



RESTORED  
Creating Intentional Quiet Times

## How to Use the RESTORED Quiet Time Method

If you have not downloaded the RESTORED Quiet Time Method you can find those free downloadable pages by subscribing to the Resource Library at [www.journeytoimperfect.com](http://www.journeytoimperfect.com). You can find it [HERE](#).

### 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 have to 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!

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 for your needs.

Daily - prayer for yourself, immediate family (husband, children, parents, siblings, nieces, nephews). Also pray for urgent need prayer requests, things that need an answer now or illnesses and other serious issues. Create a list for each family member and consider creating a list labeled URGENT.

Now consider a weekly rotation. Here is one example:

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

### 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. Writing can help you sort through your personal struggles. Your writing also becomes 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 write 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.*