

Weekly Quiet Time Guide

May 5 - 11



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 #2 is, shop less or maybe not at all.** One thing you can pick up on from the Old Testament is that Sabbath was a chance to unplug from the regular rhythms of the economy. The economy isn't bad but sometimes it's good to take a break. If you want to ease into it - don't do one of these three things (1) shop online, (2) run errands, (3) eat out.



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 5:12-18**. 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 with a Prayer List

A prayer list is what it sounds like - a list or lists of what you are praying for. 24-7 Prayer says, "A healthy prayer list is made up of lots of different spheres, one of them is a workplace or vocational sphere." Today, create or make use of this list. "Pray for the place you work or the sphere of influence you have been positioned to contribute in. Ask God to move in that place and that your life would be a sweet fragrance of His presence there."



Read More About Prayer Lists at 24-7 Prayer



The Inner Room App is a Great Tool for Digital Prayer Lists



Wednesday - BREAD

1 Thessalonians 5:12-18



Read this if you are unfamiliar with BREAD Bible Reading

Thursday - Listen to God

Let God Tell You the Truth with Listening Prayer

Sit quietly in God's presence. Ask Jesus to silence all other voices, so that you can only hear the voice of the Father. Ask the Father what he might want to say to you today about your true identity and write down anything you see or hear. Remember, this is a time to deepen your relationship with the Father and know that it is ok if you do not have a lot of clarity as you are starting this practice, this may just be a time to relax and receive His love.

As you reflect on what you wrote down consider these next steps: (1) does what God says about me fit with what God says in the Bible (2) ask a trusted friend if what you heard seems 'godly' and invite them to help you clarify.

Friday - Praise & Gratitude

Praise -- Infinite

You can't measure God—He can't be defined by size or amount.

He has no beginning, no end, and no limits.

Scripture: Job 11:7-9; Psalm 136; Romans 11:33

Prayer: Lord, I'm in awe of your infinite nature.

Help me better understand your measureless wisdom, grace, and love.

Gratitude

True gratitude is rooted and grounded in Christ and His gospel. Read through one or more of the following passages from Colossians, meditating on them, praying them back to God, and using them as a basis for giving thanks to Him.

Col 1:12-14 Col 1:15-22 Col 2:9-15 Col 3:1-11

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?