



A SIMPLE GUIDE FOR DAILY TIME IN SCRIPTURE AND PRAYER

1. Practical Tips for Quiet Time

(Adapted from C.S. Lewis Institute)

- Set a regular time and place.
- Aim for consistency over length.
- Keep a journal or notebook.
- Minimize distractions (silence phone, choose a quiet spot).
- Ask God to focus your heart before you begin.

2. How to Read the Bible (SOAP Method)

The SOAP method helps you slow down and engage with Scripture in a way that is simple, clear, and life-changing.

S – Scripture: Write down one verse or passage that stands out.

O – Observation: What truth do you see? What’s happening?

A – Application: How does this apply to your life today?

P – Prayer: Turn your reflection into a prayer.

3. How to Pray (ACTS Model)

The ACTS model gives balance to your prayers, moving you beyond requests into deeper connection with God.

A – Adoration: Praise God for who He is.

C – Confession: Be honest about your sin and ask for forgiveness.

T – Thanksgiving: Thank God for specific blessings.

S – Supplication: Pray for your needs and the needs of others.

4. Recommended Bible Reading Plans

These guided plans walk you through God’s Word step by step, helping you stay consistent and gain understanding.

[The Bible Recap: New Testament \(1 Year\)](#)

Walk through the New Testament with clear, daily reflections.

[The Bible Recap with Tara-Leigh Cobble \(1 Year\)](#)

Read through the entire Bible in one year with helpful summaries and insights.

5. Sample Quiet Time (20 minutes)

This simple outline shows how to put it all together in around 15-20 minutes each day.

- Prepare your heart (2 min)
- Read Scripture using SOAP (8–10 min)
- Pray using ACTS (8–10 min)
- Journal and reflect (2 min)

Remember: A quiet time isn't about perfection—it's about building a daily relationship with God