

***Father Zakaria Botros***

**Presents**

## **The Spiritual Quiet Time**

**"O God, you are my God, earnestly I seek you;  
my soul thirsts for you, my body longs for  
you, in a dry and weary land where there is no  
water."**

**(Psalms 63:1)**

**"Prayer is preceded by quiet time, and quiet  
time can be practiced prayerfully. From both  
we get the love for God; for there are in both  
motivation for loving him, as love is the fruit  
of prayer."**

**(Saint Isaac)**

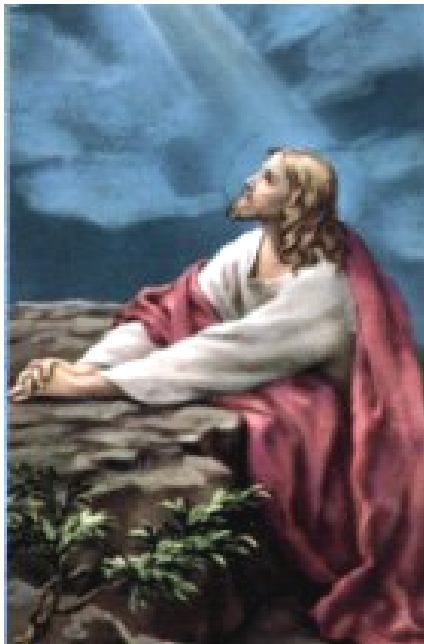


*In the name of the Father, the Son, and the Holy Spirit  
... One God, Amen.*

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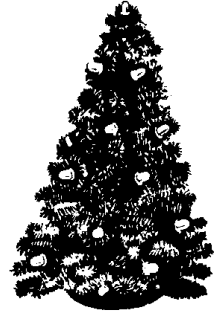
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## Foreword

Suppose you see a fruitful, lush tree and want to know the secret of its lushness and fruitfulness. The first thing that will probably occur to you is the fertile soil that nourishes the roots.



So it is with the believer; he won't have a fruitful, mature life without a fertile chamber that nourishes within its walls his deep roots, which will absorb the nutrients necessary for his growth and fruition. Because of that the Lord commanded every believer, "Go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." (Matthew 6:6)

This book "*Spiritual Quiet Time*" concerns itself mainly with the prayer-chamber, where you can have a blessed opportunity in the Lord's presence, with such an impact on your daily life.

All I hope is that you won't read this book just to gain knowledge or pass the time, but read it one time entirely to acquaint yourself with its contents, then place it in your bedroom to use it as a guide for your quiet time with the Lord every morning. You are advised to read the chapter titled "The program of quiet time" and apply it step by step. This way you will get the best benefit out of it.

Now I leave you in the hands of the Holy Spirit to guide you, both in your quiet time and life. I pray that he would use this book for your edification.

The Lord be with you. I pray from the depth of my heart that the Lord would bless you. Be in good health.

## 1- What does quiet time mean?



Quiet time is the time you spend alone with the Lord Jesus, far away from the hubbub of the world and the business of life. During it you listen to God as he speaks to you through the Bible scriptures, and God, too, listens to you as you speak to him in prayer. This is how His Eminence the Bishop Yo'annas put it, ***"In prayer we speak to God, and in Bible study he speaks to us."***

The bride of the Song of Songs enjoyed such quite times since this was her perpetual desire. As a result we can hear her say, "Like an apple tree among the trees of the forest is my lover among the young men. I delight to sit in his shade, and his fruit is sweet to my taste." (Song of Songs 2:3) She left everyone else to sit under the shade of the Beloved, finding delight in the sweet words of his mouth.

Brother, don't you know that a seat at the Lord's feet is the greatest portion a believer may have in this life? The Lord made this abundantly clear as he said to Martha, "You are worried and troubled about many things. But one thing is needed, and Mary has chosen that

good part, which will not be taken away from her.” The reason the Lord told her this was that Mary had “sat at Jesus’ feet and heard His word.” (Luke 10:39-42)

## 2- The importance of quiet time

What a blessed privilege a believer has: just to sit in the presence of the Lord and commune with him! This prompted Saint John Chrysostom to exclaim, *"As you pray, are you not speaking with God? What a privilege!"* This is what quiet time is all about. Would you like to enjoy this privilege?

You can recognize the importance of the quiet time in the life Jesus, the Lord of glory, who left us an example, that we should follow his steps (1 Peter 2:21). He constantly got up very early in the morning and went off to a solitary place, where he prayed (Mark 1:35). He also spent many nights in prayer (Luke 6:12), as well as withdrawing often into the wilderness to pray (Luke 5:16).

### *But was Jesus in need of prayer?*

No doubt the inherent and essential fellowship between the Persons of the Trinity is unbreakable. For this reason the Son could say to the Father, “O Father,... all Mine are Yours, and Yours are Mine ... You, Father, *are* in Me, and I in You...” (John 17) The Lord Jesus Christ did this as an illustration of the importance of intimacy with God for everybody who follows his steps.

When we look into the lives of the men of God in the Bible, we can recognize the significance of quiet time for their spiritual lives. Here are a few examples:

### **1. The prophet David:**

As busy as he was, being king, leader, and judge, he always made time to be alone with the Lord early in the morning. “In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.” (Psalms 5:3)

### **2. Daniel:**

It was his habit to spend time alone with the Lord and pray. Even when the king prohibited it, he did not care. This is what he did: “He went home to his upstairs room where the windows opened ... he got down on his knees and prayed, giving thanks to his God, just as he had done before.” (Daniel 6:10)

Pay close attention to this remarkable statement: “...just as he had done before.” Spending quiet time was a constant habit in his life.

### **3. The Apostle Peter:**

In addition to his participation in public prayer with the church, who assembled daily with one accord (Acts 2:46), we see him retire to pray. The Bible records, “About noon ... Peter went up on the roof to pray.” (Acts 10:9)

Based on these examples, as well as a whole lot more, you can realize the importance of prayer and quiet time

with God. Intimacy with God is a powerful tool for the Spirit-filled life.

### 3- The GOAL of quiet time

Let it be known that a quiet time is not a time of Bible study, in the theological or doctrinal sense. That type of study has its own time.



*The goal of quiet time, however, is to have fellowship with the Lord, and be in his presence to listen to his voice, instructions, and directions for the day. Make Samuel's declaration your own: "Speak, LORD, for your servant is listening." (1 Samuel 3:9)*

Fellowship with the Lord also means communing, uniting, and being filled with him in the Spirit, that he may lead your life all day long, and take control of your actions, thoughts, and dealings.

Make sure that your quiet time with the Lord has achieved its goal; to sit with the Lord and listen to him, share your life with him and turn over your whole life and day to him, that he is now with you, reigning in you, controlling you, guiding your steps, and protecting your soul.



## 4- The BENEFITS of quiet time

Numerous and blessed are the benefits you can gain from retiring with the Lord daily. These benefits include:



### **First, spiritual nutrition:**

Just as the body requires food to grow, so does the human spirit require the word of God and prayer as food for spiritual growth. For this reason, the Lord of glory said, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” (Matthew 4:4)

So much for the word of God as nourishment, but prayer is another means of spiritual nutrition. Saint Augustine wrote out of experience, “The body can’t survive without food, and likewise prayer is the food of soul, and its lifeblood.”

It’s a fact that spiritual food is essential for spiritual growth. The believer is obliged to grow constantly as fulfillment of the commandment: “Grow in the grace and knowledge of our Lord and Savior Jesus Christ.” (2 Peter 3:18) So he needs spiritual food, just as the Apostle Peter indicated, “Like newborn babies, crave pure spiritual milk [i.e. God’s word], so that by it you may grow up in your salvation.” (1 Peter 2:2)

In fact, any believer who yearns for God’s words, must practically demonstrate that he is growing spiritually.

Saint John Chrysostom pointed this fact in these words, “When I see the fervency of your desire and longing for spiritual bread, which is the word of God, it becomes clear to me that you are growing in virtue. Because just as we judge the body to be in good health when we see it nourished by foodstuffs with gusto and vigor, likewise your hunger to God’s words makes abundantly clear to us that your souls are well-prepared and thoroughly healthy.”

### **Second, The Lord’s fellowship:**

What a great privilege of the believer that sets him above the rest of creation: God himself shares his life with him, walks with him, faces his challenges, guides him, and advises him. The prophet Moses shed light upon this glorious privilege as he said, “How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?” (Exodus 33:16)

During quiet time, the believer lays open all his thoughts, preoccupations, and circumstances to God and allows him to take part in them, so that he may guide him in his wisdom. Isn’t that what David sought as he pleaded, “Let the morning bring me word of your unfailing love...for to you I lift up my soul.” (Psalms 143:8)? Since this was David’s attitude when he pleaded with the Lord, the Lord’s answer to him was, “I will instruct you and teach you in the way you should go; I will counsel you and watch over you.” (Psalms 32:8)

### **Third, Arming oneself against the devil's attacks:**

No doubt the believer is weak in himself, as the prophet David said, “Be merciful to me, LORD, for I am faint.” (Psalms 6:2) The Apostle Paul made this also clear, “If I must boast, I will boast of the things that show my weakness.” (2 Corinthians 11:30)

There is no doubt either that our enemy is a strong deceiver, for that’s what the Apostle Peter meant as he wrote, “Your enemy the devil prowls around like a roaring lion looking for someone to devour.” (1 Peter 5:8) The believer, therefore, desperately needs to stick to the Lord in order to receive from him inner power and be armed against the onslaughts of the devil. For this reason the Apostle Paul said, “Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” (2 Corinthians 12:9)

Christ’s power resides in the inner man through prayer to assist the believer (Ephesians 3:16), who girds himself with the sharp sword of the word of God “the sword of the Spirit, which is the word of God.” (Ephesians 6:17) This is the same sword the Lord used to deliver immense stabs to Satan’s heart on the battlefield of temptation (Matthew 4:1-11), and thereby taught us how to win!

**These are only some benefits of quiet time: it’s spiritual food for growth, an opportunity for fellowship with the Lord, and a means of arming oneself against the enemy.**

## 5- The **TIMING** of quiet time

What's the best part of the day to spend quiet time with God? Some may prefer to do that right before they go to sleep, other may opt for the middle of the day, yet the best part of the day for spending a quite is, no doubt, the early morning, when the brain is clear, the mind is free of preoccupations, and the body is energetic.



In addition, when you meet with the Lord alone at the beginning of the day, you can hand him over all the events of the day, consult with him on the jobs you'll be doing, and receive power to face the circumstances of your life. In short: the Lord will be with you the whole day.

You will appreciate the preference of the morning time as a time of solitude once you have a look at the lives of Bible characters and the statements of the experienced, saintly Church Fathers. Here are some examples;

### **1. The Lord Jesus:**

The Lord Jesus took his daily quiet time in the early morning, as recoded by the Apostle Mark in the gospel, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Mark 1:35)

## **2. The prophet David:**

In the Psalms David repeatedly mentions that he applied himself to daily quiet time early in the morning, “In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.” (Psalms 5:3)

## **3. The prophet Ezekiel:**

He pointed out that he met the Lord in the morning to listen to him and to his word. He recorded this fact in his book, “In the morning the word of the LORD came to me:...” (Ezekiel 12:8)

## **4. Saint Basil The Great:**

He advised the believer on the basis of his own personal experience, saying “Is it daybreak? Rise and give thanks to the One who gave us sunlight at daytime in order to perform our daily work.” He showed us through this how important it is to communicate with the Lord at daybreak.

## **5. The late Bishop Yo’annas of Al-Gharbiyya governorate:**

In his writing he pointed out the importance of giving to the Lord the firstfruit of the day, “Disciples must have fixed hours to meet their Teacher, the Lord Jesus, whose word must be paramount in our thoughts. We must give the Lord the firstfruits of our time; i.e., the first hours of the day, because it’s difficult to pay attention to holy thoughts after we have already got involved with our daily chores.”

**His Eminence goes on to say,**

“The Israelites of old had to gather Manna in the wilderness before the sun rose and the dew disappeared- or else it would melt and be lost. In much the same way ought we to spend a considerable amount of time before breakfast in a good Bible study- alone. During this time we can collect the spiritual Manna, the nourishment of our spirits, as we walk in the wilderness of this world.”

Dear friends, you must now be able to recognize the precedence of the morning for quiet time. At first you may find it difficult to get up early. Perhaps you should go to bed early in order to get up early next morning and have time alone with God.

## 6- The LOCATION of quiet time

Quiet time should preferably be spent in **a permanent, fixed, known place;** maybe alone in the parlor or any such quiet place, in order to focus and not be distracted.

If no place at home is available, look for a place in a church nearest to your home, or seek a quiet, solitary place, just as the Lord Jesus Christ preferred to go off “to a solitary place, where he prayed.” (Mark 1:35)

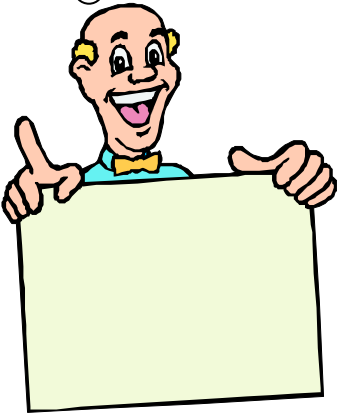


The scholar Origen dealt with the issue of the place of quiet time. His advice was, “As to place, it’s obvious that any place fits to be a place for sacred prayer, for “‘In every place incense *shall be* offered to My name...” Says the LORD of hosts.’ ‘I desire therefore that the men pray everywhere.’ If a person desires to pray in peace and without disturbance, he must elect a fixed spot in his home, if there is any, and turn it into a sanctum or a sanctuary, where he may offer his adoration and prayers.” Saint Theophanes The Confessor highlighted the impact of spending quiet time in a secluded place, so that the senses could rest. He wrote, “It is preferable to have a secluded place with little light, so that the senses could have rest and at least be rid of outer influences. But if you

can get rid of these influences while still in their midst, then remain where you are.”

So as far as the place of quiet time is concerned, it is preferable to be secluded, quiet, and permanent. As to the necessity of its being fixed and permanent, this is to protect against disturbance and wasting time, which will happen if you choose a place that disrupts your quiet time.

## 7- The PROGRAM of quiet time



Although some people are persuaded of the quiet time and how important it is, they still don't know how to practice it. So they neglect having it on a regular basis or don't draw any benefit from it. Yet if the believer knows how to spend this quiet time with God, he will no doubt be encouraged and eagerly wait for

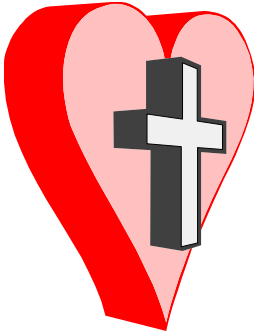
this intimacy with the Lord.

Quiet time has four parts. They are:

- First : Preparation of the heart*
- Second : Biblical Meditation*
- Third : Prayers*
- Fourth : The conclusion of quiet time*



## **First: Preparation of the heart**



Saint Isaac said, *"Before you prayerfully seek God, prepare yourself suitably."* To prepare or ready your heart for entering into the Lord's presence is a very significant matter for the quiet time to achieve its goal; i.e., to sit with the Lord and share your life with him.

How, then, is the heart to be prepared for entering the Lord's presence?

This may be achieved by means of the following:

### ***1- Shutting the doors of the outer senses:***

This is what the Lord Jesus means by, "But when you pray, go into your room, close the door." (Matthew 6:6)

Saint Augustine had something to say about this point, "These rooms are nothing else other than our hearts themselves; the spiritual rooms inside our inner man."

Saint John Cassian offers such a practical illustration of this meaning in his following discourse, "Let's go into our room, shut our door, and pray. But do we do that practically? Isn't it through removing the vain worldly thoughts and business, and going into a close fellowship with the Lord?"

Preparing the heart for entering into the Lord's presence involves the emptying of our minds of all concerns,

preoccupations and obligations, and cast them all at the feet of the Lord.

## **2- Focusing the mind and opening the doors of the inner senses:**

One of the necessary prerequisites for the preparation of the heart is concentration; i.e., opening oneself to the reality of the Lord's presence and existence in the prayer room. God exists no doubt; it's the unawareness or lack of recognition on the part of the believer that makes him miss the chance and the blessing. Long ago Jacob the Patriarch, the father of the tribes, went through a similar experience. Walking all day in the wilderness till evenfall, he lay down on the sand to sleep. Later he awoke to an essential truth which he discovered only of late. He cried out, "Surely the LORD is in this place, and I was not aware of it." (Genesis 28:16)

Many people enter the prayer room and are unaware that the Lord is in this place!

There is a world of difference between our Patriarch Jacob and the prophet David, who was aware of the Lord's engulfing him everywhere he went. This is how he felt, "You hem me in--behind and before ... If I go up to the heavens, you are there; if I make my bed in the depths, you are there." (Psalms 139:5-8)

Saint Nestarion expressed the importance of the believer's awareness and faith in the Lord's presence in

this beautiful quotation, “Pray to God as though you see him, because he is indeed there.”

Here is a lovely quotation from Bishop Yo’annas, “Be aware that you stand in God’s presence and that God sees and hears you. He is near to you and looks tenderly on you .”

As explanation of the idea of guilt, he said, “Awareness of God’s presence is very much like that of a dear friend. In dealing with him in love, in speaking with and to him, we get a constant sense of the existence of that beloved person. O that we would approach God with the same effort we exert in our human relationships, although effort ceases whenever love is involved. So all there is to it (to our relationship with a friend and being aware of his presence) is that it involves sight, yet with God it involves faith.”

So in order to make your heart ready to enter the Lord’s presence you must focus your thoughts and open the doors of your inner senses, that you may be aware of and sense the reality of the Lord’s presence in the place. Therefore you can say in faith while in the prayer room, “The Lord is there with me right now. He is listening to me, sees me, and loves me.”

You can, in the boldness of faith and out of deep, heart-felt emotions welcome the Lord as your best friend. Say to him, “My God, you are welcome in my room, which is yours, and in my house, which is yours, and in my heart, which your dwelling-place.”

### **3- Purification of the heart:**

Another necessary factor of the preparation of the heart in view of entering the Lord's presence is the purification of the heart. The Lord says, "Blessed are the pure in heart, for they will see God." (Matthew 5:8) You can't sense God's presence unless you cleanse and purify your heart first. David emphasizes this point in the Psalms, "Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false." (Psalms 24:3,4) Again he says, "If I had cherished sin in my heart, the Lord would not have listened." (Psalms 66:18) Unfolding the reason why the Lord hid himself from being seen spiritually, the prophet Isaiah pointed out the same secret: "Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear." (Isaiah 59:1,2)

That's why the prophet David was eager to cleanse and purify his heart that he may see the Lord. praying for that purpose, he said, "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." (Psalms 139:23,24)

Test yourself to find out about your sins and offer repentance of them, confessing them before the Lord. The Bishop Yo'annas explained it this way, "When you feel your sins weighing you down, shut the door and reason with Jesus in the dark of night. In your prayer present to him everything you've done. The prophet David said,

‘Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD”-- and you forgave the guilt of my sin.’ (Psalms 32:5)”

You can find out about some of your sins, but the Holy Spirit can certainly reveal all that’s hidden in every nook and cranny of your soul. So let him do his work inside you. Give him a chance and watch how he moves deep down inside you. Make your inner man attentive to his conviction of everything that blocks your spiritual vision from seeing God.

As you begin to make out your sins and feel guilty about them, don’t despair. Place them under the blood, trusting in the Lord’s forgiveness and purification of your heart from all uncleanness, holding onto the Biblical promise, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9) Make it your intention to confess them before the priest at the nearest chance.

Can you make out your sins?

Do you know which sin it is that has hidden his face from you?

If you still don’t, you can refer to chapter fourteen of this book about “Self-examination.” The Spirit may point out one or more sins that blocks your vision and hinders you from sensing the reality of the Lord now.

#### **4- Putting on the legal clothes:**

Of course I don’t mean changing your outer clothes or dress. I’m talking about an essential factor of paramount

importance to the preparation of your heart for entering the Lord's presence. The believer often feels inferior and unworthy or undeserving to appear in God's presence. This feeling is true. One should feel that way; a believer ought never forget that. The believer will never on any given day be deserving, as such, to have access to God or enter his presence. Moreover, any person who presumes to enter the Lord's presence, thinking that the way is open to him unconditionally, with no restraints or barriers, will have to retreat in failure. No matter how a person deludes himself into believing that he is communicating with God, his conscience will object to it and belie him.

Joshua the high priest stood one day to appear before the Lord without wearing the proper garment, the ephod, which qualified a person to enter the Lord's presence. So the angel had him take off his filthy clothes and put rich, ornate garments on him (Zechariah 3:1-5).

Do you remember what happened to the man who came into the wedding but was not wearing the wedding clothes? Wasn't he cast out into the outer darkness? (Matthew 22:11-13)

The issue of clothes is not a controversial one, and I don't want to discuss it from the theological, doctrinal point of view. This garment is simply the garment of Christ, or the merit of Christ. No one merits to stand in the Divine Presence but the Man Jesus Christ, the One and Only sinless, righteous Being. Through him, or on the basis of his merits, we gain access to God "For through him we ... have access to the Father ..." (Ephesians 2:18), "In him and through faith in him we may approach God with freedom and confidence." (Ephesians 3:12)

The preparation of the heart for entering the Lord's presence, then, implies an awareness of this reality: that you don't deserve to be found in God's presence (even though you are a believer) except through Christ's merits. Remember this very well every time you want to be found in the Lord's presence, to approach the Mediator of the new covenant, that he may bestow his merits upon you, clothe you with the garment of his own righteousness, and lead you to hide under the stabbed side, where your faults will be hidden, your weaknesses concealed, and you yourself will be qualified for admission into the Divine Presence. Only under the banner does the tryst take place. And only on this safe ground do we face the Lord. And only at the feet of the cross do we meet the master.

Only in this garment are you admitted to have audience with the King of Kings, and without this holy attire you are not qualified to enter into the Lord's presence.

This was the point Christ wanted to make as he said, "The Father will give you whatever you ask in my name." (John 15:16)

Therefore our teacher the Apostle Paul wrote, "Through him and for his name's sake, we received grace." (Romans 1:5) Don't be content with the mental knowledge of this fact; rather turn it into a springboard for practical application to prepare yourself for entering the Lord's presence under Christ's protection. The Garden of The Monks book has such a beautiful statement about that: ***"Without this name there is, and there will surely be, no salvation at all, according to the***

*words of the Apostle Peter, ‘Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.’ We believe that our Lord Jesus Christ is the only means thereby people can have access to God and communicate with him.”*

### **5- Remember the Lord’s kindness and love:**

It will help you sense the Lord’s presence to remember his love-based dealings with you as a Father who takes care of, looks after, and protects you. This will drive out fear “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.” (1 John 4:18) David sang this aloud whenever he attempted to gain

access into the Lord’s presence, “Praise the LORD, O my soul, and forget not all his benefits--who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.” (Psalms 103:2-5)

### **6- Singing:**

Singing is one of the most important factors for preparing one’s heart for entering the Lord’s presence. The prophet David explicitly said, “Worship the LORD with gladness; come before him with joyful songs.” (Psalms 100:2)





The crucial thing is to concentrate on the meanings of the songs, not just repeat them; otherwise you won't gain any benefit.

The spiritual song imparts to you the experience of a person whose heart overflowed with these words after coming into contact with God. As a result, a song will transport you, by its meanings, to have the same contact with God yourself.

While in your room, select a comforting song, then identify the verses that suit your condition and sing them. Don't let your voice keep you from singing. Nobody is listening. The important thing is that you yourself take comfort from the meanings of the song.

### **7- The faith :**

Don't rely on your external senses and feelings, rather on the senses of the inner man. Trust in faith that God is not only there in your prayer room with you, but inside you also according to his promise, "I will live with them and walk among them." (2 Corinthians 6:16) Jesus, the Lord of glory, said, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him." (John 14:23) Again he said, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me." (Revelation 3:20) On this basis, our teacher the Apostle Paul asked, "Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" (1 Corinthians 3:16)

Whoever enters the Lord's presence in faith will be able to experience this glorious reality. Saint John Saba (the

spiritual elder) wrote: “Blessed are those who gaze at you inside themselves...Blessed are those who seek you within themselves...Don’t seek him outside of you, whose dwelling habitation is within you.”

Therefore Bishop Yo’annas said, “Some people may say, ‘God is everywhere.’ But it’s no so for us. There is one place in the universe where we can communicate with God: at the depth of our heart. ‘You yourselves are God’s temple.’ There he awaits us; there he meets us; there he speaks with us. And in order to find him and meet him, we must go into ourselves. So if we want to sense God’s presence, we must look at him on the inside, not on the outside. We needn’t wander around looking for him outside us with our thoughts. Even if he is there, this is not where we communicate with him; only in our hearts.” Do you have this faith? Do you really trust that you are in the presence of God, who dwells in your heart?

### **Second: Biblical Meditation** **(Listening to the Lord)**



After entering the Lord’s presence by means of preparing your heart to stand before him, the second part of quiet time starts; i.e., listening to the voice of the Lord speak to you through the Bible. Ask the Lord, “What do You want me to do?”(Acts 9:6)

In order to discern the Lord's voice clearly, let me offer you these helpful steps.

1- Lift up your heart in a short prayer and say to the Lord who is there with you, "Lord, let me hear your voice through the Bible, and tell me what you want me to live out today." Say to him, "Open my eyes that I may see wonderful things in your law." (Psalms 119:18)

2- Begin by reading the Biblical chapter you set beforehand for meditation during your quiet times. It's worthy of note here that Biblical meditation during daily quiet time aims at the edification and growth of the spirit; it does not replace daily Biblical study which aims at deepening your knowledge of the Bible, the sacred history, and getting to know Biblical characters and events. For this study I have worked out a plan to enable you to read the Bible entirely in one or two years according to the circumstances. You'll find this plan in chapter fifteen of this book.

Meditating on the Bible during personal quiet time has a different plan, which you should preferably set yourself according to your own needs. It may be:

***A. A section of a chapter to be taken in sequence daily from a daily Bible reading plan, as mentioned above.***

***B. Verses from the Bible extracted from a Bible concordance (like Strong's) or a topical reference (like Thomson Chain Reference Bible) on an area of spiritual need you have; such as anger, purity, or conscientiousness. You may meditate on one verse each day.***

***C. Verses from a weekly Bible study (for those who are part of such groups) as material for daily quiet time. You may take one verse at each quiet time.***

3- Read the verse through which you feel God is speaking to you several times (three times for example), then identify the main theme of it.

4- If possible, read the verse in other trustworthy Bible versions. This will help you understand the verse better to get to know God's purpose.

5- Apply this verse to your life and experience the impact it has on your heart. Live by that impact through the day. You may make use of the following approaches in order to identify the impact of this verse on your life:

- A. Does the Lord speak to you through it about a specific sin that he wants you to confess and give up?**
- B. Do you find in this verse a divine mandate to be fulfilled and acted upon?**
- C. Does this verse provide you with a certain privilege in Jesus Christ, for which you ought to thank the Lord?**
- D. Does the Lord give you through this verse any promise of a certain blessing, which you should pray for in order to receive it?**
- E. Does this verse highlight an excellent attribute of the Lord's, which you should glorify and magnify him for?**
- F. Does this verse underscore a Bible character as ideal example, who deserves to be followed and emulated through the day just as he or she walked in faith with the Lord?**

These are only some approaches to meditation that help you identify the impact of the verse on your spirit. You'll find that only one or more of these approaches apply to the verse. What matters is that you listen to the Lord as he speaks to you through the verse; don't forget you are in the presence of the Lord of Hosts; "Do whatever he tells you." (John 2:5) There is no use in having quiet time without listening to the Lord's voice or being willing to do his will in your life.

### ***Third: Prayers (Speaking to the Lord)***



After listening to the Lord through the meditation verse, now it's your turn to speak to him. He longs to hear from you, as he expressed to the Bride of the Song, "My dove in the clefts of the rock, in the hiding places on the mountainside, show me your face, let me hear your voice; for your voice is sweet, and your face is lovely." (Song of Songs 2:14) You may converse with the Lord about several subjects; such as:

- ❖ The theme of the meditation verse.
- ❖ Your private affairs.
- ❖ Requests for others.
- ❖ Requests for local ministry.
- ❖ Requests for world-wide ministry.

#### **1- The theme of the meditation verse:**

Through the meditation verse the Lord may have spoken to you about any of the above-mentioned matters; such as sin, divine mandate, privilege, promise, one of his attributes, or an ideal example.

Now it's your turn to speak to him about what he told you. This may be: confession, request, thanksgiving, or glorification.

### **A. Confession:**

If the Lord has told you about a specific sin, confess it and ask him for forgiveness in the blood of Jesus, because “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

Saint Anthony said, “Don’t treasure your sin which you committed, for the best a man can possess is to confess one’s sins to God and blame oneself.”

### **B. Request:**

If the Lord has told you through the verse to give up a specific sin, or to fulfill a commandment, ask him for help and strength to be able to do it. He said, “Apart from me you can do nothing.” (John 15:5)

Bishop Saint Isaiah made this beautiful comment, “If you pray to God, tell him, ‘My Lord Jesus, you are my help and hope. I am in your hands; you know what’s best for me. Help me and don’t let me offend you or follow my whim. Don’t reject me because I am weak. Don’t deliver me to my enemies; I take refuge with you, so save me with your lovingkindness.’”

### **C. Thanksgiving:**

If the Lord’s communication to you through the verse has provided you with a particular privilege or a special blessing, thank him for it just as the Bible tells us, “Give thanks in all circumstances,

for this is God's will for you in Christ Jesus." (1 Thessalonians 5:18)

Saint Isaac said,

"No gift lacks growth or increase but the one lacking in thanksgiving."

He also said,

"A mouth that always gives thanks will always receive a blessing from God Almighty, and a heart that keeps on giving thanks and praise will be visited by grace."

#### ***D. Glorification and magnification:***

If the verse has highlighted an excellent attribute of God's; such as his love and mercy, glorify him and magnify him, just as David did, "Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever." (Psalms 106:1)

This is the subject-matter of prayer which can be derived from the meditation verse. Saint Basil and the scholar Origen summarized this in the following four elements:

- ❖ First of all, we must glorify God with all our strength and as much as we can. You can get an impression of that from Psalms 103, 104.
- ❖ Then we should thank him for his lovingkindnesses for mankind in general,



and for us in particular (See David's thanksgiving in 2 Sa 22).

- ❖ This is followed by confession of one's sins and violations of God's commands and a request of his forgiveness for past sins, and that he may heal him of all spiritual maladies oppressing him.
- ❖ Finally, the pray-er should enumerate both spiritual and physical needs- his own as well as others'.
- ❖ At the end, the prayer should be concluded with a doxology.

## **2- Your own requests:**

This is another area we can use when conversing with God, who is present in your prayer room. Conversation in this respect may revolve around any such important topic as:

### **A. Crucial decisions:**

If you are faced with a situation that demands a crucial decision, or a difficult problem that needs a decisive solution, place the whole matter before the Lord. Tell him about it so that he may guide you by means of Biblical verses to a decision that is in line with his will. He gave us this promises, "I will instruct you and teach you in the way you should go; I will counsel you and watch over you." (Psalms 32:8)

### **B. Determining the goals of your life:**

Discuss with the Lord the goals that you want to live for, whether they are in line with his will. Are they dedicated to the Lord and in keeping with his divine plan for your life?

The Apostle Paul said, “For none of us lives to himself alone and none of us dies to himself alone. If we live, we live to the Lord; and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord. For this very reason, Christ died and returned to life so that he might be the Lord of both the dead and the living.” (Romans 14:7-9)

### **C. Sharing your daily agenda with the Lord:**

Place before the Lord all your chores, activities, and visits for the day. Since your time belongs to the Lord, will every single minute of it be spent according to his mind and in line with his plan? Bring your daily agenda before him that he may cancel from it all he doesn’t want and add whatever he finds necessary “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10) Will the works you’ll be doing today the same as those good works he prepared in advance for you to do?

### **3- Requests for others:**

While in the Lord's presence, it's worthwhile to tell him about your brethren who are under suffering like you, as the Apostle James commanded, "Pray for each other..." (James 5:16)

The Apostle Paul used to do that, for he says, "I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy" (Philippians 1:3,4)

Saint Barsonophius was once asked, "If a person asks me to pray for him, should I pray for him or not?"

He answered, "It's good to pray for everyone who asks you to, because the Apostle says, 'Pray for one another, that you may be healed.' People have prayed for the Apostles themselves. Yet, you must do that as someone who is unworthy and with reserve."

Tell the Lord about your family members, your relatives, friends, neighbors, and more so about your brethren in the body of Christ. Your conversation with God about them may focus on:

- A. Particular matters that concern them; such as their circumstances, problems, sicknesses, sorrows, financial needs....etc.**
- B. Ask on their behalf what you would ask for yourself.**
- C. Ask the Lord to visit with his salvation those who haven't come to know him yet.**

**D. Ask for spiritual growth in grace and the knowledge of God on behalf of those who know the Lord and are walking in his way.**

These are only some subject to help you engage in conversation with the Lord about others. Use a prayer list with the names of those you would like to pray for, the specific prayer point, and the verse this prayer point rests upon (whenever you find any), then the date you started praying about it and the date of answer. This way you can thank the Lord for answering. (In the quiet time journal you'll find a prayer list plan to help you pray for others).

**4- Requests for local ministry**

One of the subjects you can talk to the Lord about is the local ministries in the city and the country where you live. The Church has taught us to lift up our petitions in Holy Mass as follows: “Remember, Lord, this holy place which is yours...” Then the deacon would call out, “Pray for .... Our city and all other cities, countries, isles ....” Thus you may make petitions for:

- A. The ministries of the church where you pray and other churches in the same city and homeland. Preferably pray for each city separately.
- B. Priestly Fathers, ministers, and preachers.
- C. Sunday schools, youth meetings, and public meetings.
- D. All different types of people who attend church, and those who don't.

- E. The spread of the Gospel message to every household and every heart.
- F. Rulers, governors, and those in public office.

These, and many others, are subjects you can talk to the Lord about because this pleases the Lord's heart.

### **5- Requests for world-wide ministry**

God loves the world no doubt (John 3:16). He sent his disciples into all the world to preach the good news to all creation (Mark 16:15). It is in order then to converse with the Lord concerning his purposes for the world. Your conversation with him may focus on:

- A- The salvation of the whole world.**
- B- The spread of the good news everywhere.  
Preferably mention each continent separately  
(Africa-the Americas-Asia-Australia-Europe).**
- C- The Lord's sending laborers into his harvest.**
- D- Disasters, volcanoes, wars, famines, and  
pestilences that afflict the world.**

These are also some subjects you can talk to the Lord about concerning the world. (You'll find in the quiet time journal a weekly prayer plan.)

#### **Fourth: Bringing quiet time to an end**

At the end of quiet time the following points should be taken into consideration:

- 1- Identify the thought you'll be practicing all day long as a result of your quiet time and conversation with God. This idea, which you'll draw out from your quiet time, will help you focus your mind on Christ and live in the Lord's presence. Ask God to assist as you do so.
- 2- Thank God for this opportunity he gave you to sit and talk with him in privacy.
- 3- Ask God to let you enjoy another similar opportunity.
- 4- Record your quiet time regularly in your quiet time journal before leaving your prayer room.

## 8- The boosters of quiet time

There are some factor that help boost up your quiet time and make it more useful. Only some of them are listed below:

- 1- Trust that **the Lord is waiting for you and longing to meet you.**

The Bride says, “*I am my beloved’s, and his desire is toward me.*” (Song of Songs 7:10).



- 2- **Expect to receive blessing from the Lord during your quiet time according to his promise**, “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (Luke 11:9,10)
- 3- **Know that quiet time begins on the previous night.** So you must sleep early to get up early.
- 4- If you fail to have your daily quiet time for any reason out of your control, **don’t give up**. Shake off the failure and start afresh . Initiate another round of fighting against the power of evil, and say, “Do not gloat over me, my enemy! Though I have fallen, I will rise.” (Micah 7:8) Confess your shortcoming to the Lord.

- 5- **Make sure to have your Bible and songbook with you in your prayer room**, as well as your quiet time journal and a pen for writing down your reflections.
- 6- **Write down your quiet time regularly**; this will boost your determination to keep it up.



### **9- The DURATION of quiet time**

Not knowing how long quiet time should take may keep a person from having one. He may feel guilty because he hasn't spent enough time on it. For this reason I'd like to draw your attention to a most important fact: quiet time is not measured by quantity, rather by quality. It doesn't matter so much how *long* you spend in quiet time, but whether communication between you and God took place. Have you really been in God's presence? Have you listened to his voice? Have you got to know his will for you for the day? Have you spoken with him face to face, the way he spoke with Moses? The Bible says, "The LORD would speak to Moses face to face, as a man speaks with his friend." (Exodus 33:11)

You may gradually advance from a few minutes of quiet time at first, then as God's love in your heart grows, you may increase the duration of your quiet time. Here is a projected plan for ten-minute quiet time, another one for half-hour quiet time, and a third one for hour-long quiet time. You can use these plans as patterns for scheduling your own quiet time.



### **First: Ten-minute quiet time plan**

- 1- Preparing the heart      1 minute
- 2- Reflecting on a verse    5 minutes
- 3- Prayers                      4 minutes

### **Second: Half-hour quiet time plan**

- 1- Preparing the heart      5 minutes (using songs)
- 2- Reflecting on a verse    10 minutes
- 3- Prayers                      15 minutes

### **Third: hour-long quiet time plan**

- 1- Preparing the heart    15 minutes    (using self-examinations scales)
- 2- Reflecting on a verse   15 minutes
- 3- Prayers                    30 minutes (detailed prayers)



## **10 - The DAY-LONG TIME of quiet time**

It's a must for the believer to spend a whole day with the Lord from time to time. Jacob the patriarch needed to spend a whole night alone with the Lord (Ge 32:22-32), and Moses the prophet spent 40 days twice on the mountain (Ex 34:28, 24:18), and so did Elijah (1 Ki 9:8). The Lord Jesus himself spent a similar period on the mount of temptation (Mat 4:2), in addition to the nights he spent in prayer (John 6:12). Our saintly Church Fathers followed this pattern, too. Sacred history has it

that Saint Arsanuis used to spent the whole night in prayer also.

**The believer, therefore, must have days of quiet time in addition to daily quiet times. These days have lots of benefits; such as:**

- 1- **Renewing the spiritual mind** by distancing oneself from the concerns and troubles of the world, as well as the requirements and maelstrom of ministry.
- 2- **Correcting one's spiritual walk.** Our spiritual walk often veers away from God's purposes in the midst of worldly busyness and concerns, as result as desperately need to search our souls in order to correct the spiritual walk.
- 3- **Enjoying some quiet time with the Lord** to praise, glorify and bond with him.
- 4- **Practicing intercessory prayer on behalf of others** and for the advancement of God's work in the whole world.
- 5- **Renewing our commitments and consecration,** as well as the kindling of God's gift.
- 6- **Being refilled with new power for a new stage of our holy walk.**

## **A projected program**

<b>From</b>	<b>To</b>	<b>The activity</b>
7	8	Praying early morning psalms and the third hour
8	9	Reading from a devotional book or lives of the saints
9	9:15	Rest
9:15	10	Preparation of the heart
10	11	Biblical meditation (listening to the Lord's voice)
11	1	Prayers (talking with the Lord about the verse, personal requests, prayers for others, prayers for local and world-wide ministry)
1	2	Praying psalms of the sixth and ninth hours
2	4	Lunch and rest
4	6	Prayer and making plan for the coming stage: (setting its goals, programs, time limits, and the needs that should be met)
6	7	Writing down your report about the day and observations on what you need to do in application.
7		Final prayer

## 11- The EFFECT of quiet time

I don't believe that quiet time is a period of time you spend with God for the purpose of studying the Word and prayer, and that's it! This way it will turn into an ineffective duty or obligation.



You should know that morning quiet time is basically a spiritual charge that continues with you all day long. Fellowship with God is not confined to spending time alone with him in the prayer room, but spills over the rest of the day. As you walk with God, you face life through his perspective and feel his presence with you under all circumstances, conditions, duties, and meetings. As a result, your life will turn into a prayer. Saint Basil the Great has put it so succinctly as follows:

**“Prayer is to bond with God in all moments and situations of life. Thus life turns into a single, ceaseless, undisturbed prayer.”**

The Psalmist expressed the same idea as he wrote: “I have set the LORD always before me. Because he is at my right hand, I will not be shaken.” (Psalms 16:8)

Morning quiet time, therefore, is a launching pad into a day spent in the Lord's presence. This way we involve

him in our chores and thoughts, so that we may get to know his will for everything we plan to do. One Spirit-filled Father said, “The objective of a life of prayer is to remain in God’s presence and to involve God in all our chores and thoughts, and thus know his will.”

***Make sure to remember all day long:***

- 1- That you gave your life over to the Lord for this day; he is responsible for it: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6,7)
- 2- That you live in his presence. So watch and guard against error.
- 3- He leads your life through the events of the day. Make sure you know his will and mind at each step.
- 4- That he lives inside you by his Spirit, ready to face life through you. So make sure that:
  - A. You see people through his eyes.
  - B. You listen to people through his ears.
  - C. You love people with his heart.
  - D. You talk with people with his tongue.
  - E. You perceive people through his mind.
- 5- All day long remember the Lord’s voice to you in your morning quiet time. Diligently apply the theme you drew out from you quiet time.
- 6- In the evening to examine yourself to find out how many times you succeeded and how many times

you failed. Apologize to the Lord for your failures, and thank him for your successes. On the next day train yourself to practice living in the Lord's presence, and thus can the quiet time bear its desired fruit and have a blessed effect on your life.

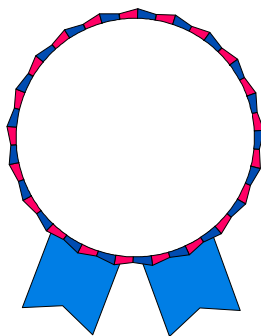
## 12- Recording quiet time

Recording your quiet time will help you discover what things the Lord wants to reveal to you. This will also help you be concentrated and focused during your quiet time, and not be distracted.

Recording your quiet time will also encourage you to have your quiet time daily and consistently, because it will be like a reminder to you every morning. When you neglect having your quiet time, you will know it. Then you should pick up where you left off. You will be able to tell how many days you lived without involving the Lord in your life.

**Moreover, recording quiet time will make it easy for you to share with others. This process will be the best memorandum of your interactions with the Lord through the days to come, which will make it very easy for you to share them with others.**

For this purpose I planned "The Quiet Time Journal," which you can order separately, for recording your quiet time. Each day of the year is assigned one page. On each page you'll find the following:



- (1) **The upper rectangle:** At the top of the page, and is divided into:
- A- A small square to the left to be checked (+) after reviewing the memory verses in the verse folder.
  - B- A big rectangle in the middle with the slogan of the daily quiet time “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” (Mark 1:35)
  - C- A small rectangle to the right. For writing the new verse reference to be memorized which will be added to the verse folder. (Set aside one day a week to memorize a new verse.)
- (2) **Day and date:** Write down the quiet time’s date. This will help you have it regularly.
- (3) **Biblical chapters:** Write down the Biblical chapter(s) you read during your quiet time or throughout the day.
- (4) **Meditation verse:** Write down the verse that was highlighted to you as you read, which the Lord spoke to you through. Write down its Biblical reference.
- (5) **The verse in another language:** In order to understand the verse correctly to better apply it, it’s better to refer to another version of the Bible. It would be especially good if you are acquainted with the original language (Hebrew or Greek) in which the Book was written. Coptic, French,

German...etc may also be helpful. Good, trustworthy translations of the Bible will help you understand the meaning clearly. If you can't rely on any other version, write down the meaning of the verse as you understood it.

- (6) **The main theme:** Summarize the main theme of the meditation verse in a short phrase. This will help you remember the theme throughout the day.
- (7) **The impact and application of the verse:** Record the impact the verse had on you, by which you'll live through the day. Try to know more particularly how this may help you become more like Christ. The impact may be:

A- A warning to avoid a particular sin.

B- A divine mandate to be fulfilled and acted upon.

C- A privilege for which you ought to thank the Lord.

D- A promise which you should pray for in order to receive it.

E- An attribute of the Lord's, which you should glorify him for.

F- An ideal example, who you should follow.

- (8) **Prayers:** Record the matters for which you want to pray in your quiet time:

A- Concerning the verse: Write down a summary of the request for the application of the verse.



B- Other topics: Such as praying for your siblings, relatives, friends, the church, the world, the problems....etc.

C- The day's agenda: Write down your day's agenda and prayerfully set it before the Lord. Your entire time belongs to Christ and you will be giving an account of it, therefore show him your time and ask him how he wants you to use it for his glory.

❖ Organization will allow you control your time, which is often wasted owing to lack of discipline and self-control. But when you commit yourself to a clear-cut schedule and time limits, you will stick to them, especially since you've placed them in the Lord's care.

❖ You may face many other things that can be done, and may be at a loss which things to do in such a short time. Here come priorities and preferences into play. You should do what's more important, then the less important. If time is too short for the less important, put it off till another day. The most important should always be your priority. This way you can achieve your goals conscientiously and wisely.

NB:

- 1- Never let this journal tie you down. Don't allow it to hinder spontaneity of fellowship with the Lord.
- 2- Never use it routinely; it's there to help you focus on the Lord.

- 3- Never let the recording of quiet time become a goal in itself; it's a means of challenging you to continue and persevere.
- 4- You may share with your friends what the Lord told you, using what you recorded in the quiet time journal.
- 5- You'll find a model of quiet time in chapter 13.

You'll find models of schedules used in quiet times and how to use them, so that you can follow their pattern.

### **13- Models for Recording quiet time**

- 1. Model of a quiet time record***
- 2. Model of a personal application***
- 3. Model of requests for others***
- 4. Schedule of weekly prayers***

#### **1- Model of a quiet time record**

***“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” (Mark 1:35)***

***Wednesday Feb. 7<sup>th</sup>, 2005***

- 1- Biblical chapter: John 1:6-13
- 2- Meditation verse: John 1:12 “But as many as received him, to them gave he power to become the sons of God, *even* to them that believe on his name.”

- 3- Another version: “But to all who received Him He gave the right to become children of God. All they needed to do was to trust Him to save them.” [LB]
- 4- Main theme: Sonship to God.
- 5- Its impact and application: This is a glorious privilege that deserves to thank the Lord for, because he accepted to make me his son.
- 6- Prayers:
  - A- Regarding the verse: I thank you, God, for this privilege of becoming my Father.
  - B- Other topics: My family members – the church – God’s work worldwide.
  - C- Day’s agenda:

Topic	Time
1. quiet time	From 7 - 7:30
2. work or study	“ 8 - 2
3. rest or lunch	“ 2 -5
4. study or...	“ 5 -10
5.dinner and prayer	“ 10 - 11
6. sleep	“ 11

## **2- Model of personal requests**

**It’s better to identify the topics you want to pray for, the date you started praying for it, and the date of the Lord’s answer. Leave the last slot blank till the Lord answers you either by granting, denying, or modifying your request. Then you can write the date down.**

Topic of request	Date of request	Date of answer	Notes

This record will keep you on track as you persevere to pray.

### **3- Model of requests for others**

S N	Name	Request	Verse reference	Date of starting request	Date of answer

#### **4- Schedule of weekly prayers**

Day	Requests for others	Local ministry	Worldwide ministry
Sunday			Africa
Monday			America
Tuesday			Asia
Wednesday			Australia
Thursday			Europe
Friday			Gentiles
Saturday			Disasters, wars, and famines

#### **14- Self – examination scales**



Purification is an important factor in preparing one's heart to enter the Lord's presence. It's based on self-examination in view of finding out what sins one needs to be purified from. The Bible says, **“Examine yourselves as to whether you are in the faith. Test yourselves.”** (2 Co 13.5)

For this reason the following questions are provided to help you examine yourself. We recommend that you should ask your spiritual guide's

advice regarding the scales befitting your spiritual stature, or else such questions may lead you to despair. In general, these questions have been divided into two categories:

**1) Scales for beginners; i.e., new believers.**

**2) Scales for the advanced; i.e., those who are aiming at maturity in grace and the knowledge of the Lord.**

### **First: For beginners**

#### **1- God's place in your life:**

- A. Do you trust that God is your Father, and that you are his son? Or are you still in doubt about it?
- B. Do you believe that God accepted you and forgave your sins on account of his death for your salvation? Or are you still in doubt about it?
- C. Do you build your trust on the foundation of God's true promises? Or on the foundation of your changeable emotions?

#### **2- Quiet time:**

- A. Do you regularly read the Word and listen to God's voice in the Bible daily? Or do you neglect doing that out of laziness, unwillingness, or busyness?
- B. Do you regularly speak with God and come into his presence in prayer? Or do you neglect that, too?
- C. Do you involve God in your life throughout the day no matter what?

- D. Do you regularly commit a new verse to memory every week? Or do you neglect that?

**3- Your inner life:**

- A. Do you trust that God looks after, takes care of and protects you? Or do you lead a life of anxiety and turmoil?
- B. Do you practice (1 John 1:9)? Or do you give in to despair and failure because of your shortcomings and sins?
- C. Do you respond to the Holy Spirit's conviction within you to give up old habits; such as going to the cinema, smoking, meeting bad friends...? Or do you ignore the conviction of the Spirit?

**4- Your fellowship with believers:**

- A. Do you attend church, confess, and partake of the Eucharist regularly?
- B. Do you have fellowship with believers?

**5- Your testimony:**

Do you share your testimony with anyone? Or do you hold back because of embarrassment or nonchalance?

**Second: For the advanced**

**1- Christ's position in your life:**

- A. Does Christ have lordship over your self?
- B. Do you follow in Christ's footsteps in your daily living?

- C. Have you devoted your possessions, time, future, relationships, hobbies, work, family, reading... to him?

**2- Your relationship with God during quiet time:**

- A. Does your fellowship with God have priority in your life over everything else?
- B. Do you have regular quiet time every day?
- C. Does the quiet time have impact on your attitudes day by day? Or do you forget all about it as soon as you are done with it?
- D. Do you regularly commit Bible verses every week?
- E. Has the Word of God become the code of your life in all your conduct?

**3- Your inner life:**

**(A) Self-denial and humility:**

1. Do you have an inner feeling of self-admiration because you are smart, high-born, strong, beautiful, gifted, esteemed, rich, or “spiritual”?
2. Are you prone to independence, self-esteem, unwillingness to submit, disobedience, or harsh treatment of others?
3. Do you have inner tendencies to attract attention or display your abilities and mastery of speech?
4. Do you feel comfortable when people praise you? Do you crave it? Do you feel



- upset inside when you aren't? Do you hate those who despise or abuse you?
5. Do you insist on having it your way? Do you believe that your opinions are unquestionably right? Or can you reconsider them?
  6. Are you flexible, or do people find it hard to talk to you and deal with you?
  7. Do you indulge yourself and avoid hurting it?
  8. Are you irritable? Quick-tempered? Impatient? Do you lose control over yourself and "blow your top"?

**(B) Purity:**

1. Does your heart entertain impure, physical tendencies, and unclean emotions, actions, and desires?
2. Are you enslaved by these actions, or do you refuse to yield to them.
3. Do these immoral tendencies turn into obsessions?
4. Do you take pleasure from these obsessions and keep adding to them? Or do you still refuse them and flee from them.
5. When faced with mental temptations, do they appeal to you? Or do they upset you so much that you drive them away?
6. Do you indulge in unclean day-dreaming?

7. Do these evil thoughts turn into urgent lust and egg you on committing the actual sin?
8. Do you let your eyes roam and linger at the opposite sex?
9. Do you let your eyes steal glances?
10. Do you lust after immoral scenes? Do you look long at a tempting or pornographic scene? Do you take pleasure from looking at it?
11. Do you like pornographic movies, photos, or magazines? Do you keep any of them?
12. Do you like to spend time with unholy photos of “the old days” before you became a believer? Do you still keep those photos?
13. Do you like to listen to risqué news, stories, adventures, jokes, anecdotes, conversations, or songs?
14. Do you take part in unholy conversations? Do you use unholy humor? Do you think it’s “cool” to cause others to sin?
15. Do you like to sit with the opposite sex, visit, talk with, or write to them often under any pretext or excuse?
16. When forced by circumstances to sit with the opposite sex, does the Holy Spirit control your motives, or do you allow the flesh to take control?

17. Does your relationship with the opposite sex lend itself to holiness and purity, or does it stir their lusts?
18. Have you already fallen into sexual sins; through touching, petting, rubbing, or the sexual act itself?

**(C) Honesty:**

1. Are you honest in your words, or do you lie? Do you exaggerate? Do you leave out parts to conceal the truth? Do you twist the truth? Do you make up things that never happened?
2. Do you beat around the bush?
3. Are you frank in what you say?
4. Are you a hypocrite? Do you praise people without being convinced of what you say?
5. Do you resort to lying to get out trouble?
6. Do you report sick falsely in order to have sick leave?
7. Do you evade taxes, customs, bus tickets, ...?
8. Do you steal from others? Money or personal effects?
9. Do you borrow things and fail to return them? Books or tools?
10. Do you rob the Lord of his tithes?
11. Are you faithful in using other people's belongings? A car, a house, electricity, or water supply?

12. Do you obtain money illegally? Cheating, double-crossing, greed, filthy lucre? Illicit trade? Unlawful commissions?
13. Do you covet other people's money?
14. Are you stingy? Are you a spendthrift?
15. Do you deal with your possessions as your own or as a steward over them because you have dedicated them to the Lord?
16. Do you squander money on dressing up, accessories, and make-up?
17. Do you go about your business with an attitude of worldly aspiration or for the glory of God?
18. Do you give part of your tithes to your relatives, who the law obliges you to take care of? And think that this action is right, yet it is prompted by stinginess?
19. Do you contribute from your tithes to great projects, magnificent buildings, and those things that make you known, but fail to give for the spread of the good news?
20. Are you faithful in your time that you've dedicated to Christ?
21. Do you assign enough time to fellowship with the Lord? In quiet time, prayer, and meditation?
22. Do you waste your time in things that don't glorify the Lord? Such as films, worldly conversations and readings, which do not edify you spiritually?

23. Do you spend your time aimlessly or loaf about mentally? Do you spend too much time on in visiting in order to kill time?
24. Do you give enough time to your family in taking care of them, showing your love to them, sharing with them, and worshipping with them?
25. Do you give time to ministry and visitation?
26. Do you regularly go to church and attend meetings, or do you waste all that time on trivial things?
27. Are you faithful in your working hours? Or do you cheat on it?
28. Are you honest and just in your judgments? Or are you prone to favoritism?
29. Do you treat people equally? Do you see them the way God sees them?
30. Do you avoid the truth? Do you cover up your mistakes?
31. Are you deceptive?
32. Are you faithful to carry out any job or responsibility given to you?
33. Are you punctual?

**(D) Faith:**

1. Do you trust that God guarantees your live and future? Or are you anxious, care-worn, and troubled?

2. Do you receive everything gratefully from the Lord's hands, or do you feel sorry for material losses, sickness, or bereavement? Do you curse your circumstances and lament your luck?
3. Do you trust that the Lord answers your prayers, either through acceptance, modification, or rejection? Or do you doubt that God hears, knows, and acts according to what he sees best?
4. Do you trust that God has a plan for your life, which he brings to fulfillment day after day, in his ultimate wisdom? Do you yield to his plan? Or do you rebel against it?
5. Do you walk with God in absolute faith and confidence in his wisdom, or do you want to live by sight, not believing unless you touch, feel, and make sure? In your dealings with God, do you rely on faith, or feeling and sensation?
6. Do you cast all your troubles at the Lord's feet, believing that he will work them out? Or do you rely on your own wisdom, ability, and capabilities?

**(E) Love-based fellowship:**

1. Do you show love to your family members, looking after and taking care of each member just as you do yourself?

2. Do you show love to your church members and ministers, and fulfill your obligations toward them?
3. Do you show love to your group members and community members? Do you keep close relations with them?
4. Do you share with them transparently?
5. Do you bear and have patience with others? Or do you lash out quickly and turn discussions into arguments and end up breaking relationships?
6. Are you kind with those who are weaker than you?
7. Do you feel envious of others for their success, when they get things you don't have, or when they are in a position greater than yours?
8. Do you put others down and try to pester and aggravate them?
9. Do you patronize others and disrespect them?
10. Do you blacken, criticize, and condemn other people's works?
11. Do you backbite others, expose their faults, and defame them?
12. Do you lose your temper with those you talk with? Are you inconsiderate of their feelings, circumstances, and conditions?
13. Are you prone to misery and nagging?
14. Do you insist on your own rights and comforts, and neglect those of others?

15. Do you distrust people's intentions and actions? Do you entertain preconceived ideas about them and treat them accordingly?
16. Do you then mistreat them and tell them you "know them only too well"?
17. Do you gloat over the misfortunes of those opposing you?
18. Do you bear insults and hassles from others? Do you forgive them?
19. Do you apologize for what you did wrong, even if it's "only a little"?
20. Do you wish for others what you wish for yourself?
21. Do you treat others the way you like to be treated?
22. Do you endure insults and curses with patience?
23. Do you go the second mile and turn the other cheek in love?
24. Does your love for others come from a pure heart? Is your love strong?
25. Do you try to mend the rift between you and others by looking for common points, or do you stubbornly work at widening the disagreement?
26. Do you do labors of love for others? Do you have a servant's heart?



### **Third: For Ministers**

1. Do you have an attitude of witness and burden for the souls?
2. Do you pray for the souls that need Christ?
3. Have you shared the message of the gospel with anyone? Have they received Christ?
4. Have you ever visited someone to win them for Christ?
5. Have you ever dodged the responsibility of ministry?
6. Has the Lord ever used you to deliver a sermon anywhere, and you were faithful to communicate the Lord's message? Or has your self stepped in and tried to draw attention to itself, not to Christ?
7. Do you follow up with a soul that received Christ, or do you neglect it, despite the Lord's commission to you?
8. Are you faithful in leading your group? Do you pray for its members?
9. Do you have God's vision regarding world salvation? Do you pray for its accomplishment? Have you devoted yourself to it?

**Fourth: Family Life**  
**1- Husband**

**(A) with his wife:**

1. Do you love your wife exactly as you do yourself?
2. Do you work at making her happy and comfortable? Or do you wait for her to make you happy and comfortable?
3. Do you treat her kindly, tenderly, and respectfully?
4. Do you give her enough time, listening to her, caring for her, and getting to know her problems? Or do you neglect her and keep yourself busy away from her?
5. Do you try to understand her viewpoints and opinions? Or do you stubbornly insist on yours as a way of solving your problems with her?
6. Do you disagree with her regarding the way you raise up children, management of finances, relations with in-laws and friends, spending vacations, and spiritual matters? Or do you try to reach an agreement based on a common plan regarding these things?
7. Do you share your ideas with her concerning yourself, your family life, and concerns?
8. Do you make it a priority to always encourage her and reassure her of your confidence in her? Or do you work at

undermining her by your too many criticisms?

9. Do you choose the appropriate time to draw her attention to her mistakes? Or do you carelessly argue with her out loud in the presence of kids, in-laws, relatives, and friends?
10. Do you show her respect in the presence of others and give her a chance to talk and share? Or do you try to silence, ignore, and rebuke her, or even belittle her opinions in their presence?
11. Are you self-centered when it comes to treating her; you just seek what is important to you with regard to her feelings or weariness, especially in the physical relationship?
12. Are you faithful to her and to her rights? Or do you have other “relationships” that fulfill your needs?
13. Are you torn by jealousy over her, to the extent of turning your home into hell? Or do you give it all up to God and ask him to watch over her or treat you of the madness of doubt and jealousy?
14. Do you love her blood relations and keep a friendly relationship with them? Or do you despise, ignore, and insult them?
15. Do you try to reconcile the time you spend with her with the time you spend in the

Lord's ministry, in order not to be found remiss in either of them?

**(B) with his children:**

1. Do you love your children and make sacrifices for them?
2. Do you care for raising them up? Or do you leave that burden to your wife?
3. Do you sit with them and share their thoughts and problems?
4. Do you pray with them and gather them around the family altar?
5. Are you friends with them? Do you communicate with them? Or is your relation to them formal and dry, confined to your issuing strict commands and requiring their implicit obedience?
6. Do you give them enough time so that they may feel you are there?
7. Are you moderate in the way you treat them? Or do you tend to go to extremes (i.e. pampering and harshness)?
8. Do you work at establishing love amongst them? Or does your favoritism of any of them cause jealousy, envy, and hate among them?
9. Do you treat one of them so harshly and hatefully that he/she feels resentful toward the family?
10. Are you interested in getting acquainted with your children's friends? Do you guide

them to make friends with believers, or do you let them do their own thing, and then reap the fruit of their looseness?

11. Do you apply the method of comparing them to one another or to others, which stirs hate in them towards others?
12. Do you affirm them for whatever they do, even if it's imperfect, in order to develop their self-esteem?
13. Do you pray for each one of them, as well as for their needs and concerns?
14. Do you make sure to give them gifts on special occasions; such as birthdays or passing their exams, even if they were only token gifts?
15. Do you have a spiritual vision for their future? Or is your vision limited to their study and career?

## **2- Wife**

### **(A) with her husband**

1. Do you submit to your husband as you submit to the Lord (Eph 5:22)? Do you respect and honor him? Or do you disrespect and ridicule him in your heart of hearts? Do you regard him as your head (Eph 5:23)? Or do you butt heads with him and treat him as though you were a man like him? Do you take care of him and his needs? Or are you

too busy doing your own things and looking after yourself? Does your motherly affection for your kids outweigh your care of your husband, which makes you neglect his requests? Are you so involved in outward activities; such as shopping, visiting, or even ministry, as an excuse for neglecting your house chores and responsibilities? Are you upset for being a woman, and resent the God-given rights of man, such as his dominion over you?

2. Do you feel mentally or spiritually superior to your husband, or above him in terms of descent or financial income? Do you feel that your husband is not worthy of you, and it would have been better to marry another? Do you keep on criticizing and condemning him for his behavior with you or with others? Do you accuse him of being unable to fulfill your desires?
3. Do you cause your husband to fly into rage, simply because you like unhappiness, weeping, and torment? Do you enjoy making him unhappy and causing him pain? Are you into raking up all his hidden secrets and circulating fabricated rumors about him? Are you led by your tendencies of rebellion and defiance to your husband? Do you form a defiance front together with other rebellious women?

4. Do you receive criticism from him, or do you flare up and claim he doesn't understand you or love you? Do you always complain of his abuse of you; that he wrongs you and gives you no rights at all?
5. Are you distracted by competing with other women from giving time to your husband and home? Do you feel miserable because of your jealousy of them, which makes you spread an atmosphere of depression over your home? Do you let jealousy over your husband eat you up with doubts and misgivings? Do you compare how your husband treats other women courteously, with how rudely he treats you?
6. Do you rob your husband of his marital right and thus break the Bible's command: "Do not deprive each other except by mutual consent..." (1 Corinthians 7:5) Do you consider marriage something bad or sinful, not knowing that the Bible says, "Marriage should be honored by all, and the marriage bed kept pure." (Hebrews 13:4) Are you faithful to your husband, or is your heart open to others no matter the excuse?
7. Do you lead an unhappy, care-worn, troubled life because of inner struggles and fear of the future, accidents, and death?
8. Do you love and respect your in-laws? Or do you try to isolate him from them so that they won't share him with you?

9. Do you resent your life as a wife and mother who always gives and sacrifices, with no appreciation from anyone in return?
10. Are you drowning in a sea of disillusionment because the pre-marital image you had of marriage collapsed?

**(B) with her children:**

1. Do you care for your children's spiritual life and pray for them? Or are you only interested in their studies?
2. Do you keep the time of family altar and get things ready for it the way you would prepare for dinner?
3. Do you encourage your family to go to church and partake of communion?
4. Are you friends with your children, especially your daughters, in such a way that enables them to share their problems with you?
5. Do you show more love to and interest in a particular child, causing his/her sibling to get angry with them?
6. Do you share your husband's care for the children and agree together on one policy of treating them?

**3- Children**

**(A) with parents:**

1. Are you obedient to your parents? Do you subject yourself to them and respect them?



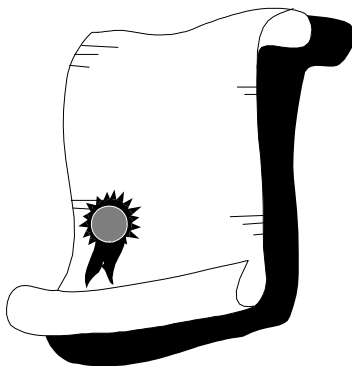
2. Do you sincerely share your life with them? Or do you conceal some actions from them?
3. Do you honestly take their advice?
4. Do you deplete the family's income by your financial demands and expenses?
5. Do you feel discontent for being part of this family? Are you ashamed of it? Do you prefer to have other parents than your own?
6. Do you trust that God created you in this family for your own good?
7. Do you share in the house chores or run errands for the family? Or do you grumble when asked to do anything?

**(B) with siblings:**

1. Do you show respect to your seniors in the family?
2. Do you help your younger siblings out?
3. Do you fight a lot with your brothers and sisters?
4. Do you feel jealous or hateful of anyone of them?
5. Do you like to be special or pampered?
6. Do you give your siblings what they ask of you, or are you selfish and throw a tantrum if they take something from you?
7. Do you keep the time of the family altar and share transparently? Do you join your family as they go to church?

## **15- A daily Bible reading plan over a year**

The reason why a believer may neglect reading the Bible may be the fact that he/she doesn't know what to read or where to start. This plan has been made to solve this problem.



### **First: The plan's goal**

- 1- To organize your daily Bible readings.
- 2- To remind you that reading the Bible according to this plan is not the same as Bible study; it's only to know and connect God's mind with yours.

### **Second: The plan's idea**

**Divide the Bible, both New and Old Testaments, in such a way that helps you read it over a year or two according to your circumstances.**

**\*\* One-year reading plan:** In order to read the Bible over one year, you must divide your readings to two shifts:

### (A) Morning shift:

- During this shift read from the Old Testament (OT) one chapter at a time, beginning with Genesis till Esther.
- Read from the New Testament (NT), beginning with the Gospel according to Matthew till the Gospel according to John.

### (B) Evening shift:

- + During this shift read one chapter at a time from the O T, beginning with Job till Malachi.
- + During this shift read one chapter at a time from the N T, beginning with Acts till Revelation.

### N.B:

You may think this plan takes a long time each day, but when you put it to practice you will discover otherwise.

### **2- Two-year reading plan**

If you haven't the time to read the Bible over one year, you can read it over two years:

- (A) **The first year:** Follow the morning shift plan only.
- (B) **The second year:** Follow the evening shift plan only.

Preferably read the entire N T each year, i.e. add the N T portions from the evening shift to your daily readings.

### **Third: How to Read**

1- Start today according to today's date in the plan. For example, if today is the third of July, start reading the portion allotted to the third of July in your plan. Namely, it's not necessary for using this plan to start on the first of January, or with a particular book. This doesn't matter, since, after a few days of following this plan, reading will regulate itself.

2- Underline the verses that God highlights to you, the ones that strike a specific cord in your life. These verses may supply you with material for meditation during your quiet time, or may be beneficial to you in your Bible study at another time.

3- It's recommended to jot down the observations that occur to you at the margin of your Bible right opposite the verse that triggered them.



## **January**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Acts 1: 1 - 14	Job 1	Mt 1: 1 - 17	Gen 1	١
" 1: 15-26	" 2	" 1: 18 - 25	" 2	٢
" 2: 1 -13	" 3	" 2: 1 - 12	" 3	٣
" 2: 14 - 21	" 4	" 2: 13 - 22	" 4	٤
" 2: 22 -31	" 5	" 3: 1 - 12	" 5	٥
" 2: 32 - 39	" 6	" 3: 13 - 17	" 6	٦
" 2: 40 -47	" 7	" 4: 1 - 11	" 7	٧
" 3: 1 -11	" 8	" 4: 12 - 25	" 8	٨
" 3: 12 - 26	" 9	" 5: 1 - 16	" 9	٩
" 4: 1 - 12	" 10	" 5: 17 - 26	" 10, 11	١٠
" 4: 13 -22	" 11	" 5: 27 - 37	" 12	١١
" 4: 23 - 30	" 12	" 5: 38 - 48	" 13	١٢
" 4: 31 -37	" 13	" 6: 1 - 15	" 14	١٣
" 5: 1 - 11	" 14	" 6: 16 - 24	" 15, 16	١٤
" 5: 12 - 23	" 15	" 6: 25 - 34	" 17	١٥
" 5: 24 - 32	" 16	" 7: 1 - 14	" 18	١٦
" 5: 33 - 42	" 17	" 7: 15 - 29	" 19	١٧
" 6: 1 - 7	" 18	" 8: 1 - 13	" 20	١٨
" 6: 8 - 15	" 19	" 8: 14 - 22	" 21	١٩
" 7: 1 - 16	" 20	" 8: 23 - 34	" 22, 23	٢٠
" 7: 17 - 29	" 21	" 9: 1 - 13	" 24	٢١
" 7: 30 - 40	" 22	" 9: 14 - 26	" 25	٢٢
" 7: 41 - 50	" 23	" 9: 27 - 38	" 26	٢٣
" 7: 51- 60	" 24, 25	" 10: 1 - 15	" 27	٢٤
" 8: 1 - 8	" 26, 27	" 10: 16 - 33	" 28	٢٥
" 8: 9 - 17	" 28	" 10: 34 - 42	" 29	٢٦
" 8: 18 - 25	" 29	" 11: 1 - 15	" 30	٢٧
" 8: 26 - 40	" 30	" 11: 16 - 30	" 31	٢٨
" 9: 1 - 9	" 31	" 12: 1 - 8	" 32	٢٩
" 9: 10 - 19	" 32	" 12: 9 - 21	" 33	٣٠
" 9: 20 - 29	" 33	" 12: 22 - 30	" 34	٣١

## **February**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Acts 9 : 30 – 35	Job 34	Mt 12 : 31 – 42	Gen 36 , 37	١
" 9 : 36 – 43	" 35	" 12 : 43 – 50	" 37	٢
" 10 : 1 – 8	" 36	" 13 : 1 – 9	" 38	٣
" 10 : 9 – 22	" 37	" 13 : 10 – 23	" 39	٤
" 10 : 23 – 33	" 38	" 13 : 24 – 32	" 40	٥
" 10 : 34 – 48	" 39	" 13 : 33 – 44	" 41	٦
" 11 : 1 – 18	" 40	" 13 : 45 – 58	" 42	٧
" 11 : 19 – 30	" 41	" 14 : 1 – 14	" 43	٨
" 12 : 1 – 12	" 42	" 14 : 15 – 21	" 44	٩
" 12 : 13 – 25	Pslm 1 , 2	" 14 : 22 – 36	" 45	١٠
" 13 : 1 – 12	" 3 , 4	" 15 : 1 – 20	" 46	١١
" 13 : 13 – 22	" 5 , 6	" 15 : 21 – 28	" 47	١٢
" 13 : 23 – 33	" 7 , 8	" 15 : 29 – 39	" 48	١٣
" 13 : 34 – 43	" 9 , 10	" 16 : 1 – 12	" 49	١٤
" 13 : 44 – 52	" 11 , 12	" 16 : 13 – 28	" 50	١٥
" 14 : 1 – 18	" 13 , 14	" 17 : 1 – 13	Exod 1 , 2	١٦
" 14 : 19 – 28	" 15 , 16	" 17 : 14 – 21	" 3	١٧
" 15 : 1 – 11	" 17	" 17 : 22 – 27	" 4	١٨
" 15 : 12 – 21	" 18	" 18 : 1 – 14	" 5	١٩
" 15 : 22 – 29	" 19	" 18 : 15 – 20	" 6	٢٠
" 15 : 30 – 41	" 20 , 21	" 18 : 21 – 25	" 7	٢١
" 16 : 1 – 10	" 22	" 19 : 1 – 15	" 8	٢٢
" 16 : 11 – 18	" 23 , 24	" 19 : 16 – 30	" 9	٢٣
" 16 : 19 – 31	" 25	" 20 : 1 – 16	" 10 , 11	٢٤
" 16 : 32 – 40	" 26 , 27	" 20 : 17 – 28	" 12	٢٥
" 17 : 1 – 9	" 28 , 29	" 20 : 29 – 34	" 13	٢٦
" 17 : 10 – 21	" 30	" 21 : 1 – 11	" 14	٢٧
" 17 : 22 – 34	" 31	" 21 : 12 – 22	" 15	٢٨

## **March**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Acts 18 : 1 – 11	Pslm 32 , 33	Mt 21 : 22 – 32	Exod 16	١
" 18 : 12 – 23	" 34	" 21 : 33 - 46	" 17 , 18	٢
" 18 : 24 – 28	" 35	" 22 : 1 - 14	" 19	٣
" 19 : 1 – 10	" 36	" 22 : 15 - 33	" 20	٤
" 19 : 11 – 20	" 37	" 22 : 34 - 46	" 21	٥
" 19 : 21 – 30	" 38	" 23 : 1 - 12	" 22	٦
" 19 : 31 – 41	" 39 , 40	" 23 : 13 - 22	" 23	٧
" 20 : 1 – 12	" 41 , 42	" 23 : 23 - 33	" 24	٨
" 20 : 13 – 24	" 43 , 44	" 23 : 34 - 39	" 25	٩
" 20 : 25 – 28	" 45 , 46	" 24 : 1 - 14	" 26	١٠
" 21 : 1 – 9	" 47 , 48	" 24 : 15 - 28	" 27	١١
" 21 : 10 – 17	" 49	" 24 : 29 - 44	" 28	١٢
" 21 : 18 – 26	" 50	" 24 : 45 - 51	" 29	١٣
" 21 : 27 – 40	" 51 , 52	" 25 : 1 - 13	" 30	١٤
" 22 : 1 – 16	" 53 , 54	" 25 : 14 - 30	" 31	١٥
" 22 : 17 – 30	" 55	" 25 : 31 - 46	" 32	١٦
" 23 : 1 – 10	" 56 , 57	" 26 : 1 - 13	" 33	١٧
" 23 : 11 – 22	" 58 , 59	" 26 : 14 - 25	" 34	١٨
" 23 : 23 – 35	" 60 , 61	" 26 : 26 - 35	" 35	١٩
" 24 : 1 – 16	" 62 , 63	" 26 : 36 - 46	" 36	٢٠
" 24 : 17 – 27	" 64 , 65	" 26 : 47 - 56	" 37	٢١
" 25 : 1 – 12	" 66 , 67	" 26 : 57 - 68	" 38	٢٢
" 25 – 13 : 27	" 68	" 26 : 69 - 75	" 39	٢٣
" 26 : 1 – 15	" 69	" 27 : 1 - 10	" 40	٢٤
" 26 : 16 – 32	" 70 , 71	" 27 : 11 - 23	Lev 1 , 2	٢٥
" 27 : 1 – 8	" 72	" 27 : 24 - 32	" 3	٢٦
" 27 : 9 – 26	" 73	" 27 : 33 - 44	" 4	٢٧
" 27 : 27 – 36	" 74 , 75	" 27 : 45 - 56	" 5 , 6	٢٨
" 27 : 37 – 44	" 76 , 77	" 27 : 57 - 66	" 7	٢٩
" 28 : 1 – 15	" 78	" 28 : 1 - 10	" 8	٣٠
" 28 : 16 - 31	" 79 , 80	" 28 : 11 - 20	" 9 , 10	٣١

## **April**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Rom 1 : 1 – 17	Pslm 81 , 82	Mark 1 : 1 - 13	Lev 11 , 12	١
" 1 : 18 - 32	" 83 , 84	" 1 : 14 - 20	" 13	٢
" 2 : 1 - 16	" 85 , 86	" 1 : 21 - 28	" 14	٣
" 2 : 17 - 29	" 87 , 88	" 1 : 29 - 38	" 15	٤
" 3 : 1 - 20	" 89	" 1 : 39 - 45	" 16	٥
" 3 : 21 - 31	" 90 , 91	" 2 : 1 - 12	" 17 , 18	٦
" 4 : 1 - 12	" 92 , 93	" 2 : 13 - 17	" 19	٧
" 4 : 13 - 25	" 94 , 95	" 2 : 18 - 28	" 20	٨
" 5 : 1 - 11	" 96 , 97	" 3 : 1 - 12	" 21	٩
" 5 : 12 - 31	" 98 , 99	" 3 : 13 - 21	" 22	١٠
" 6 : 1 - 14	" 100 , 101	" 3 : 22 - 35	" 23	١١
" 6 : 15 - 22	" 102	" 4 : 1 - 12	" 24	١٢
" 7 : 1 - 13	" 103	" 4 : 13 - 20	" 25	١٣
" 7 : 14 - 25	" 104	" 4 : 21 - 29	" 26	١٤
" 8 : 1 - 13	" 105	" 4 : 30 - 41	" 27	١٥
" 8 : 14 - 25	" 106	" 5 : 1 - 10	Numb 1	١٦
" 8 : 26 - 39	" 107	" 5 : 11 – 20	" 2	١٧
" 9 : 1 - 18	" 108	" 5 : 21 – 34	" 3	١٨
" 9 : 19 - 33	" 109	" 5 : 35 - 43	" 4	١٩
" 10 : 1 - 21	" 110 , 111	" 6 : 1 - 13	" 5	٢٠
" 11 : 1 - 12	" 112 , 113	" 6 : 14 - 29	" 6	٢١
" 11 : 13 - 24	" 114 , 115	" 6 : 30 - 44	" 7	٢٢
" 11 : 25 - 36	" 116 , 117	" 6 : 45 - 56	" 8	٢٣
" 12 : 1 - 21	" 118	" 7 : 1 - 13	" 9	٢٤
" 13 : 1 - 14	" 119: 1 - 40	" 7 : 14 - 23	" 10	٢٥
" 14 : 1 - 12	" 119 : 41-72	" 7 : 24 - 37	" 11	٢٦
" 14 : 13 - 23	" 119 : 73-112	" 8 : 1 - 13	" 12 , 13	٢٧
" 15 : 1 - 13	" 119:113-144	" 8 : 14- 26	" 14	٢٨
" 15 : 14 - 32	" 119 :145-176	" 8 : 27 - 38	" 15	٢٩
" 16 : 1 - 27	" 120 , 121	" 9 : 1 - 13	" 16	٣٠



## May

Evening shift		Morning shift		Day
New T	Old T	New T	Old T	
1 Cor 1 : 1 – 17	Pslm 122 , 123	Mark 9 : 14 – 29	Numb 17 ,18	၁
" 1 : 18 - 31	" 124 , 125	" 9 : 30 - 37	" 19	၂
" 2 : 1 - 16	" 126 , 127	" 9 : 38 - 50	" 20	၃
" 3 : 1 - 10	" 128 , 129	" 10 : 1 - 12	" 21	၄
" 3 : 11 - 23	" 130 , 131	" 10 : 13 -22	" 22	၅
" 4 : 1 - 8	" 132 , 133	" 10 : 23 -31	" 23	၆
" 4 : 9 - 21	" 134 , 135	" 10 : 32 -45	" 24 , 25	၇
" 5 : 1 - 13	" 136 , 137	" 10 : 46 -52	" 26	၈
" 6 : 1 - 11	" 138 , 139	" 11 : 1 - 11	" 27	၉
" 6 : 12 - 20	" 140 , 141	" 11 : 12 -19	" 28	၁၀
" 7 : 1 - 24	" 142 , 143	" 11 : 20 -33	" 29	၁၁
" 7 : 25 - 40	" 144	" 12 : 1 - 12	" 30	၁၂
" 8 : 1 - 13	" 145	" 12 : 13 -27	" 31	၁၃
" 9 : 1 - 18	" 146	" 12 : 28 -34	" 32	၁၄
" 9 : 19 - 27	" 147	" 12 : 35 -44	" 33	၁၅
" 10 : 1 - 15	" 148	" 13 : 1 - 13	" 34	၁၆
" 10 : 16 -33	" 149 , 150	" 13 : 14 -23	" 35 , 36	၁၇
" 11 : 1 - 16	Prov 1	" 13 : 24 -37	Deut 1	၁၈
" 11 : 17 -34	" 2	" 14 : 1 - 9	" 2	၁၉
" 12 : 1 – 11	" 3	" 14 : 10 -21	" 3	၂၀
" 12 : 12 -31	" 4	" 14 : 22 -31	" 4	၂၁
" 13 : 1 - 13	" 5	" 14 : 32 -42	" 5	၂၂
" 14 : 1 - 12	" 6	" 14 : 43 -52	" 6	၂၃
" 14 : 13 -25	" 7	" 14 : 53 -65	" 7 , 8	၂၄
" 14 : 26 -40	" 8	" 14 : 66 -72	" 9	၂၅
" 15 : 1 - 19	" 9	" 15 : 1 - 15	" 10	၂၆
" 15 : 20 -34	" 10	" 15 : 16 -26	" 11	၂၇
" 15 : 35 -49	" 11	" 15 : 27 -38	" 12	၂၈
" 15 : 50 -58	" 12	" 15 : 39 -47	" 13 ,14	၂၉
" 16 : 1 - 12	" 13	" 16 : 1 - 8	" 15 , 16	၃၀
" 16 : 13 -24	" 14	" 16 : 9 - 20	" 17 , 18	၃၁

## **June**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
2 Cor 1 : 1 – 11	Prov 15	Luke 1 : 1 - 14	Deut 19 , 20	၁
" 1 : 12 - 24	" 16	" 1 : 15 -25	" 21	၂
" 2 : 1 - 17	" 17	" 1 : 26 -38	" 22	၃
" 3 : 1 - 18	" 18	" 1 : 39 -56	" 23	၄
" 4 : 1 - 18	" 19	" 1 : 57 -66	" 24	၅
" 5 : 1 - 21	" 20	" 1 : 67 -80	" 25 , 26	၆
" 6 : 1 - 18	" 21	" 2 : 1 - 7	" 27	၇
" 7 : 1 - 16	" 22	" 2 : 8 - 20	" 28	၈
" 8 : 1 - 15	" 23	" 2 : 21 -32	" 29	၉
" 8 : 16 - 24	" 24	" 2 : 33 -40	" 30	၁၀
" 9 : 1 - 15	" 25	" 2 : 41 -52	" 31	၁၁
" 10 : 1 - 18	" 26	" 3 : 1 - 9	" 32	၁၂
" 11 : 1 - 15	" 27	" 3 : 10 -20	" 33 , 34	၁၃
" 11 : 16 33	" 28	" 3 : 21 -38	Josh 1 , 2	၁၄
" 12 : 1 - 10	" 29	" 4 : 1 -15	" 3 , 4	၁၅
" 12 : 11-21	" 30	" 4 : 16 -30	" 5 , 6	၁၆
" 13 : 1 - 14	" 31	" 4 : 31 -37	" 7	၁၇
Galat 1 : 1 - 12	Eccles 1	" 4 : 38 -44	" 8	၁၈
" 1 : 13 -24	" 2	" 5 : 1-11	" 9	၁၉
" 2 : 1 - 10	" 3	" 5 : 12 -16	" 10	၂၀
" 2 : 11 -21	" 4	" 5 : 17 -26	" 11 , 12	၂၁
" 3 : 1 - 9	" 5 , 6	" 5 : 27 -32	" 13	၂၂
" 3 : 10-18	" 7	" 5 : 33 -39	" 14	၂၃
" 3 : 19 -29	" 8 , 9	" 6 : 1 - 5	" 15	၂၄
" 4 : 1 - 11	" 10	" 6 : 6 - 11	" 16 , 17	၂၅
" 4 : 12- 20	" 11 , 12	" 6 : 12 -19	" 18	၂၆
" 4 : 21 -31	Song 1 , 2	" 6 : 20 -26	" 19 , 20	၂၇
" 5 : 1 - 15	" 3 , 4	" 6 : 27 -38	" 21	၂၈
" 5 : 16 -26	" 5 , 6	" 6 : 39 -45	" 22	၂၉
" 6 : 1 - 18	" 7 , 8	" 6 : 46 -49	" 23 , 24	၃၀

## **July**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Ephes 1 : 1 - 14	Isaiah 1	Luke 7 : 1 - 10	Judg 1	١
" 1 : 15 - 23	" 2	" 7 : 11 - 17	" 2	٢
" 2 : 1 - 10	" 3	" 7 : 18 - 23	" 3	٣
" 2 : 11 - 22	" 4 , 5	" 7 : 24 - 35	" 4	٤
" 3 : 1 - 13	" 6 , 7	" 7 : 36 - 40	" 5	٥
" 3 : 14 - 21	" 8	" 7 : 41 - 50	" 6	٦
" 4 : 1 - 10	" 9	" 8 : 1 - 8	" 7	٧
" 4 : 11 - 16	" 10	" 8 : 9 - 15	" 8	٨
" 4 : 17 - 22	" 11	" 8 : 16 - 21	" 9	٩
" 5 : 1 - 10	" 12 , 13	" 8 : 22 - 25	" 10	١٠
" 5 : 11 - 21	" 14	" 8 : 26 - 34	" 11	١١
" 5 : 22 - 32	" 15 , 16	" 8 : 35 - 40	" 12 , 13	١٢
" 6 : 1 - 9	" 17 , 18	" 8 : 41 - 48	" 14 , 15	١٣
" 6 : 10 - 24	" 19	" 8 : 49 - 56	" 16 , 17	١٤
Phili 1 : 1 - 11	" 20 , 21	" 9 : 1 - 9	" 18	١٥
" 1 : 12 - 21	" 22	" 9 : 10 - 17	" 19	١٦
" 1 : 22 - 30	" 23 , 24	" 9 : 18 - 27	" 20	١٧
" 2 : 1 - 16	" 25 , 26	" 9 : 28 - 36	" 21	١٨
" 2 : 17 - 30	" 27 , 28	" 9 : 37 - 45	Ruth 1 , 2	١٩
" 3 : 1 - 14	" 29	" 9 : 46 - 50	" 3 , 4	٢٠
" 3 : 15 - 21	" 30	" 9 : 51 - 56	1 Sam 1	٢١
" 4 : 1 - 9	" 31 , 32	" 9 : 57 - 63	" 2	٢٢
" 4 : 10 - 23	" 33	" 10 : 1 - 12	" 3 , 4	٢٣
Colo 1 : 1 - 14	" 34 , 35	" 10 : 13 - 20	" 5 , 6	٢٤
" 1 : 15 - 22	" 36	" 10 : 21 - 28	" 7 , 8	٢٥
" 1 : 23 - 29	" 37	" 10 : 29 - 37	" 9 , 10	٢٦
" 2 : 1 - 12	" 38 , 39	" 10 : 38 - 42	" 11 , 12	٢٧
" 2 : 13 - 23	" 40	" 11 : 1 - 13	" 13	٢٨
" 3 : 1 - 11	" 41	" 11 : 14 - 26	" 14	٢٩
" 3 : 12 - 25	" 42	" 11 : 27 - 32	" 15	٣٠
" 4 : 1 - 18	" 43	" 11 : 33 - 36	" 16	٣١

## **August**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
1 Thess 1 : 1 - 10	Isaiah 44	Luke 11 : 37 -44	1 Sam 17	١
" 2 : 1 - 12	" 45 , 46	" 11 : 45 -54	" 18	٢
" 2 : 12 - 20	" 47 , 48	" 12 : 1 - 12	" 19	٣
" 3 : 1 - 13	" 49 , 50	" 12 : 13 -21	" 20	٤
" 4 : 1 - 8	" 51	" 12 : 22 -34	" 21 , 22	٥
" 4 : 9 - 18	" 52 , 53	" 12 : 35 -40	" 23	٦
" 5 : 1 - 11	" 54 , 55	" 12 : 41 -48	" 24	٧
" 5 : 12 - 28	" 56 , 57	" 12 : 49 -59	" 25	٨
2 Thess 1 : 1 - 12	" 58	" 13 : 1 - 9	" 26 , 27	٩
" 2 : 1 - 12	" 59	" 13 : 10 -21	" 28 ,29	١٠
" 2 : 13 : 17	" 60 , 61	" 13 : 22 -30	" 30 , 31	١١
" 3 : 1 - 18	" 62 , 63	" 13 : 31 -35	2 Sam 1	١٢
1 Timo 1 : 1 - 11	" 64 , 65	" 14 : 1 - 14	" 2	١٣
" 1 : 12 - 20	" 66	" 14 : 15 -24	" 3	١٤
" 2 : 1 - 15	Jerm 1	" 14 : 25 -35	" 4 , 5	١٥
" 3 : 1 - 16	" 2	" 15 : 1 - 10	" 6	١٦
" 4 : 1 - 16	" 3	" 15 : 11 -19	" 7	١٧
" 5 : 1 - 16	" 4	" 15 : 20 -32	" 8 , 9	١٨
" 5 : 17 -25	" 5	" 16 : 1 - 9	" 10 , 11	١٩
" 6 : 1 - 10	" 6	" 16 : 10 -18	" 12	٢٠
" 6 : 11 - 22	" 7	" 16 : 19 -31	" 13	٢١
2 Timo 1 : 1 - 18	" 8	" 17 : 1 - 10	" 14	٢٢
" 2 : 1 - 13	" 9	" 17 : 11 -19	" 15	٢٣
" 2 : 14 - 26	" 10	" 17 : 20 -30	" 16	٢٤
" 3 : 1 - 17	" 11 , 12	" 17 : 31 -37	" 17	٢٥
" 4 : 1 - 8	" 13	" 18 : 1 - 8	" 18	٢٦
" 4 : 9 - 22	" 14	" 18 : 9 - 17	" 19	٢٧
Titus 1 : 1 - 16	" 15	" 18 : 18 -25	" 20 , 21	٢٨
" 2 : 1 - 15	" 16	" 18 : 26 -30	" 22	٢٩
" 3 : 1 - 15	" 17	" 18 : 31 -34	" 23	٣٠
Philm 1 : 1 - 25	" 18 , 19	" 18 : 35 -43	" 24	٣١

## **September**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Hebr 1 : 1 - 14	Jerm 20 , 21	Luke 19 : 1 - 10	1 King 1	١
" 2 : 1 - 9	" 22	" 19 : 11 -27	" 2	٢
" 2 : 10 - 18	" 23	" 19 : 28 -34	" 3	٣
" 3 : 1 - 6	" 24	" 19 : 35 -40	" 4	٤
" 3 : 7 - 19	" 25	" 19 : 41 -48	" 5	٥
" 4 : 1 - 9	" 26	" 20 : 1 - 8	" 6	٦
" 4 : 10 - 16	" 27 , 28	" 20 : 9 - 18	" 7	٧
" 5 : 1 - 14	" 29	" 20 : 19 -26	" 8	٨
" 6 : 1 - 13	" 30	" 20 : 27 -38	" 9	٩
" 6 : 14 - 20	" 31	" 20 : 39 -47	" 10	١٠
" 7 : 1 - 7	" 32	" 21 : 1 - 9	" 11	١١
" 7 : 8 - 19	" 33	" 21 : 10 -19	" 12	١٢
" 7 : 20 - 28	" 34 , 35	" 21 : 20 -28	" 13	١٣
" 8 : 1 - 6	" 36	" 21 : 29 -38	" 14	١٤
" 8 : 7 - 13	" 37	" 22 : 1 - 13	" 15	١٥
" 9 : 1 - 10	" 38	" 22 : 14 -23	" 16	١٦
" 9 : 11 - 22	" 39 , 40	" 22 : 24 -30	" 17	١٧
" 9 : 23 - 38	" 41 , 42	" 22 : 31 -38	" 18	١٨
" 10 : 1 - 10	" 43	" 22 : 39 -46	" 19	١٩
" 10 : 11 - 22	" 44	" 22 : 47 -53	" 20	٢٠
" 10 : 23 - 29	" 45 , 46	" 22 : 54 -62	" 21	٢١
" 10 : 30 - 39	" 47	" 22 : 63 -71	" 22	٢٢
" 11 : 1 - 7	" 48	" 23 : 1 - 12	2 King 1	٢٣
" 11 : 8 - 19	" 49	" 23 : 13 -26	" 2	٢٤
" 11 : 20 - 31	" 50	" 23 : 27 -38	" 3	٢٥
" 11 : 32 - 40	" 51	" 23 : 39 -49	" 4	٢٦
" 12 : 1 - 14	" 52	" 23 : 50 -60	" 5	٢٧
" 12 : 15 - 29	Lamin 1 , 2	" 14 : 1 - 12	" 6	٢٨
" 13 : 1 - 14	" 3	" 14 : 13 -31	" 7	٢٩
" 13 : 15 - 25	" 4 , 5	" 14 : 32 -53	" 8	٣٠

## **October**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
James 1 : 1 - 12	Ezek 1 , 2	John 1 : 1 - 5	2 King 9	၁
" 1 : 13 - 22	" 3 , 4	" 1 : 6 - 14	" 10	၂
" 1 : 23 - 27	" 5 , 6	" 1 : 15 - 23	" 11	၃
" 2 : 1 - 10	" 7	" 1 : 24 - 34	" 12	၄
" 2 : 11 - 17	" 8 , 9	" 1 : 35 - 42	" 13	၅
" 2 : 18 - 26	" 10	" 1 : 43 - 51	" 14	၆
" 3 : 1 - 8	" 11	" 2 : 1 - 11	" 15	၇
" 3 : 9 - 18	" 12	" 2 : 12 - 17	" 16	၈
" 4 : 1 - 10	" 13	" 2 : 18 - 25	" 17	၉
" 4 : 11 - 17	" 14 , 15	" 3 : 1 - 13	" 18	၁၀
" 5 : 1 - 8	" 16	" 3 : 14 - 24	" 19	၁၁
" 5 : 9 - 20	" 17	" 3 : 25 - 36	" 20	၁၂
1 Pet 1 : 1 - 9	" 18	" 4 : 1 - 14	" 21	၁၃
" 1 : 10 - 16	" 19	" 4 : 15 - 26	" 22	၁၄
" 1 : 17 - 25	" 20	" 4 : 27 : 38	" 23	၁၅
" 2 : 1 - 8	" 21	" 4 : 39 - 45	" 24	၁၆
" 2 : 9 - 16	" 22	" 4 : 46 - 54	" 25	၁၇
" 2 : 17 - 25	" 23	" 5 : 1 - 9	1 Chron 1	၁၈
" 3 : 1 - 12	" 24	" 5 : 10 - 18	" 2	၁၉
" 3 : 13 - 22	" 25 , 26	" 5 : 19 - 30	" 3	၂၀
" 4 : 1 - 10	" 27	" 5 : 31 - 38	" 4	၂၁
" 4 : 11 - 19	" 28	" 5 : 39 - 47	" 5	၂၂
" 5 : 1 - 7	" 29	" 6 : 1 - 14	" 6	၂၃
" 5 : 8 - 14	" 30	" 6 : 15 - 21	" 7	၂၄
2 Pet 1 : 1 - 14	" 31	" 6 : 22 - 29	" 8	၂၅
" 1 : 15 - 21	" 32	" 6 : 30 - 40	" 9	၂၆
" 2 : 1 - 8	" 33	" 6 : 41 - 51	" 10	၂၇
" 2 : 9 - 14	" 34	" 6 : 52 - 59	" 11	၂၈
" 2 : 15 - 22	" 35	" 6 : 60 - 71	" 12	၂၉
" 3 : 1 - 9	" 36	" 7 : 1 - 13	" 13,14	၃၀
" 3 : 10 - 18	" 37	" 7 : 14 - 24	" 15	၃၁

## **November**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
1 John 1 : 1 - 10	Ezek 38	John 7 : 25 - 36	1 Coron 16	١
" 2 : 1 - 8	" 39	" 7 : 37 - 44	" 17	٢
" 2 : 9 - 17	" 40	" 7 : 45 - 52	" 18 , 19	٣
" 2 : 18 - 29	" 41	" 8 : 1 - 11	" 20 , 21	٤
" 3 : 1 - 10	" 42	" 8 : 12 - 20	" 22	٥
" 3 : 11 - 24	" 43	" 8 : 21 - 30	" 323	٦
" 4 : 1 - 11	" 44	" 8 : 31 - 40	" 24	٧
" 4 : 12 - 21	" 45	" 8 : 41 - 51	" 25	٨
" 5 : 1 - 12	" 46	" 8 : 52 - 59	" 26	٩
" 5 : 13 - 21	" 47	" 9 : 1 - 12	" 27	١٠
2 John 1 : 1 - 13	" 48	" 9 : 13 - 23	" 28	١١
3 John 1 : 1 - 14	Daniel 1	" 9 : 24 - 34	" 29	١٢
Jude 1 : 1 - 7	" 2	" 9 : 35 - 41	2 Coron 1 , 2	١٣
" 1 : 8 - 16	" 3	" 10 : 1 - 10	" 3 , 4	١٤
" 1 : 17 - 25	" 4	" 10 : 11 - 21	" 5	١٥
Revel 1 : 1 - 8	" 5	" 10 : 22 - 30	" 6	١٦
" 1 : 9 - 20	" 6	" 10 : 31 - 42	" 7 , 8	١٧
" 2 : 1 - 7	" 7	" 11 : 1 - 10	" 9	١٨
" 2 : 8 - 17	" 8	" 11 : 11 - 27	" 10 , 11	١٩
" 2 : 18 - 29	" 9	" 11 : 28 - 36	" 12 , 13	٢٠
" 3 : 1 - 6	" 10	" 11 : 37 - 46	" 14 , 15	٢١
" 3 : 7 - 13	" 11	" 11 : 47 - 57	" 16 , 17	٢٢
" 3 : 14 - 22	" 12	" 12 : 1 - 11	" 18 , 19	٢٣
" 4 : 1 - 11	Hosea 1 , 2	" 12 : 12 - 19	" 20	٢٤
" 5 : 1 - 8	" 3 , 4	" 12 : 20 - 28	" 21 , 22	٢٥
" 5 : 9 - 14	" 5 , 6	" 12 : 29 - 36	" 23	٢٦
" 6 : 1 - 8	" 7 , 8	" 12 : 37 - 43	" 24	٢٧
" 6 : 9 - 17	" 9 , 10	" 12 : 44 - 50	" 25	٢٨
" 7 : 1 - 8	" 11 , 12	" 13 : 1 - 11	" 26 , 27	٢٩
" 7 : 9 - 17	" 13 , 14	" 13 : 12 - 20	" 28	٣٠

## **December**

<b>Evening shift</b>		<b>Morning shift</b>		<b>Day</b>
<b>New T</b>	<b>Old T</b>	<b>New T</b>	<b>Old T</b>	
Revel 8 : 1 - 7	Joel 1	John 13 : 21 -30	2 coron 29	١
" 8 : 8 - 13	" 2	" 13 : 31 -38	" 30 , 31	٢
" 9 : 1 - 12	" 3	" 14 : 1 - 6	" 32	٣
" 9 : 13 - 21	Amos 1 , 2	" 14 : 7 - 14	" 33	٤
" 10 : 1 - 11	" 3 , 4	" 14 : 15 -24	" 34	٥
" 11 : 1 - 12	" 5	" 14 : 25 -31	" 35	٦
" 11 : 13 - 19	" 6 , 7	" 15 : 1 - 8	" 36	٧
" 12 : 1 - 11	" 8 , 9	" 15 : 9 - 17	Ezra 1	٨
" 12 : 12 - 17	Obed 1 , 2	" 15 : 18 -27	" 2	٩
" 13 : 1 - 10	Jonah 1 , 2	" 16 : 1 - 6	" 3 , 4	١٠
" 13 : 11 - 18	" 3 , 4	" 16 : 7 - 15	" 5 , 6	١١
" 14 : 1 - 12	Micah 1 , 2	" 16 : 16 -24	" 7	١٢
" 14 : 13 - 20	" 3 , 4	" 16 : 25 -33	" 8	١٣
" 15 : 1 - 8	" 5 , 6	" 17 : 1 - 8	" 9	١٤
" 16 : 1 - 12	" 7	" 17 : 9 - 17	" 10	١٥
" 16 : 13 - 21	Nahum 1 , 2	" 17 : 18 -26	Nahm 1 , 2	١٦
" 17 : 1 - 8	" 3	" 18 : 1 - 11	" 3	١٧
" 17 : 9 - 18	Habb 1 , 2	" 18 : 12 -18	" 4	١٨
" 18 : 1 - 14	" 3	" 18 : 19 -27	" 5 , 6	١٩
" 18 : 15 - 24	Zphan 1 , 2	" 18 : 28 -40	" 7	٢٠
" 19 : 1 - 10	" 3	" 19 : 1 -12	" 8	٢١
" 19 : 11 - 21	Haggai 1 , 2	" 19 : 13 -22	" 9	٢٢
" 20 : 1 - 6	Zechar 1 , 2	" 19 : 23 -30	" 10	٢٣
" 20 : 7 - 15	" 3 , 4	" 19 : 31 -42	" 11	٢٤
" 21 : 1 - 6	" 5 , 6	" 20 : 1 -10	" 12	٢٥
" 21 : 7 - 14	" 7 , 8	" 20 : 11 -18	" 13	٢٦
" 21 : 15 : 21	" 9 , 10	" 20 : 19 -23	Esther 1 , 2	٢٧
" 21 : 22 - 27	" 11 , 12	" 20 : 24 -31	" 3 , 4	٢٨
" 22 : 1 - 7	" 13 , 14	" 21 : 1 - 11	" 5 , 6	٢٩
" 22 : 8 - 13	Malach 1 , 2	" 21 : 12 -19	" 7 , 8	٣٠
" 22 : 14 - 21	" 3 , 4	" 21 : 20 -25	" 9 , 10	٣١



## Conclusion

Dear brothers and sisters, you're almost finished with this book. But let me remind you again that this book is not meant for reading and increasing your knowledge; it's a guidebook or manual for spending quiet time with the Lord, in order to listen to him and speak with him while you are in his presence. It's meant also to show you how to spend the rest of your day in his presence. Therefore let me suggest the following:

- 1) Read a portion of this book every day before you start your quiet time.**
- 2) Practice self-examination by reviewing the questions of one subject every day before your quiet time.**
- 3) Dedicate a day of quiet time every so often (say every month), according to the above-mentioned plan.**
- 4) Use the "quiet time journal" regularly.**
- 5) Prepare and fill out immediately the weekly prayer schedule in order to know precisely the things you want to pray for.**

I wish you a blessed life in the presence of the Lord, a life that increases in his knowledge. Please write my name down in your list of praying for others. May

The God of peace fill your heart with every spiritual blessing.

***(The Lord is near .. Maranatha)  
Amen.***

