Israel to write out a copy of the Scripture, to keep it with them, and to read it all the days of their lives.

When he [the king] takes the throne of his kingdom, he is to write for himself on a scroll a copy of this law, taken from that of the priests, who are Levites. It is to be with him, and he is to read it all the days of his life so that he may learn to revere the LORD his God and follow carefully all the words of this law and these decrees and not consider himself better than his brothers and turn from the law to the right or to the left. Then he and his descendants will reign a long time over his kingdom in Israel.

God made promises to the future kings of Israel who would write out Scripture in a journal:

- The king would learn to revere the Lord.
- The king would be obedient to God.
- The king would stay humble.
- The king would not turn from God’s Word.
- The king and his descendants would reign a long time.
You can know what is true. Why? Because God has spoken. When Jesus prayed, He said, “Your word is truth” (John 17:17). One of the greatest gifts we have been given is the Bible, God’s Word. What you do with God’s Word will determine the depth of your radical intimacy with Him.

One morning as I began my quiet time in the first chapter of Luke, I became overwhelmed with the difficulties in my life. At that very moment, the light from the sunrise glimmered with such intensity through the windows that it prompted me to write a prayer in my journal: “Lord, I need a sunrise in my life.” Then I turned to Luke 1:67-79, the prophecy of Zacharias talking about John the Baptist and the coming Messiah. My heart jumped when I read verses 78-79: “The Sunrise from on high will visit us, to shine upon those who sit in darkness and the shadow of death, to guide our feet into the way of peace.” I thought, Only God in the whole universe, could cause the sun to rise in a certain way, prompt me to write a prayer for a sunrise, and then show me a new name for Jesus and reveal something new about His character to me. That is the power of God and His Word.

The Bible has become a friend to me, for it leads me to Jesus. I can trace my experience with Him through so many of the words found on its pages. During a difficult time, the Lord encourage me with Psalm 31:7-8: “Because You have seen my affliction; You have known the troubles of my soul, and You have not given me over into the hand of the enemy; You have set my feet in a large place.” During a time of anxiety He took me to Philippians 4:6-7: “Be anxious for nothing, but in everything by prayer and supplication let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hears and your minds in Christ Jesus.” During a decision about ministry, God took me to Ephesians 5:15-16: “Therefore be careful how you walk, not as unwise men, but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is.”

Living in the Word of God is a priority for every child of God who would be a radical disciple of Jesus Christ. I want to challenge you to go beyond the portals of this world and commit
Prayer lifts the soul to God. It reaches its height of expression in response to God’s Word. The psalmist has said, “To You, O LORD, I lift up my soul” (Psalm 25:1). Lifting the soul to God is not easy when circumstances of life weigh upon the heart. The Word of God untethers the soul, freeing it to lay all burdens, desires, requests, and cares upon the heart of God. Prayer ushers you into the throne room of God. Jesus says, “But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees in secret will repay you” (Matthew 6:6). This “secret” place of God is His very presence. It is the large, abundant place described by the psalmists (Psalm 18:19; 31:8; 118:5) where God sets our feet in the midst of great distress. The presence of God is where we may run at all times to find refuge. “Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need” (Hebrews 4:16).

Prayer was the habit of Jesus’ life. He often slipped away to the wilderness to pray (Luke 5:16). Jesus modeled prayer as a life, not a single act of worship. Regular times of prayer produce a first-hand experience with God, resulting in extraordinary world influence. Daily intervals of prayer result in a lifestyle of interaction with God, renew your mind, transform you, and prepare you to meet life demands. A life of prayer enables you to “prove what the will of God is, that which is good and acceptable and perfect” (Romans 12:2). Your life of prayer can grow as you follow a pattern, learn disciplines of prayer, and experience the results of your prayer.

A Pattern Of Prayer

The life of prayer is evident in the Psalms as the psalmists repeatedly cry out to God. We learn that conversation with God, lifting our soul to Him, is something we can do in every circumstance of life. As you read through the Psalms you will notice four main categories of prayer forming a pattern for you—the familiar acrostic ACTS:
**Prayer for Bible Study**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Scripture</th>
<th>Request</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-20-2012</td>
<td>Revelation study</td>
<td>Deuteronomy 31:8</td>
<td>Father, prepare our hearts for our study this coming year.</td>
<td>Transform our lives with Your Word this year</td>
</tr>
<tr>
<td>8-30-2012</td>
<td>my teaching</td>
<td>James 1:5</td>
<td>Lord, please give me wisdom as I study and prepare to teach.</td>
<td>Give me a listening ear, sensitive to Your guidance.</td>
</tr>
<tr>
<td>9-15-2012</td>
<td>class</td>
<td>Acts 17:11</td>
<td>Lord, put it in the hearts of the students to study hard,</td>
<td>seeking you with all their hearts and souls.</td>
</tr>
<tr>
<td>9-30-2012</td>
<td></td>
<td></td>
<td>9-30-2012 Thank You Lord for these great students</td>
<td></td>
</tr>
<tr>
<td>10-1-2012</td>
<td>prophecy</td>
<td>John 16:13</td>
<td>Give us understanding into the prophecy of Daniel, especially</td>
<td>the 70 weeks.</td>
</tr>
<tr>
<td>10-20-2012</td>
<td>encouragement</td>
<td>Romans 15:4</td>
<td>Lord, will you give encouragement and hope to those who are</td>
<td>discouraged right now?</td>
</tr>
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It’s one thing to know what to do, but quite another to actually do it. You have in your hands an incredible resource to help you draw near to God and spend time with Him every day. The Quiet Time Journal has become a companion for me in my quiet time, especially when I travel or when I have special retreats with the Lord at parks, restaurants, or other locations. I always have a place to write out what God is teaching me and a way record my prayer requests.

You have had the opportunity to read all about quiet time in the first six chapters. You’ve learned the basics of quiet time:

• The need to schedule a time for your quiet time.
• Find a place for your quiet time.
• Organize all your quiet time materials in your quiet place.
• Remember the Quiet Time Plan—P.R.A.Y.E.R.—Prepare Your Heart, Read and Study God’s Word, Adore God in Prayer, Yield Yourself to God, Enjoy His Presence, Rest in His Love
• Take time to Prepare Your Heart at the beginning of your quiet time
• Choose a Bible Reading Plan to spend time in God’s word every day
• Read and Study God’s Word—Live in God’s Word and it will live in you
• Adore God in Prayer—talk with God about everything
• Write out your most important prayer requests so that you can see how God responds and answers your prayers
THE GREAT ADVENTURE

If you are pleased with me, teach me your ways so I may know you and continue to find favor with you.

Exodus 33:13 niv

Prepare Your Heart

To embark on the pursuit of knowing God is to launch out on a great adventure. This great adventure produces a great heart for God. History has seen many great hearts. One such person was Amy Carmichael, who, at the age of 17, purposed in her heart to follow Jesus wherever He led and to surrender all to know Him. This decision enable her to take part in the great adventure that only great hearts can know. At the age of 33, Amy left the comforts of home and traveled to Dohnavur, India, as a missionary. One day, while drinking tea in Pannaivilai, a village in southern India, she was visited by a friend and a 7-year-old girl. This young girl had escaped from the Hindu temple where she was to become one of the “Davadasis” or temple prostitutes. Amy lifted the girl up on her lap and spoke softly to her, saying, “what a brave soul you have, Preena.” Amy hugged and kissed her. This affection was new to Preena, whose own mother had sent her to the temple. “Amma, I want to stay with you always,” sobbed Preena. That was when Amy realized her life work: rescuing hundreds of these children from temple prostitution in India. Amy became “Amma” to so many there in India and numerous people came to know Christ personally. None of this would have happened had Amy not made the decision to know the Lord so many years before. That decision altered the course of her life and resulted in changed lives throughout the world. Will you be one of those “great hearts” like Amy Carmichael? Begin your quiet time with simple prayer, asking the Lord to quiet your heart that you might hear Him speak in His Word.

Read and Study God’s Word

1. The Bible is filled with men and women who experienced the great adventure of knowing God. Moses is one of those who knew a radical intimacy with God. We learn from Exodus 33:11 (niv) that “the Lord would speak to Moses face to face, as a man speaks with his friend.” That phrase “face to face” means person to person, heart to heart. It implies an intimate fellowship and exchange of thought and emotion. Read Exodus 33:7-34:9 and record everything you see about
“Pour out your heart like water in the presence of the Lord” (Lamentations 2:19 NIV).
“Don’t worry about anything; instead, pray about everything” (Philippians 4:6 NIV).

Prayer for

Date: 
Scripture: 
Request: 

Answer: 

Date: 
Scripture: 
Request: 

Answer: 

Date: 
Scripture: 
Request: 

Answer: 

Date: 
Scripture: 
Request: 

Answer: 

Date: 
Scripture: 
Request: 

Answer: 

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