

RESTORED

Creating Intentional Quiet Times

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How to Assemble the RESTORED Notebook

The RESTORED Quiet Time Method is designed to help maximize your quiet time by breaking it down into manageable sections. It is made up of downloadable pages that fit into specific divisions within a 3 ring binder. Because we are using a binder, these pages and any others you add on your own can be rearranged to your liking, making your prayer book unique to you.

To create your prayer book you need the following items:

- three ring binder
- 8 dividers
- free pages which you now have with this download or can find [HERE](#)
- notebook paper for your personal prayer lists
- (optional) a notebook zipper pouch - for pencils, pens and sticky notes, etc.

Purchase your favorite type of dividers to create the following divisions in your binder. You can label each tab with one letter.

- **R = Rest and Rely on God** (This section is for praying before beginning your quiet time.)
- **E = Elevate God** (This section is for praising and worshipping the Lord)
- **S = Set Free** (This section is for confession and for praying for your needs)
- **T = Treasure your Blessings** (This section is for thanksgiving)
- **O = Outward Focus** (This section is for intercessory prayer for others around you)
- **R = Remember** (This section is a place to file scriptures and a place for your answered prayers)
- **E = Explore the Bible** (This section is for your Bible study and any notes you would like to keep.)
- **D = Document your Journey** (This section is for journaling or for resources and helps)

Next, print the pages from this download and insert them under their proper section.

These pages will provide some information about prayer as well as suggestions for what to do in each section of the notebook as you pray through it during your quiet times.

Now you are ready to make this prayer book uniquely yours! Insert your own personal prayer lists or other sheets and items as you like. Besides these free downloadable sheets, you may want to consider adding any of the following to your notebook:

- scripture coloring sheets - make your prayer book colorful!
- lists of your favorite Bible verses
- lyrics to songs
- devotionals
- Bible journaling/scrapbooking pages
- pictures of the people you pray for
- and of course, most importantly, your prayer lists

Therefore I will look to the Lord; I will wait for the God of my salvation; My God will hear me.
Micah 7:7, NKJV

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Creating Intentional Quiet Times

R = Rely on God

E = Elevate God

S = Set Free

T = Treasure Your Blessings

O = Outward Reaching

R = Remember God's Promises

E = Explore the Bible

D = Document Your Journey

R = Rely on God

Come with me by yourselves to a quiet place and get some rest.
Mark 6:31, NIV

Find a special place away from distractions and go there every day for a quiet time. Just rest for a few minutes. Try to clear your mind.

You can rely on God, always. **Pray before you begin your quiet time.** Ask God to guide you and help you focus on Jesus. Ask for an open heart and ears that hear His word.

Claim Scriptures over your quiet time. In this way you are praying God's Word back to Him and this is very powerful. The following page will give you some ideas.

In returning and rest you shall be saved.
In quietness and confidence shall be your strength.
Isaiah 30:15, NKJV

Verses and Prayers to Claim Before Your Quiet Time

Psalm 46:10, NIV Be still and know that I am God.

Psalm 46:10, NIV

Romans 12:2 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Lord, I ask that you would renew my mind today as I spend time with You. Help me to hear Your truth so that I would not conform to the pattern of this world, but instead, follow You in every way. In Jesus name, Amen.

Psalm 86:11 (NIV)

Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

Lord, I ask You would to teach me your way today so that I will rely on Your faithfulness. Help me to have the right focus so I can honor Your name and trust You completely. In Jesus name, Amen.

Proverbs 3:5-6 (NIV)

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Lord, help me to trust you with all my heart. Help me remember that I should not try to figure things out all on my own. Help me to come to You and submit to You during my quiet time today so that You can make my paths straight. In Jesus name, Amen.

Colossians 3:2 (NIV)

Set your affections on things above, not on earthly things.

Lord, help me to look up and focus on You!
In Jesus name, Amen.

Isaiah 26:3 (ESV)

You keep him in perfect peace whose mind is stayed on You, because he trusts in you.

Lord, help me to trust in You. Thank you for promising me peace as I keep my mind focused on You. In Jesus name, Amen.

E = Elevate God

Use this time to think about the character of God. Praise Him for Who He is. As we think about God and recognize and confess who God is, we lift Him up to His rightful position.

Psalm 86:12, HCSB

I will praise You with all my heart, Lord my God,
and will honor Your name forever.

This time of praise takes our eyes off ourselves. Instead of looking inward at our struggles and battles, we begin to look upward to Jesus, who has already won the victory for us. This leads to confidence and peace as we realize His strength and presence in our lives.

God is Almighty, Comforter, Defender, Eternal, Faithful, Friend, Good, Helper, Healer, Holy, King, Mighty, Provider, Refuge, Redeemer, Strength, Sure Foundation, Teacher, Truth, Worthy of Praise

Praise God by claiming scriptures. The following page will give you some ideas.

For to You I will pray....and I will look up.
Psalm 5:2-3, NKJV

Elevate God with Scriptures

God inhabits the praises of His people.

Psalm 22:3, NIV

I Chronicles 16:34, NIV

Give thanks to the Lord, for He is good; His love endures forever.

Jeremiah 10:12, ESV

It is He who made the earth by his power, who established the world by His wisdom, and by His understanding stretched out the heavens.

Psalm 18:1-2, NKJV

I will love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; my God, my strength, in whom I will trust; my shield and the horn of my salvation, my stronghold.

Deuteronomy 10:21, NKJV

He is your praise, and He is your God who has done for you these great and awesome things which your eyes have seen.

Psalm 28:6-7, NIV

Praise be the Lord, for He has heard my cry for mercy. The Lord is my strength and my shield. My heart trusts in Him and He helps me. My heart leaps for joy, and with my song I praise Him.

Jeremiah 10:6, NIV

No one is like you, LORD; you are great, and your name is mighty in power.

Jeremiah 32:17, NIV

Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

Psalm 30:12, NIV

That my heart may sing your praises and not be silent. LORD my God, I will praise You forever.

S = Set Free

This time is for confessing our sins. This can be a difficult thing to think about, but it is very important for us to find any areas of our lives that are not pleasing to God. We need to ask for forgiveness in order to make our relationship right with God. This is our responsibility and something we should take seriously.

Confession of sin sets us free and leads to renewal and healing. Be sure to read these two verses often in order to remember that you are completely forgiven when you sincerely repent and ask God to forgive you.

Isaiah 43:25, NKJV

I, even I, am He who blots out your transgressions for My own sake,
and I will not remember your sins.

Psalms 103:11, NKJV

As far as the east is from the west,
so far has He removed our transgressions from us.

Also use this time to pray for yourself. Praying over our own needs helps set us free as we do our best to hand our difficulties and burdens over to Jesus. He offers strength, guidance and wisdom if we keep our eyes on Him. It is very helpful to choose a few verses to pray for yourself. God's word is powerful!

James 5:26, NIV

The prayer of a righteous man is powerful and effective.

T = Treasure Your Blessings

Use this time to think about your blessings and thank God for them.

Psalm 107:31, ASV

Oh, that men would give thanks to the Lord for his goodness,
and for His wonderful works to the children of men!

Start a list and add it to this section. **Every day, write one thing you are thankful for.** Over time, this list becomes a treasure and a testament to all God has done in your life.

Psalm 30:12, NIV

That my heart may sing your praises and not be silent. LORD my God,
I will praise You forever.

We should give thanks in all circumstances, even the difficult ones.

* Often, in difficult circumstances it is hard to be thankful. When we come to a place in which we find we are unable to be thankful for a situation, we can still be thankful that God sustains us through it.

* In every situation we can thank Him for His grace and mercy. We can be thankful that he gives us the strength to endure.

1 Thessalonians 5:18, NIV

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

O = Outward Reaching

Use this time to pray for others.

- * Pray with an outward focus, looking to others and lifting them up to God for guidance and protection.
- * This type of prayer is called intercessory prayer and it is powerful. This is your opportunity to stand in the gap for others.
- * Often we can not see how our prayers are helping another person, but remember that God answers your prayers, and His Word does not return empty. It always makes a difference.

Praying for others can be a daunting and overwhelming task, especially if we have multiple people on our prayer list. It can be difficult to have enough time to pray for everyone in one day.

Consider trying this:

- * Pray daily for yourself and your immediate family.
- * Set all others up on a rotating basis so that each person/group is prayed over across the course of one week. (Example: Monday - extended family, Tuesday - marriage, Wednesday - church, Thursday - ministries/jobs, Friday - close friends, Saturday - our nation, Sunday - missionaries)
- * Remember, you can pray though out your day as you move about.
Prayer can happen anywhere, anytime!

Philippians 2:3-4, NIV

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

R = Remember God's Promises

This section is a place to store God's Word.

- * Do you have a scripture list you use frequently? Do you have verses you are trying to memorize? Here is a place to keep them.
- * By having a place for His Word, you are holding a picture of His promises in your hands. Rely on them and depend on them and know beyond the shadow of a doubt that you are reading the truth here. It will keep you steady and help you have faith when times are hard.

This is also a good place to keep your answered prayers. You can do this in any way that makes sense to you. This could be:

- * filing your prayer lists here when you are finished with them
- * making a list of all the prayers God has answered for you
- * a chart or form filled in with your answers to prayers. You can find forms online with a google search.
- * any other way that feels right to you

Remember what God has done for you. Refer to this section to hold on to His promises and see physically with your own eyes notes of His faithfulness to you.

Psalm 77:11-12, NKJV

I will remember the works of the Lord. Surely I will remember Your wonders of old.
I will also meditate on all Your work, and talk of Your deeds.

E = Explore the Bible

This section is for storing notes from your Bible Study. You can do this in any way that feels comfortable for you.

Some ideas of some things to file here would be:

- * Sermon notes
- * Notes from your devotional or current Bible study
- * Personal notes from verses that you study
- * Devotionals that have meaning to you

Keeping notes helps keep us focused and also provides a way to remember what we have learned.

1 Peter 1:13, HCSV

Therefore, with your minds ready for action, be serious and set your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

D = Document Your Journey

This section is for journaling.

* Journaling can be done in any way that is comfortable for you. Journaling allows you to write down what God is sharing with you in your quiet time. This is a record to go back to that you can use to remember the work God has done in your life.

* There are many different and creative ways to journal. The best way is whichever way is most comfortable for you! Just write!

If you don't care for journaling, you can use this section for storing other documents you find helpful. You can store resources here and then place them in other sections as you find a need for them.

Lamentations 3:22-21, NIV

Because of the Lord's great love we are not consumed,
for his compassions never fail.

Tips for using the RESTORED Notebook

- **Remember, your quiet time is about having quality time with God. It is not about how many steps you complete.** This notebook may be too much for you all at once. And that is perfectly fine! Use the steps as you feel led and don't feel bound to complete every step every day. I'm the author, and I don't even do that! It's about a relationship, not about completing the steps. You can't rush prayer.
- **Take small steps!** God doesn't work in the ways that we expect and certainly not in the timing we would prefer. Because prayer is transformational, you must move slowly. Let God have time to do his work. Relax and rely on God to help you through your difficulties. Spending time with Him should be your main focus. The steps or ideas in this prayer book might help you, but don't let your completion of them be your focus. Let time with God be your focus.
- **Let go of unrealistic expectations in your prayer life.** Don't set your goals too high. Your ability to make it through all the steps in this prayer method doesn't matter in the long run. If your expectations keep you feeling defeated or discouraged, you should consider the fact that you might be setting them too high. If you feel constantly defeated or discouraged, you should consider removing all expectations from your prayer life. Remember, it is a relationship that God wants, not a set of items you have checked off your list.
- **Think of this notebook as a book of ideas rather than a rigid system to follow.** God doesn't go by a list. He moves in ways we do not understand or expect. Prayer can look different from person to person. Individually, prayer can differ from day to day. Use this notebook for ideas, but allow freedom in your prayer life for God to do His work. Don't be too rigidly attached to the method.
- **Be very careful not allow negative self-talk.** God does not think negatively about you, and you should be careful not to berate yourself in any way. Refuse negative self-talk! This is the enemy's way of keeping you from a more intimate relationship with God, and Satan especially does not want you spending time in prayer! If you are thinking negative things about yourself, you are going to feel discouraged and possibly feel that God would not want to spend time with you. This is a lie from the enemy. Don't let him win!
- **Remember, God will equip you!** 2 Peter 1:3 tells us that God has given us everything you need for living a godly life. He calls you to prayer. He will provide everything you need for life, and that includes your prayer life, too! You don't have to depend on yourself or your performance or abilities. God is going to meet you right where you are with exactly what you need!

To Make Your Prayer Time More Efficient

- **Double up!** If you are quoting a Scripture for one of your steps, you can also choose that Scripture for your memory verse. This way, you complete two steps at a time. For example, I might be praying a Scripture for my daughter. I'll be praying this same one for several weeks, so why not also have it be my memory verse for those weeks?
- **Intensify your focus to one or only a few verses at a time.** Instead of praying a different Scripture every day, why not choose one Scripture and pray it for a full week? This might seem like cutting corners, but actually, it is allowing God's word to be prayed back consistently. Repetition is very, very good! As we pray a Scripture for ourselves or others on a repeated basis, we are giving God's truths time to work. We are repeating His words which brings more power to our prayers. We are implanting His word in our minds and asking that it be evident in another person's life. This is efficient and powerful as well!
- **Pray on a rotating basis.** This one is a life saver when you have lots of prayers to pray! You can manage long prayer lists by praying daily for immediate family and urgent needs and then rotating through everything else weekly. A suggestion is to consider praying a daily Scripture that is for everyone on your list. In this way, even when you don't focus on someone or some situation specifically, you are still covering them by God's Word daily!

Here is an example of a weekly prayer schedule. Remember that everyone's schedule will look different. There is no one right way of praying! Adapt this to your own needs.

Here is one example:

Daily - immediate family and urgent needs

Monday - extended relatives

Tuesday - friends, small group members

Wednesday - church ministries and church family

Thursday - jobs/personal ministries

Friday - marriage

Saturday - our country, foreign missions, missionary friends

Sunday - Sunday services/other as God leads

His divine power has given us everything we need for a godly life through our knowledge of Him who called us by his own glory and goodness.

Peter 1:3, NIV

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