

RESTORED

Creating Intentional Quiet Times



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

Micah 7:7 (NKJV)

Therefore I will look to the Lord; I will wait for the God of my salvation; My God will hear me.



How to use the RESTORED Quiet Time Method

R = Rest and Rely on God

1. Pray over your own quiet time and ask God to lead and guide you. Ask Him to open your heart to what He has to say. Ask Him to help you hear His truth today.
2. Claim one scripture. There are scripture suggestions that come with the download.

E = Elevate God

1. Focus on one characteristic of God. Think about what this characteristic tells us about who God is. Focus your mind on the truth of what this says about God.
2. Claim one scripture of praise. There are some suggested scriptures in the RESTORED download and also some other resources were mentioned in [this post](#).

S = Set Free

1. Think about areas of your life that need forgiveness. Confess your sins and ask for help from the Lord. Pray over those areas.
2. Look up and remember these two scriptures - Isaiah 43:25, Psalm 103:11-12. Keep a copy of these two Bible verses in this section of your notebook so you will always be able to see these and remember the truth.

T = Thanksgiving

1. Thank God for your blessings
2. Each day write down one thing you are thankful for.

O = Outward focus

1. Pray daily for your immediate family and any other urgent needs/prayer requests
2. Pray on a rotating basis for others on your prayer list.
You do not adhere strictly to this rotating schedule. Some days you will feel led to pray for a group that is not scheduled for that day. It's OK to do that! Give yourself permission ahead of time to adapt so you don't feel discouraged.
Your way of going through this method does not have to look exactly like mine!

This is my schedule as an example, but you would need to make yourself a schedule that works for you.

Daily - myself, immediate family (husband, children, parents, siblings, nieces, nephews). I also pray for urgent need prayer requests given to me by others. I have a list for each family and a list labeled URGENT.

And I have these focuses for the other days:

Monday - extended relatives

Tuesday - friends, small group members

Wednesday - my church and church family

Thursday - our jobs and our personal ministries

Friday - marriage

Saturday - our country, foreign missions, missionary friends

Sunday - Sunday services/ other as God leads

R = Remember God's Promises

1. This is a place for filing verses you want to keep as well as answered prayers from your prayer lists. You can keep up with these in any way that works for you.
2. In addition, you could spend a short amount of time each day working on memorizing one verse. Check out [this post](#) for some good resources for this section.

E = Explore God's Word

1. Spend some time studying the Bible using your favorite devotional or Bible study method. I have suggested some Bible Study resources in [this post](#) and also recently found these helpful Bible study methods from Carried Away Ministries that you can find [HERE](#) at the bottom of this resource page.
2. You can keep notes from your Bible study in this section.

D = Document Your Journey

1. This section is for journaling. It is good to write down how God is working in your life. Writing can help you sort through your personal struggles. Writing also will be a testimony of how God has worked in your life. There is no right or wrong way to keep a journal and you do not have to journal each day! Just relax, be yourself, and write!
2. If you don't like to journal, just use this section to keep other helpful items of your choice.

James 5:16 (NIV) The prayer of a righteous person is powerful and effective.

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R = Rest and 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

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R = Rest and Rely on God

1. 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.

Mark 6:31 (NIV)

...Come with me by yourselves to a quiet place
and get some rest.

2. 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.

Hebrews 13:5-6 (NIV)

God has said, "Never will I leave you; never will I forsake you."
So we say with confidence, "The Lord is my helper;
I will not be afraid."

3. 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.

Isaiah 30:15 (NKJV)

In returning and rest you shall be saved.
In quietness and confidence shall be your strength.

Verses and Prayers to Claim Before Your Quiet Time

Psalm 46:10 (NIV)

Be still and know that I am God.

Romans 12:2 (NIV)

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

Prayer: 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.

Prayer: Lord, I ask that you would 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.

Prayer: 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.

Prayer: 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.

Prayer: 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

1. 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.

God is:

Almighty, Comforter, Defender, Eternal,
Faithful, Friend, Good, Helper, Healer,

Holy

King, Mighty, Provider, Refuge, Redeemer,
Strength, Sure Foundation, Teacher, Truth,
Worthy of our praise

2. 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.

Psalm 5:2-3 (NKJV)

For to You I will pray.....And I will look up.

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

Psalm 86:12 (HCSB)

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

Elevate God with Scriptures

Psalm 22:3 (NIV)

God Inhabits the praises of His people.

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.

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S = Set Free

1. 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.
2. 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.

3. 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 the 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 5:16 (NIV)

The prayer of a righteous person is powerful and effective.

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T = Treasure your Blessings

1. 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!

2. 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.

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

- * Often, in difficult circumstances it is hard to be thankful. But when we come to places 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 and 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

1. 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.

2. 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 group is prayed over across the course of one week.
- * Remember, you can pray throughout 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

1. 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.

2. 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:

- * a list of all the prayers God has answered for you
- * journaling style with a written entry for each answer
- * a chart or form filled in with your answers to prayers. You can find forms online with a google search.
- * Instead of recopying answers, file your actual lists here after a period of time
(This is what I do. I keep a list for one year, then file it in this section. I keep notes on my lists all year long of answers big and small. At the end of the year, I file the list and make a new one for the new year.)
- * any other way that feels right to you

3. Remember. 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

1. 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

2. 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

1. 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, a scrapbook of sorts, 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! Don't feel a lot of pressure over this. Just write!

2. 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.

