**7. Journaling**

Objective: Learn to journal what you learn from your quiet time.

1. 15 Minutes of Sharing: How was your quiet time last week?
2. Assignment: Meditate on Ephesians 4:14-16 (Have practiced: Context, Key words,

Memorizing, Compare different translations, Paraphrasing, Ask questions, Apply to life,

Pray with the scripture)

1. Try to be still before God. Simply pray and ask the Holy Spirit to speak to you through His word.
2. Read the passage over and over. What does the passage say?
3. Is there anything that captures your attention or touches your heart? Write that in your journal book.
4. Meditate on it with any method you are familiar with. First, seek to understand the meaning; secondly apply it to your life; thirdly pray with the scripture. Lastly, journal down whatever you hear from God and your prayer. If you aren’t sure there is something that catches your eye or grasps your heart, go back to lesson 4. That session indicates what you can do in this situation.
5. If you think the scripture you just meditated on is really important, you can write it down on a notepad. Take it with you each day or put it in a place that you will see it often so that you can continue to meditate and pray with it.
6. Review those notepads often.

III. Making a plan for your quiet time: Choose any devotional plan that fits your life reality. If you don’t yet have a plan, talk with the teacher and ask him/her for a suggestion. Make sure your plan includes regular meditation (not only reading). If you are just beginning to learn to meditate on scripture, start with short passages.

When you are selecting verses for meditation, consider verses:

* Through which God has spoken to you during your personal Bible study (devotional time)
* Related to areas of sin in your life
* Related to specific areas of spiritual growth in which you hope to mature
* That are helpful in your ministry to other people
* That strengthens you in trials, temptation, persecution etc.