

# Revive Your Soul through Quiet Time

## Psalm 1

# 01

### Essential Mandate #3

Living a life worthy of The Lord involves consistently growing in Him by being with Him in devotion, Bible reading, and prayer.

# 05

### Tech and Time with God

- It is NOT Sinful
- It CANNOT be a Substitute

# 02

### A Blessed Life Now . . .

- Cannot be Lived in Certain Places v. 1
- Delights in, and is Directed by God's Word v. 2
- Is just that...Blessed v. 3
- Is the only way to your Best Life Later v. 4-6

# 06

### What do I need?

- Time
- Place
- Bible & Plan
- Journal

# 03

### What does it involve?

- Prayer
- Scripture study
- Meditation/Worship
- Prayer

# 07

### What should I do?

- Prayer of preparation
- Engage Scripture
- Think/Reflect/Meditate
- Write
- Prayer/Commitment

# 04

### What about Tech?

- Verse of the day texts
- Daily devotion apps
- Audio scripture
- Podcasts of sermons/devotions
- Encouraging group texts

# 08

### S.O.A.P

Scripture  
Observations  
Application  
Prayer