

# DISCIPLESHIP. SUPPLEMENT 1

## [CHRIST] A METHOD FOR QUIET TIME

### THE CHOSEN BIBLE VERSE or FAVOURITE TRUTH METHOD

#### A. A PERSONAL TIME OF FELLOWSHIP WITH GOD (QUIET TIME)

##### 1. A personal time of fellowship with God.

A personal time of fellowship with God is listening and speaking. It is listening to God's voice speaking through his words in the Bible and his Spirit in your heart. And it is speaking to God in prayer.

##### 2. Set aside a special time every day.

Set aside a special time every day to have fellowship with God. Read one chapter from the Bible, or a passage, if the chapter is too long. See: **A Programme for Bible Reading** (See manual 1, supplement 2).

This training course assigns the reading of one Bible passage for each of the 7 days preceding the next lesson. This makes it easier for the group members to recognise the contents of the Bible during the sharing time and to learn from one another's insights.

##### 3. Record notes in a notebook.

Record in your quiet time notebook a few thoughts (discoveries, lessons, and benefits) from each quiet time. This makes it easier to remember and easier to share during the sharing time.

#### B. THE FAVOURITE TRUTH METHOD (or CHOSEN BIBLE VERSE METHOD) FOR QUIET TIME

There are several good methods of having a personal time of fellowship with God. "The favourite Bible verse/ truth method" has five steps. Note the difference between:

- the **Favourite Bible verse or Favourite Truth method for quiet time**
- and the **Five Steps method for Bible Study**.

##### Step 1. Pray.

Begin your personal time with God by consciously entering into God's presence. Ask God to speak personally to you through his words in the Bible and his Spirit. Ask him to renew or strengthen your life through the words of the Bible. For example, pray, "LORD, open my eyes that I may see the wonderful things in your Word" (Psalm 119:18).

##### Step 2. Read.

Every day, read one of the seven assigned passages (or half a chapter) from the Bible for that week. You may make use of a Bible reading programme. In the Dota course you will find at the end of each lesson the "Assignment" for the next lesson: inclusive about 3½ chapters from the Bible from which you have a quiet time before the next meeting. The intention is that everyone in the discipleship group (Dota group) has quiet times from the same Bible passages.

##### Step 3. Choose your Favourite Bible verse or Favourite Truth.

Your "favourite truth" may be a verse, a few verses, or especially one of the truths in the Bible passage that you have read. It is the thought or truth through which God is speaking to you, through which your thinking is stimulated or through which your heart is touched.

##### Step 4. Meditate your Favourite Bible verse or Favourite Truth.

You meditate on God's Word because you want to understand the truth, receive renewal or strength from it, and apply or use it. Christian meditation has the following 4 parts:

- **Think** about the meaning of the different words in your favourite truth.  
Ask yourself questions like: Who? What? Where? When? Why? How?
- **Pray** to God while you think. Ask God to speak to your mind and your heart, to explain the meaning of a word to you or to reveal to you what he wants you to know, believe, be or do. Respond to what God is saying to you.
- **Relate** your favourite truth to your personal life or to the world in which you live. Ask yourself one of the following questions: "What is my need in the light of this truth?" "How does this truth renew or strengthen me?" "What does God want me to know or believe or be or do?"
- **Write** the most important thoughts of your meditation in your notebook for a personal time with God.

**Step 5. Pray your Favourite Bible verse or Favourite Truth.**

Pray your Favourite Truth (the thought of your meditation) back to God. Pray *shortly* for four different people:

- Pray your Favourite Truth **for yourself**.
- Pray your Favourite Truth **for someone in your family**.
- Pray your Favourite Truth **for someone nearby**, that is, for someone in your neighbourhood, church or working place.
- Pray your Favourite Truth **for someone far away**, that is, for someone living in another town or another country.

**C. SHARING YOUR QUIET TIMES**

**1. Share one of your quiet times with your discipleship group.**

Every lesson has a sharing time. Each group member gets an opportunity to share *once* from any *one* of the 7 Bible passages from which he had a personal time of fellowship with God (a quiet time) during the past week. Listen to the person who shares, take him seriously and accept him. Do not comment on what he shares. Choose before the meeting which quiet time you plan to share. You may simply read what you have written down. Each group member should not share longer than about two minutes.

**2. Share your quiet time with another person.**

Sometimes two people meet together regularly to encourage one another to grow. Also have a sharing time and share with one another what you have learned from your Bible reading or personal times with God (quiet times).

**3. Answer shortly one or two questions arising from the quiet time passages.**

During every lesson, the group leader may like to answer one difficult question that arose from reading the Bible during the past week.