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The Quiet Time Notebook

Quiet Time Ministries
Palm Desert, California
## CONTENTS

Introduction ................................................................. 9

**THE QUIET TIME NOTEBOOK GUIDE**

Chapter 1: The P.R.A.Y.E.R. Quiet Time Plan **Six Secrets** ............ 17
Chapter 2: Overview of Your Quiet Time Notebook .................. 23
Chapter 3: How To Use The Quiet Time Notebook .................. 27
Chapter 4: Enriching Your Quiet Time ............................. 45
Chapter 5: Getting Started in Your Quiet Time ..................... 49
Chapter 6: Your Bible Reading Plan .................................. 55
Chapter 7: Monthly Quiet Time Reflection Pages .................. 63
Chapter 8: Quiet Time: The Focus of Your Devotion **PilgrimageOfTheHeart** .......................... 77

**THE QUIET TIME NOTEBOOK PAGES**

Prepare Your Heart Journal Pages .................................... 83
Read and Study God’s Word Pages ................................... 143
Adore God in Prayer Pages ............................................ 203
Yield, Enjoy, Rest Pages ................................................ 263
Reference Study Pages .................................................. 323
Notes Pages .................................................................. 383

**APPENDIX**

About Catherine Martin ................................................ 445
Notes ........................................................................... 447
Quiet Time Resources .................................................... 449
Y

our life is a journey. You are the beloved of God. You were created to know and love God. The
great fulfillment in life for you is intimacy with God. God extends an invitation to you to
embrace Him by receiving forgiveness of sins through the payment of sin’s penalty by His Beloved
Son, Jesus Christ. This is good news because now you may experience forever your true purpose
in life and all that you were created for—intimacy with God. Jesus has made it possible. At some
point in your life you must answer the invitation of God and embrace Him through Jesus Christ.
Pray a simple prayer: Lord Jesus, I need You. Thank You for dying on the cross for my sins. I invite you
now to come into my life, forgive my sins, and make me the person You want me to be. When you pray
that prayer and surrender your life to Jesus, your life moves from simply a journey to an adventure.
Corrie Ten Boom calls our life of faith a “Fantastic Adventure In Trusting Him.”

The wonderful truth is that the more you know of God, the more you can know Him. The
intimacy you begin to enjoy with the Lord may increase. There is a major requirement to enjoy
growth in your knowledge of God and intimacy with Him—much time spent alone with the
Lord. All the men and women of God in the past who have experienced intimacy with the Lord
have learned the discipline of time alone with God.

I remember early on sitting in a room with a group of students. We had all recently committed
our lives to the Lord Jesus Christ. We were listening to a speaker talk about our relationship with
Jesus and what it truly means to be committed to Christ. I can just imagine how he felt, look-
ing into our faces, almost seeing into our hearts, filled with passion and excitement. We had not
yet begun to fight the fight of faith or persevere through storms in life. And so, in the middle of
his message, he stopped. He spoke directly with great seriousness. “You know, in ten years, only
a very small percentage of you will be walking closely with the Lord.” Well, that room got very
silent. We were stunned. We looked at each other. I think we all felt as though we were the twelve
disciples, hearing Jesus say, “One of you will betray me.” We thought, “No way!” But, guess what.
Ten years later, only a very small percentage of us were walking closely with the Lord. What can
encourage a lifelong experience of intimacy with God and faithfulness to Him through years of
victory, triumph, difficulties and adversity? I believe the one great thing that will make a differ-
ence is much time spent alone with God in His Word.

This time alone with God is known as your quiet time. It is the most important time you
will spend each day. The time and effort you invest in your relationship with the Lord now will
determine the intimacy you enjoy with Him in the future.

In ministry over the years, both on staff with Campus Crusade for Christ, leading Bible studies,
and in seminary, I have been approached numerous times for help in how to have a quiet time
Chapter 1

THE P.R.A.Y.E.R. QUIET TIME PLAN

But Jesus Himself would often slip away to the wilderness to pray.
Luke 5:16

Quiet time with your Lord is an incredible privilege. It's a gift of grace given by your Lord. So where do you begin? This is a question we've all thought about at different times on our journey with the Lord. I like to keep it simple and these are the main things I return to time and time again. Begin with a time, a place, and a plan. Jesus set the example for us in quiet time.

“In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there” (Mark 1:35).

“But Jesus Himself would often slip away to the wilderness to pray” (Luke 5:16).

As you can see, the Lord Jesus was intentional about His time with the Father. He had specific times, went to specific places, and did specific things in His quiet time. The time, the place and the plan 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 cannot say, “Maybe I will and maybe I won’t.” The response is, “What time and where?” Ask the Lord to help you determine the time. After all, God created you for fellowship with Him. He will make a way. Remember, the goal is radical intimacy with the Lord. Radical intimacy implies radical choices for the Lord against many good things that would keep us from being alone with Him. God will honor the sacrifice in time, energy, and sometimes even sleep to be alone with Him.

When is the best time to spend with the Lord? The Bible seems to emphasize the importance
In your quiet time it is important to write down what you have learned—for memory, for meditation, and for comprehension. When I began spending time with God, I used a spiral notebook as a journal. Then, I got another notebook to keep track of my prayer requests and answers to prayer. As I began studying God’s Word, I used another notebook to write out all that God was teaching me from His Word. I’ll never forget the day in my quiet time when the Lord gave me the idea to get a notebook with dividers, and combine all those notebooks into one notebook. For years I used that notebook in my quiet time and found that it helped me stay consistent and intentional in my time alone with the Lord. Then one morning in my quiet time, the Lord turned my thoughts to you. Of course, I may not know your name, but I was thinking about my precious brothers and sisters in the Lord who wanted to grow deeper and more intimate in their relationship with the Lord. “Lord,” I prayed, “I long to encourage others to know You more and love You with all their hearts.” A big idea came to my mind. Why not put together a Quiet Time Notebook just like what I use in my own quiet time. That notebook has been available through Quiet Time Ministries for almost twenty years. You hold in your hands the result of that prayer so many years ago. The Quiet Time Notebook is a resource that will help you draw near to God in His Word and in prayer through quiet time. What is the great result? You will experience the great adventure of knowing God.

Overview of the Quiet Time Notebook

There are six sections in your notebook. The first four sections correspond to P.R.A.Y.E.R™ Quiet Time Plan™ (Prepare Your Heart, Read And Study God’s Word, Adore God In Prayer, Yield Yourself To God, Enjoy His Presence and Rest In His Love). This plan is designed to help you remember all you can do in your quiet time. Please note: you may not necessarily use all these notebook sections at once during your quiet time. In fact, at times you may use only the Prepare
Chapter 3

HOW TO USE YOUR QUIET TIME NOTEBOOK

So let us know, let us press on to know the LORD.
Hosea 6:3

Quiet time is the grand experiment. You can do something new in your quiet time every day and never exhaust the possibilities of devotion to God. Hosea said, “So let us know, let us press on to know the LORD. His going forth is as certain as the dawn; and He will come to us like the rain, like the spring rain watering the earth” (Hosea 6:3). Pressing on to know the Lord means that you will be intentional and persistent in pursuing God, day by day, and moment by moment. You will discover that The Quiet Time Notebook is going to be your friend and companion in helping you focus on knowing the Lord. The world will encourage you to remain shallow, assume a spectator position, and spend little time alone with God. The Lord Jesus, through His Spirit, will encourage exactly the opposite. He longs for intimacy. He invites you to abide in Him (John 15:4). The NIV translation uses the word “remain,” encouraging you to stay close, and never leave your Lord or step away from intimacy with Him. He says, “Come to Me, all you who are weary and heavy laden, and I will give you rest” (Matthew 28:18). Your Quiet Time Notebook is the place for you to keep a living testimony of your communion and companionship with your Lord.

In the pages that follow, you will discover instructions and examples for each of the notebook pages. I am including such detail so that you will know how to use a page when you are ready to include it in your quiet time. However, please know that these pages are meant to be used as a tool in your quiet time, and they won’t all be used together in one sitting. Sometimes, the tendency at first is to think that you must use each page every day. That’s not the normal use of The Quiet Time Notebook. As I mentioned before, sometimes you may only use one or two pages like the Prepare Your Heart Journal page or Adore God in Prayer page. In Chapter 4 I will share different ways to use the pages in your quiet time. For now, read through these instructions, look at the examples, and begin the great adventure of knowing God more in your quiet time.
Prepare Your Heart Journal

Tools You Will Need: Cross-Reference Bible, The Quiet Time Notebook
Optional Tools: Daily Devotionals, Devotional Reading, Hymnbook, Praise and Worship Music

The initial element of your daily quiet time sets the tone for all that follows. As you prepare to meet with the Lord, quiet your heart, asking God to open your spiritual eyes and ears, speak to you, and give you a teachable spirit. The following are ways to Prepare Your Heart:

• Pray, asking God to prepare you to meet alone with Him.
• Spend time in silence before God.
• Write initial thoughts and reflections using the Prepare Your Heart Journal page.
• Meditate on a Psalm or Proverb from the Psalms and Proverbs reading plan (in Chapter 6). Write insights in the Prepare Your Heart Journal.
• Reflect upon a devotional reading from a devotional book or daily devotional. I highly recommend My Utmost For His Highest by Oswald Chambers, Morning and Evening by Charles Haddon Spurgeon, or Daily Light.
• Sing to the Lord using your hymnbook or listen to songs of praise and worship.

Prepare Your Heart Journal pages are the place to express your deep thoughts, contemplative moments, and heart meditations of God. In it you will chronicle your adventure with God. As you read what you have written through the years, you will be in awe as you see the hand of God at work in your life.

1. Contemplation: As you read from devotional books, read and study God’s Word, or pray, take time along the way to contemplate great truths, listening to the Lord in the quiet moments.
2. Expression: Alternate between listening to God and meditation upon the truth of God’s Word (or profound thoughts in devotional books), then express what you see and learn about God and yourself by writing out your thoughts and prayers. You might ask, “Where am I?” Write your answer in your journal, evaluating your spiritual, physical, and emotional life and circumstances. Your writing on your Prepare Your Heart Journal pages may include Scripture, your insights about the beauty of God’s creation, daily blessings, your present situation your feelings about your circumstances, God’s perspective, what God is teaching you, your dreams, desires, goals, insights and responses to what you have read, ministry ideas, lecture outlines, prayers and psalms, poetry, stories, quotes, art, pencil sketches, and photography.
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.
ENRICHING YOUR QUIET TIME

Draw near to God and He will draw near to you.
James 4:8

There are so many ways to use The Quiet Time Notebook in your quiet time. The time you have to spend with the Lord will depend on the seasons of your life and your growth in your relationship with the Lord. Sometimes you may only have 10 minutes. Other times, you may have 30 minutes or even an hour. And occasionally, you may have enough time to draw near to God for a retreat of two or more hours. Following are some examples of the kind of variety that is possible in your quiet time. Experiment with these different examples and allow the Lord to teach you and lead you as you draw near to Him.

10 Minute Quiet Time

Prepare Your Heart—Pray a simple prayer asking the Lord to quiet your heart.
Read And Study God’s Word—Read the Bible using your Bible reading plan. Write one insight or significant verse from your reading on a Prepare Your Heart journal page.
Adore God In Prayer—Talk with God using selected Adore God in Prayer pages as written reminders of your requests.
Yield, Enjoy, Rest—Reflect on these important areas using a Yield, Enjoy, Rest page as you close your time with the Lord.

20 Minute Quiet Time

Prepare Your Heart—Selected reading from devotional book such as My Utmost For His Highest.
Read And Study God’s Word—Read the Bible using your Bible reading plan. Write one insight or significant verse from your reading on a Prepare Your Heart journal page.
Adore God In Prayer—Talk with God using selected Adore God in Prayer pages as written reminders of your requests.
GETTING STARTED IN YOUR QUIET TIME

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win.

1 Corinthians 9:24

Planning and preparation will make a difference in your quiet time. Paul encourages us to run in such a way that we may win (1 Corinthians 9:24). His point is clear. Being intentional and focused are important in our life if we desire to glorify God. Now that you have learned more about how to use *The Quiet Time Notebook*, let’s take some time and get organized for your quiet time. Use the following Quiet Time Worksheet to prepare for your quiet time.

**Quiet Time Worksheet**

1. Ask God to lead and guide you as you plan for quiet time alone with Him. Write a prayer to the Lord expressing all that is on your heart.

2. As you plan for your daily quiet time, spend a few moments evaluating what God has taught you during this past year.
YOUR BIBLE READING PLAN

Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.

Colossians 3:16

Because you want to be in the Word of God on a consistent basis, it is necessary to have an organized plan for choosing a portion of the Bible to read and study each day. Read through each of these choices carefully, ask God for His wisdom in choosing one of these reading plans, and then decide what you would like to use this year. You may even want to go to a Christian bookstore to examine the different Daily Devotional Bibles and other materials mentioned. Once you have made your decision, mark the box in pencil so that you will have a reminder of your choice. Each day you will use your selected Bible Reading Plan to read and study a portion of Scripture. One of the greatest obstacles in a person’s quiet time is the difficulty in deciding where to even start reading in the Bible. Choosing a Bible Reading Plan eliminates this obstacle. Feel free to be sensitive to the Lord’s leading in changing your reading plan from time to time, and from year to year. Your daily passage should come from one of the following:

• One of the 2 daily reading plans found later in this chapter: Read Through The Bible In A Year or Read Through Psalms And Proverbs Twice A Year

• Choose a book of the Bible and read 1 chapter a day.

• Daily Devotional Bibles—Some of the most popular Daily Devotional Bibles include the NIV Men’s/Women’s Devotional Bible (Grand Rapids, Michigan: Zondervan Publishing House, 1990—this devotional Bible covers Genesis to Revelation in 1 year and contains daily devotional readings written by well-known men and women), The One Year Bible—in NIV, NASB, or NLT, (Wheaton, Illinois: Tyndale House Publishers, 1988—this devotional Bible offers a daily portion of Scripture from the Old and New Testaments, a Psalm, and a Proverb and covers the entire Bible in a year), The Daily Bible—NIV with
Chapter 7

MONTHLY QUIET TIME REFLECTION PAGES

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory, both now and to the day of eternity. Amen. 2 Peter 3:18

Growing in grace is your privilege as a child of God. He has placed you in an environment that is perfectly conducive for spiritual growth. The environment is grace. Grace is the free, unmerited favor of God. You can’t earn it. You don’t deserve it. Grace is at the heart of all God does toward you, for you, and in you.¹ Grace finds you, saves you, and keeps you. Grace gives you everything you need, more than you could ever want, and places you in an eternal, secure, favorable position forever. You stand in grace, according to the apostle Paul (Romans 4:2). In your quiet time, you will experience God’s grace, His amazing love in action. Just imagine His arms open wide to you, regardless of what you have done. Grace opens the floodgates and allows God’s endless love to pour in your life, moment by moment, on into eternity.

So as you spend time day after day, month after month, and year after year, you are going to grow deeper in your relationship with God. Your heart is going to be transformed, and you will bear fruit for the glory of God. One of the practices that I have found to be effective in helping me grow in my walk with the Lord is to take some time every month or so, and reflect on all that God is teaching me. I encourage you to set aside special times with the Lord where you stop to review and reflect what God is doing in your life. You will be amazed at all He is teaching you, amazing ways He is answering your prayers, and the heart transformation and soul revival you are experiencing. And then, when you see it, you will stop, and say “Thank You, Lord.”

Included are Instructions and twelve Monthly Quiet Time Reflection pages, enough to take you through a year of reflection on your journey with the Lord. Without a doubt, as I look back over the years, I can see how God has faithfully poured out mercy and grace and compassion on me through the most difficult seasons of my life. I can see that He is teaching me to trust Him and walk by faith, even when I am walking through the fog of adversity. I am learning to hold tightly to His promises and run with endurance the race that is set before me.
THE FOCUS OF YOUR DEVOTION

Listen to my words, LORD, consider my lament. Hear my cry for help, my King and my God, for to you I pray.

Psalm 5:1-2

PREPARE YOUR HEART

Two thousand years ago, the most extraordinary Person to ever walk the face of this earth lived and laughed and spent time with friends and family. His name is Jesus. His life and purpose is outlined in the Old and New Testaments of the Bible. And He lives today! If you could spend time with Jesus today, would you? Write a brief prayer asking the Lord to give you a new awareness of His presence and renew your passion for Him.

READ AND STUDY GOD’S WORD

1. Christian devotion is a solemn, passionate dedication and exclusive commitment to Jesus Christ in the power of the Holy Spirit. To be devoted to God implies commitment, loyalty, fidelity, respect, passion, and exclusive attachment. Psalm 5, written by David, speaks of his deep devotion to God. Read Psalm 5 and record what you notice about David’s devotion.

2. What actions by David demonstrate his devotion to God?
“Pour out your heart like water in the presence of the Lord” — Lamentations 2:19 NIV