



# Key Ingredients

## for a Meaningful Quiet Time



When I was a young Christian a sweet man of God told me, “Stephanie, there’s a difference between reading God’s Word and studying it...and you need to try to do both every day.” That advice has been my quiet time filter for over 20 years.

With the exception of a few things, my quiet time hasn’t really changed much. Some of the seasons of my life have caused me to juggle my schedule and change my routine, but the key ingredients have virtually remained the same. I may have juggled the order in which they fall-I may have grown along the way, but there are five elements that have remained a constant in my quiet time over the years.

**STUDY** - This is my “must do” of the day. I’m a *word* girl, so I love to study the original meaning of things and expand my understanding of God’s Word. That probably explains why I love the Amplified version and why I love study books. I study words, topics, books of the Bible and characters. Most of the time I just get out my Bible, my Bible study books and just dig in, but other times I use a workbook. Right now, I’m going through “[A Woman After God’s Own Heart](#)” by [Elizabeth George](#).

My study time also goes hand in hand with what I’m speaking on or writing about, so while I’m going through “A Woman After God’s Own Heart” – I’m also studying the New Testament church, character studies of moms of the Bible and the book of Philippians.

**READ** - I like to read through the Bible every year. I confess that I’ve never purchased a One Year Bible before, but that’s a personal preference. When I read through the Bible, I want to be able to make notes of how God speaks to me or write a prayer beside a promise and date it. I want to leave a trail in my Bible of where I’ve been and where God has led me.

I also confess that when life gets complicated and I’m on overload that the “Reading” time is the one that gets set aside for a season. Don’t get me wrong, I continue to spend time studying the Word, but when I can’t fit it all in, I focus on studying and sometimes have to set aside my reading until my life gets back on an even keel.

**JOURNAL** – Although I’m not really into “diary-style” journaling, I love to journal my journey through the Word. This helps me be attentive when I’m in the Word...looking for nuggets of truth and listening for His still small voice.

*Each page of my journal normally contains three titles:*

- **WHAT DOES THE PASSAGE SAY IN CONTEXT?**
- **WHAT IS IT SAYING TO ME?**
- **HOW CAN I APPLY IT TO MY LIFE?**

**PRAYER** – I like to maintain a list for daily prayer. I’ve changed this up over the years as to the way I keep track of it, but I have to have a list or things fall through the crack of things “I meant to pray.” I make a list with headings like, **Family, Friends, Church, Nation, Costa Rica & Panama, Pastors, Missionaries & the Persecuted Church.**

**DEVOTIONAL** – I love to read short, challenging and encouraging devotionals. My all time favorite is *My Utmost for His Highest* by Oswald Chambers. I also like *Streams in the Desert*, *The Daily Bread* and many blogs that I subscribe to for daily devotionals. Ann Graham Lotz has a great one, as well.

**If you’re a woman who wants to get into the Word and you’re not sure what books to buy, I’ll share with you some of my favorites. Here is a sample of what is on my books shelf:**

*Strongs Exhaustive Concordance*

*Spiros Zodhiates ~ “Complete Word Study Dictionary-Old Testament” ~ AMG Publishers*

*Spiros Zodhiates ~ “Complete Word Study Dictionary-New Testament” ~ AMG Publishers*

*W.E. Vines ~ “Expository Dictionary of the Old and New Testament” ~ Zondervan*

*Holman Illustrated Bible Dictionary ~ Holman*

*Interlinear Hebrew Greek English Bible*

*An array of commentaries on various books of the Bible*

There are also a ton of sources available on the internet to help you in your journey through the Word. There is [www.biblegateway.com](http://www.biblegateway.com), [www.blueletterbible.com](http://www.blueletterbible.com), [www.crosswalk.com](http://www.crosswalk.com) and a host of other site.

The Word of God is exciting, rich and inexhaustible. *Every word on every page is a deliberate choice by the Creator of the universe to speak to us from His heart to ours.* That’s why it’s so important that we not just casually read it, but thoroughly study it.

So, let's all study to show ourselves approved...workers who need not be ashamed... rightly dividing the Word of Truth.



*Stephanie Shott is a Bible teacher, speaker and author of [Ecclesiastes: Understanding What Matters Most](#). She lives in northern Florida with her husband and is the mother of two adult sons. To contact her about speaking at your next event you can email her at [stephanieshott@me.com](mailto:stephanieshott@me.com) or visit her webpage at [www.stephanieshott.com](http://www.stephanieshott.com).*

