



# Scripture Guide in Times of Trouble

Your quiet time or “chair time” as we sometimes call it, is not so much a time to study the Bible as it is to listen to God and have intimate fellowship with him. Certainly you will learn as you sit and listen to the Lord! But your goal in these times is in line with the instruction from Psalm 46:10 **“Be still, and know that I am God.”**

So don’t try to read too much in your quiet time. One chapter a day is usually sufficient. Follow the Steps for an effective quiet time printed below. As you read be listening and asking, **“Lord, what do you want to say to me today?”** He will speak to you through his Word and by his Holy Spirit!

During troubled times the Scriptures below may be a comfort to you, but if you are following another reading plan or simply reading through the Bible one chapter at a time, God will use wherever you are at in His Word to speak to you.

*God Bless you as you listen to him,*  
**Pastor John**

## Suggested Scriptures:

- Psalm 23
- Psalm 31
- Psalm 46
- Psalm 121
- Proverbs 3
- Isaiah 40
- John 14
- 2 Corinthians 4
- Ephesians 2
- Philippians 2
- Philippians 4
- Hebrews 12
- James 1
- 1 Peter 1
- 1 Peter 5

*Cut here and insert these tips in your journal*



*If found please return to...*

**NAME:**  
**Phone:**

## Bible Reading Journal

### Steps to an effective quiet time.

- **Find a time and place....** (Front porch after breakfast)
- **Bring your tools...** (Bible, journal, pen, coffee/tea)
- **Have a plan...** (Scripture memory, prayer list, reading plan)
- **Write it down...** (As you read, mark up your Bible and pick a key verse or two to reflect on)
- **Use a method...**
  - **SOAP** = Scripture, Observe, Apply, Pray
  - **SPECK**, As you read be looking for any of the following...
    - A Sin to avoid
    - A Promise to claim
    - An Example to follow
    - A Command to obey
    - Knowledge about God
  - Write the key verses and your reflections and especially applications in a journal so you can review and share them with others.
- **Repeat and review...** do this daily then review your notes weekly.
- **Share** what you are learning with others and encourage them to read and reflect on God’s Word.