

S Sin to confess?
P Promise to claim?
E Example to follow?
C Command to obey?
T Truth to rejoice in?
A A verse to memorize?
C Challenge to face?
L Lesson to learn about God?
E Error to avoid?
S Supplication to utter?

Memory Verse for the Week

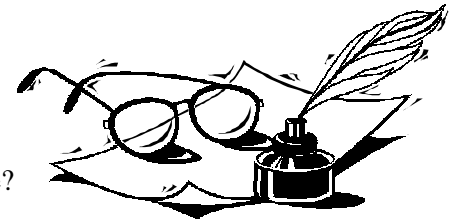
1 Samuel 2:3

Talk no more exceeding proudly, let not arrogancy come out of your mouth: for the Lord is a God of knowledge, and by him actions are weighed.

Reviewed S M T W T F S

USING THE QUIET TIME SECTION OF THE SPIRITUAL JOURNAL

- Begin your Quiet Time with prayer.
This will be a brief prayer for understanding as you prepare to read God's Word.
- Read the Scriptures.
Use a Bible reading schedule. It will pace you to read through the entire Bible. If you don't, your Bible reading may become hit-and-miss.
- Record insights and make personal application.
Think about the meaning of what you read. Seek answers to such questions as:
 Who is speaking? To whom is he speaking? What is he speaking about? What is taking place? When is this taking place? Where is this taking place? Why is this happening? Why is he saying this? Write out a scriptural insight from your reading. This may be something new you learned or something God impressed upon your heart. This insight need not come from the entire passage you read. It might just come from one verse or a phrase within a verse. To help you make a personal application, put on your *spiritual eyeglasses* and ask these questions (they can be remembered by the acrostic SPECTACLES):
 Did God reveal any . . .
S ins to confess?
P romises to claim?
E xamples to follow?
C ommands to obey?
T ruths to rejoice in?
A verse to memorize?
C hallenges to face?
L essons about God?
E rrors to avoid?
S upplications (prayers) to utter?
 As you write out your application, make it personal, specific, and measurable. Write a brief prayer sentence from this insight.
- Spend time in prayer.
Ask God to guide you throughout the day and to provide opportunities for you to apply what you have learned during your Quiet Time.
- Review your memory verses.



	Scriptural Insight	Prayer & Application
S U N D A Y	<i>2 Cor. 10:4f Strongholds in the battle are — imaginations, false knowledge, thoughts rebellious to Christ. We truly are in a battle for the mind.</i>	<i>Lord, I want my thoughts to be captured by obedience to Christ!</i>
		SPECTACLES
		<i>A challenge to face — I will discipline my mind to think on God and godly thoughts.</i>

	Scriptural Insight	Prayer & Application
M O N D A Y	<i>2 Cor. 10:17-18 Brag on God and not on yourself. Don't compare yourself with men. You are measured against Christ, not against Christians.</i>	<i>As with Paul, Lord, I brag on You for all your greatness! You alone are worthy of glory?</i>
		SPECTACLES
		<i>An example to follow — I will brag on God, not myself or man.</i>

	Scriptural Insight	Prayer & Application
T U E S D A Y	<i>2 Cor. 11:1-3 Jesus lived & served without hypocrisy, without self-seeking. He was not manipulative, but He was self-giving.</i>	<i>Lord, I need a large measure of Christ's spirit of service. Challenge and change me as needed!</i>
		SPECTACLES
		<i>I will not seek my own comfort in ministry nor will I manipulate people.</i>