

"TASTE & SEE @ MBC"

A 31 DAY QUIET TIME EXPERIMENT

Many statements of Scripture encourage us to draw closer to God. Here are a few that are inviting us to move toward God: David's challenge, "Taste and see that the Lord is good" (Psalm 34:8); the promise to submit to God, draw near to Him and He will draw near to you (James 4:7-10), and Jesus' claim, "I have come that you might have life ... in all its fullness" (John 10:10).

Convinced that the quality of my spiritual life is not now what I want it to be, or what God wants it to be, **I commit myself** to an experiment in dynamic Christian living. For 31 days I will seek to cultivate the mind of Christ, that I might discover for myself the life He claims to make possible. I begin this experiment today by offering this earnest prayer:

"Lord God, you have called me to be your child and empowered me with your Holy Spirit to transform me into the likeness of your Son Jesus. I want to become all that you have planned for me and so I confess my need to let go of myself and submit to your rule over my life.

Therefore, with trust and in love I give myself to You. Take what I have this moment, of weakness and strength, of confusion and assurance, of doubt and faith, of dark moods and joyous radiance. All that I have I place in your hands. Here is my life. I surrender as much of myself as I know how. In this way, I place myself under your Lordship.

And now, Lord Jesus, use your Word to transform my life. Live your holy life through mine. Use my mind to think your thoughts. Use my heart to love people with. My mouth is yours to speak your words. Make me the kind of person you want me to be. Amen."

Now for the next month I covenant with God to do the following:

1. To spend 15 minutes each day in prayer and guided Bible study using the SOAP guide. I will give God an opportunity to teach me and speak to me through His Word and His Spirit.
2. To honestly seek God's guidance in my daily decisions by asking the question, "What does Christ want to do through me?"
3. To share with at least one other person what I am discovering (both of success and of failure) so that she/he can join me in prayer and support.
4. To participate regularly in the life of my church.

SIGNED: DATE: / /

PREPARATION FOR EACH DAY

1. Materials needed:

- Notebook & pen. Designate one page per day. Use the sample journal page.
- Bible (use the readings as set out below).
- An expectant heart.

2. Guide for each day SOAP:

DayDate Scripture

- **S: scripture.** Read through the assigned passage from the Bible. Read slowly, deliberately and without distraction. Read it a second time asking God to open your eyes that you may see wonderful things in his law (Ps 119:18). *Pray for focus.*
- **O: observation.** List main points from the passage and be careful not to skip over anything or bring your preconceived ideas to the passage. Meditate on what the passage actually says. Learn to dig deeply into God's word as you think and discern the treasure in God's word (Psalm 19:7-11). *Pray for insight.*
- **A: application.** Ask God 'How do I apply this teaching to my life?' Be practical and specific. Learn to listen to the Holy Spirit as he leads you to not just hear the word, but do what it says (James 1:22-25). List steps to take that you can start living out immediately. *Pray for guidance.*
- **P: prayer.** Pray with thanksgiving to God about what you have learned and ask for strength to obey. Write out your prayer so you have a record of what you are praying for. This allows you to celebrate when God answers your prayers (Psalm 66:16-20). *Pray for courage and commitment.*

SOAP READING PROGRAMME for 31 DAYS

| Day | Passage | Day | Passage |
|-----|-----------------------|-----|-----------------------|
| 1. | 2 Corinthians 5:14-17 | 16. | 2 Timothy 2:1-7 |
| 2. | Isaiah 40:28-31 | 17. | Hebrews 12:1-3 |
| 3. | Romans 12:1-2 | 18. | John 14:12-15 |
| 4. | Joshua 1:8-9 | 19. | Jeremiah 1:4-8 |
| 5. | Psalm 119:9-11 | 20. | Acts 4:23-31 |
| 6. | Matthew 7:24-27 | 21. | Philippians 3:7-11 |
| 7. | Ephesians 5:3-7 | 22. | Matthew 6:31-33 |
| 8. | Hebrews 11:24-26 | 23. | Proverbs 3:5-7 |
| 9. | Psalm 63:1-8 | 24. | 2 Peter 1:3-11 |
| 10. | Nehemiah 1:1-11 | 25. | 2 Corinthians 12:7-10 |
| 11. | Colossians 1:9-13 | 26. | 1 Thessalonians 4:1-8 |
| 12. | Psalm 37:1-7 | 27. | Romans 12:9-14 |
| 13. | Habakkuk 3:17-19 | 28. | Titus 2:11-15 |
| 14. | James 1:2-8 | 29. | Ephesians 6:13-20 |
| 15. | Philippians 4:6-7 | 30. | 1 Samuel 15:22-26 |
| | | 31. | 1 John 3:16-18 |

