

Quiet Time Guide

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. John 6.35

Our theme as a church for 2022 is to Encounter Jesus.

A year long renewed focus of centering our lives around Jesus as our source of life– the true bread and wine which satisfies our souls.

The Gospels reveal that Jesus prioritized regular rhythms of withdrawing to lonely places to be alone with the Father. These rhythms marked his Spirit-filled lifestyle and fueled the fruit that flowed from him. "But Jesus often withdrew to lonely places and prayed." (Luke 5.16)

Jesus taught his disciples to follow his example by building the habit of withdrawing to be alone with God. "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." (Mt. 6.5)

This guide is made to help you build the quiet time habit through practicing:

- Gratitude
- Scripture
- Worship
- Prayer

Gratitude

'Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus...' 1 Thess. 5:16-17

Giving thanks to God in all circumstances is a solid foundation for our quiet times. Start your time by being grateful and make a list out 5-10 things you are thankful for. Add to this list over time and it will become a powerful reminder of God's presence and provision in your life.

Scripture

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matt. 4.4

One of the most powerful metaphors is that of Scripture being the bread we live from. Jesus modeled a life that fed on Scripture. How do we feed on God's Word? We recommend using the BREAD acronym to help you!

BREAD stands for...

B: Begin With Prayer

R: Read Like A Student

E: Encounter The Lord

A: Apply Intentionally

D: Delight Throughout The Day

Worship

I will exalt you, my God and King; I will praise your name forever and ever. Ps. 145.1

To worship means to ascribe worth to something or someone. Everyone is a worshiper. For a disciple of Jesus, God is the priority of our worship. A few ways to put this into practice are:

- Sing Worship Songs - sing a long out loud with a worship song. Try making your own song to the Lord (Ps. 96.1)
- Declare God's Character and Worth - Another way to worship the Lord is by declaring truths about His character, all that He has done, and all that he is going to do in praise. To do this, take portions of Scripture about these topics and speak them back to God. Here are some Scriptures to use: Psalm 23, Psalm 103, Psalm 145, Hebrews 1.1-4, Revelation 4.8-11, Revelation 5.9-12

Prayer

Jesus modeled to his disciples a rich life of prayer. These prayers included prayers of talking to God and prayers of listening to God.

- Talking to God - Jesus taught his disciples to pray using, what we call today, the Lord's Prayer. This prayer is found in Matthew 6.9-13 and is a solid foundation to start from.
- Listening Prayer - Prayer is part of a relationship with God and takes time to grow. Learning to hear God's voice is a learning process (Jn. 10:4). As you learn and grow, here are some steps for going deeper: Get a journal. Pray for God to speak to you and help you to be sensitive to His voice. Ask Him questions like: What do you want to speak to me today? What do I need to hear? Who is someone you want to encourage? Begin writing down any impressions, mental pictures, or Scriptures that come to mind.

BREAD Bible Reading Plan 2022

This BREAD Bible Reading plan is designed to help us Encounter Jesus in the Scriptures.

As a church, we will be going through the Gospel of John on Sunday mornings from Easter until Advent.

Each week we will have a main reading from the Gospel of John.

As you read the passage of the week, use the BREAD acronym to help us feast on God's word.

B: Begin With Prayer
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Read the passage of the week daily using BREAD to let the word go deep.

You can follow along from start to finish, or jump in with us at any time in the year!

See our deeper dive guide on reading Scripture with the BREAD method at EncounterJesus.life/resources.

Track your progress and read along with the teachings on Sundays.

___ Week 1 ... Apr 17th
 ___ Week 2 ... Apr 24th
 ___ Week 3 ... May 1st
 ___ Week 4 ... May 8th
 ___ Week 5 ... May 15th
 ___ Week 6 ... May 22nd
 ___ Week 7 ... May 29th
 ___ Week 8 ... Jun 6th
 ___ Week 9 ... Jun 12th
 ___ Week 10 ... Jun 19th
 ___ Week 11 ... Jun 26th
 ___ Week 12 ... Jul 10th
 ___ Week 13 ... Jul 17th
 ___ Week 14 ... Jul 24th
 ___ Week 15 ... Jul 31st
 ___ Week 16 ... Aug 7th
 ___ Week 17 ... Aug 14th
 ___ Week 18 ... Aug 21st
 ___ Week 19 ... Aug 28th
 ___ Week 20 ... Sep 4th
 ___ Week 21 ... Sep 11th
 ___ Week 22 ... Sep 18th
 ___ Week 23 ... Sep 25th
 ___ Week 24 ... Oct 2nd
 ___ Week 25 ... Oct 9th
 ___ Week 26 ... Oct 16th
 ___ Week 27 ... Oct 23rd
 ___ Week 28 ... Oct 30th
 ___ Week 29 ... Nov 6th
 ___ Week 30 ... Nov 13th
 ___ Week 31 ... Nov 20th

Week 1: The Word Became Flesh

- John 1:1-18
- [Bible Project Video: John 1](#)

Week 2: Jesus is The Messiah

- John 1:19-34
- [Bible Project Video: John 1-12](#)

Week 3: Jesus is Calling Disciples

- John 1:35-50

Week 4: Jesus is The Better Wine

- John 2:1-12

Week 5: Jesus is Cleansing The Temple

- John 2:13-25

Week 6: Jesus is Healing The World

- John 3:1-21

Week 7: Jesus is The Bridegroom

- John 3:22-36
- [Bible Project Video: Water of Life](#)

Week 8: Good News For The Poor

- John 4:1-42

Week 9: Jesus is Healing The Sick

- John 4:43-5:15

Week 10: The Son of God & Son of Man

- John 5:16-47

Week 11: Jesus is The Bread of Life

- John 6:1-70

Week 12: Jesus is Calling The Thirsty

- John 7:1-52

Week 13: The Light of the World

- John 8:1-59

Week 14: Giving Sight To The Blind

- John 9:1-41

Week 15: Jesus is the Good Shepherd

- John 10:1-40

Week 16: Jesus is the Resurrection

- John 11:1-57

Week 17: Jesus is The Anointed King

- John 12:1-11

Week 18: The Image of the Father

- John 12:12-50

Week 19: Washing His Disciples Feet

- John 13:1-17

Week 20: Jesus is Betrayed

- John 13:18-38

Week 21: The Way, Truth and Life

- John 14:1-14
- [Bible Project Video: John 13-21](#)

Week 22: Jesus is Sending the Spirit

- John 14:15-31

Week 23: Jesus is the True Vine

- John 15:1-18

Week 24: Jesus is Teaching

- John 15:19-27

Week 25: Preparing His Disciples

- John 16:1-15

Week 26: Jesus is Conquering King

- John 16:16-33

Week 27: Jesus is The High Priest

- John 17:1-25

Week 28: Innocent Yet Condemned

- John 18:1-40

Week 29: Jesus is Crucified & Buried

- John 19:1-42

Week 30: Victorious Over Death

- John 20:1-20

Week 31: Jesus is Sending His Disciples

- John 21:1-25