

Weekly Quiet Time Guide

May 12 - 18



Sunday - Sermon Notes & Sabbath

At Mercy Hill we describe Sabbath as *a Sunday practice aimed at resting from work and dwelling with God in community*. We encourage you to try Sabbath in 7 different ways. **Way #3 is, take others with you.** You can invite people to do Sabbath with you even when they don't know that's what they are doing. Ask someone if they want to come to the park, want to go for a run, or want to come over for dinner?

For more information about Sabbath at Mercy Hill [read this paper](#)

Monday - Study The Bible

Each week we'll provide you with a study guide for a particular passage of Scripture. This weeks Bible passage is **1 Thessalonians 1:1-12**. These guides will provide background, context, and explore different tools for studying. Take notes about what we are studying in your Commit to the Quiet journal.

[Read the Study Guide Here](#)

Tuesday - Talk to God

Talk to God Using a Bible Verse

As you read Proverbs 3:32-34, let this be your prayer.

Stop after each line and add in your own prayers in your own words.

32 For the Lord detests the perverse
but takes the upright into his confidence.

33 The Lord's curse is on the house of the wicked,
but he blesses the home of the righteous.

34 He mocks proud mockers
but shows favor to the humble and oppressed.

Wednesday - BREAD

1 Thessalonians 1:1-12

[Read this if you are unfamiliar with BREAD Bible Reading](#)



Thursday - Listen to God

Let God Bring Someone to Mind with Listening Prayer

Ask God to show you who in your life needs prayer today. As you hold your thoughts loosely, enter a time of listening prayer with the focus on who God wants you to serve in prayer.

Ask: God, who would you have me pray for today? God, how should I be praying for them?

After you have heard from God, spend some time praying for them – imagine that you are fighting with God on their behalf so that truth wins against lies, that hope triumphs over despair, that light pushes back the darkness.

If appropriate, a really encouraging final step is to send a note letting a person know you were praying for them. You can even share some of the specific sentences you prayed for them.

Friday - Praise & Gratitude

Praise -- Omnipotent

God is all-powerful. He spoke all things into being, and all things—every microorganism, every breath you take—is sustained by Him. There is nothing too difficult for Him.

Scripture: Psalm 33:6-9; Jeremiah 32:17; Colossians 1:17

Prayer: You are the all-powerful God. Grant me the faith and confidence to trust in Your limitless strength, knowing nothing is impossible with You.

Gratitude

Nancy Leigh DeMoss says “gratitude is learning to recognize and express appreciation for the benefits we have received from God and from others.” Overall, how grateful are you? If you really want to know, ask the people you live and work with. One way to grow in gratitude is to memorize this definition of gratitude. Knowing how to define gratitude is a great first step in growing in gratitude. Additionally, you could write down one benefit you have received from God this week and one benefit you have received from someone else.

Saturday - Examine

Use St. Ignatius of Loyola’s Examen questions as an opportunity for peaceful reflective prayer as you look back on this last week:

Where have I felt true joy?

What has troubled me?

What has challenged me?

Where and when did I pause?

Have I noticed God's presence in any of this?

As I look ahead, what comes to mind?

With what spirit do I want to enter next week?