

## HOW TO HAVE A Q.T.

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What you need: \*A Bible(you understand) \*Pen/Pencil  
\*Notebook \*A Quiet Place \*A Plan

Time: 7 minutes

½ minute—Prayer

3 minutes—Read Scripture

2 minutes—Journal(write down thoughts)

1 ½ minutes—Prayer

A Prayer Plan---**A**doration

**C**onfession(saying the same thing God says about sin—hate it!)

**T**hanksgiving

**S**hopping List

A Journaling Plan---Is there a **Sin** (I need to confess?)

**P**romise (for me to claim?)

**A**ttitude (for me to change?)

**C**ommand (for me to obey?)(action)

**E**xample (for me to follow?)