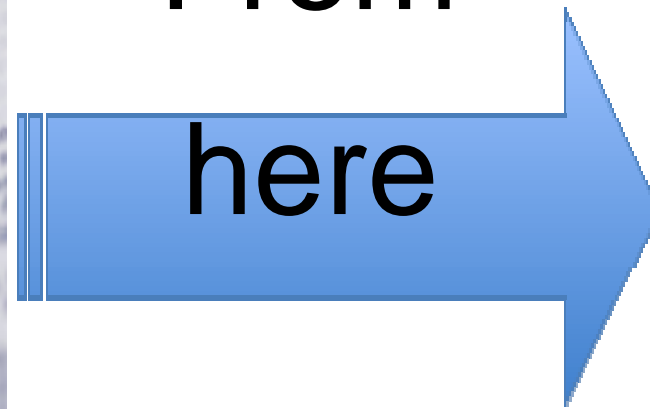


From



here

To here



BIBLICAL SURVEY: Old Testament

Psalms and Your Daily Quiet Time

Biblical-Literacy.com

© Copyright 2011 by Dr. Stephen Trammell. Permission hereby granted to reprint this document in its entirety without change, with reference given, and not for financial profit.

Physical Fitness & Spiritual Fitness





⁷Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

1 Timothy 4:7-8 ESV

READ THE PSALMS SYSTEMATICALLY

Your word is a lamp to my feet
and a light to my path.

Psalm 119:105

READ FIVE PSALMS EACH DAY

Psalm 18

Add 30

Psalm 48

Add 30

Psalm 78

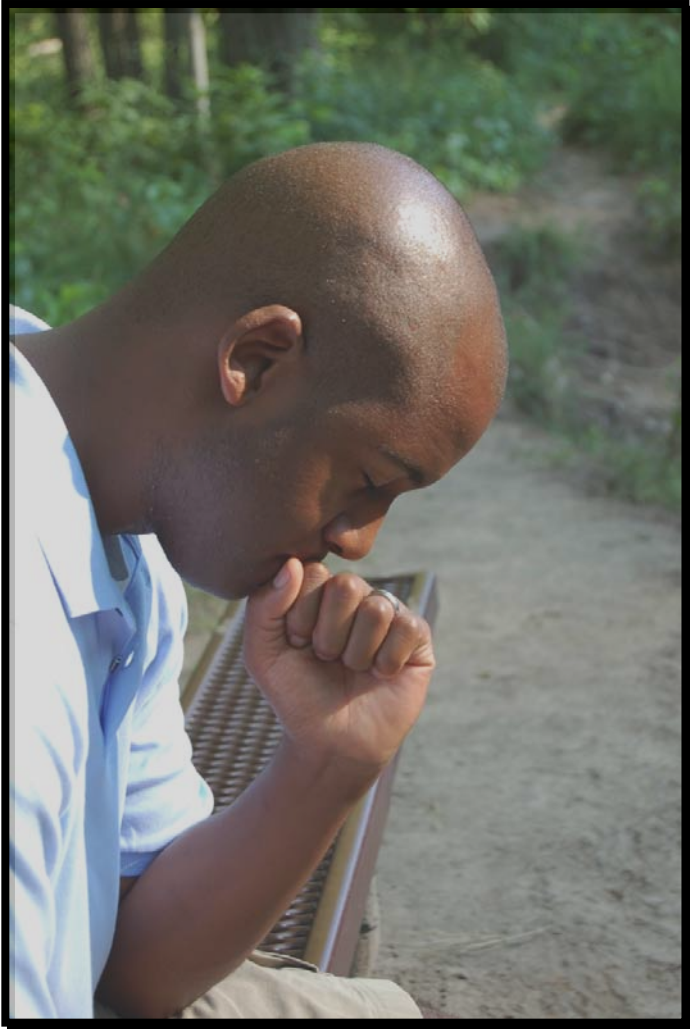
Add 30

Psalm 108

Add 30

Psalms 138

HAVE A DAILY QUIET TIME



“O God, you are my God;
earnestly I seek you; my
soul thirsts for you; my
flesh faints for you, as in
a dry and weary land
where there is no water.”

Psalm 63:1 ESV

Select a Time



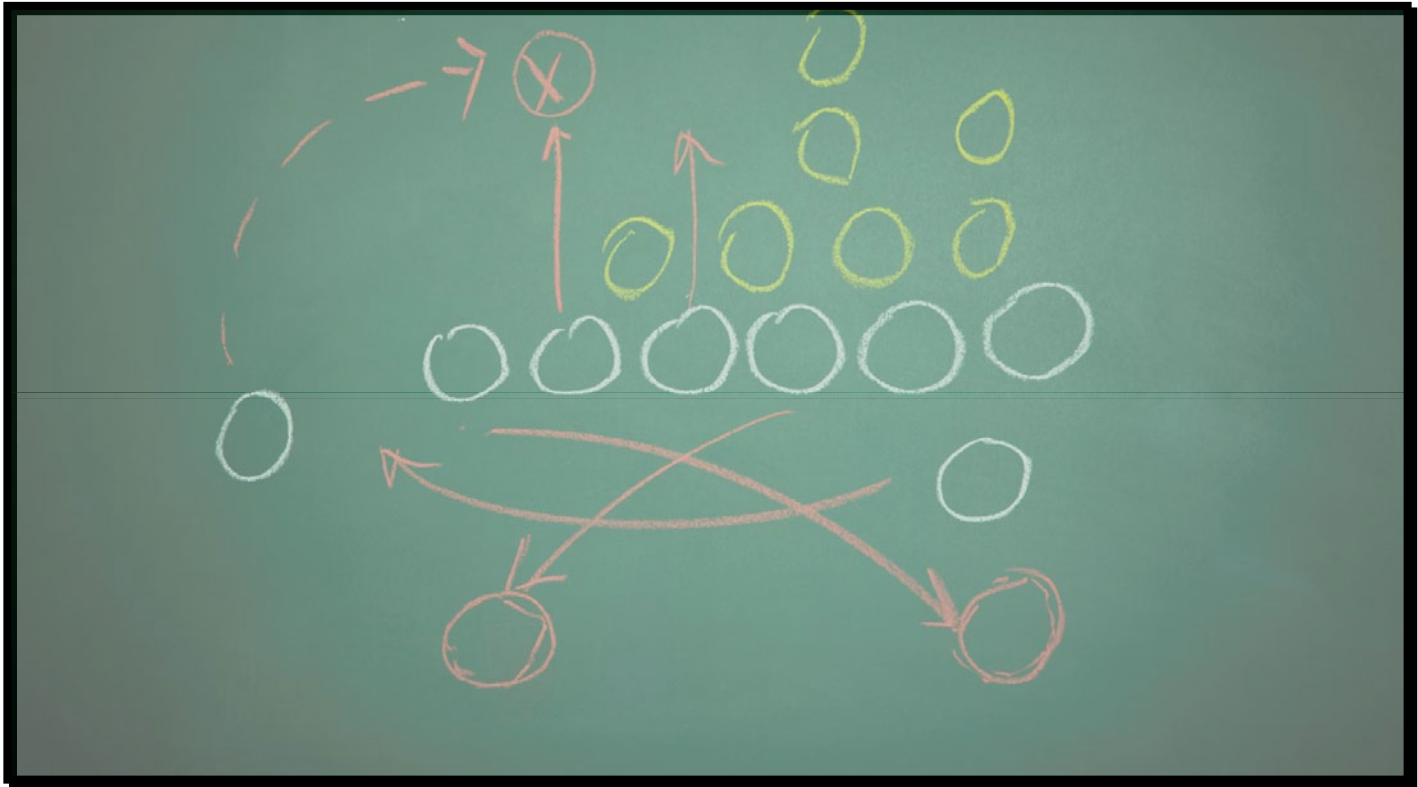


Select a Place

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Mark 1:35 NIV

Select a Plan



SET THE P.A.C.E.

- Lord, I PRAISE You.
- I accept Your ACCEPTANCE of me.
- I surrender to Your CONTROL.
- I EXPECT great things to happen today.

USE THE A.C.T.S. MODEL



Adoration

Let everything that has breath
praise the LORD! Praise the LORD!

Psalm 150:6 ESV

Confession

⁷Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. ⁸Let me hear joy and gladness; let the bones that you have broken rejoice. ⁹Hide your face from my sins, and blot out all my iniquities.

¹⁰Create in me a clean heart, O God, and renew a right spirit within me.

Psalm 51:7-10 ESV

Thanksgiving

Give thanks to the LORD, for he is good, for his
steadfast love endures forever.

Psalm 136:1 ESV

Supplication

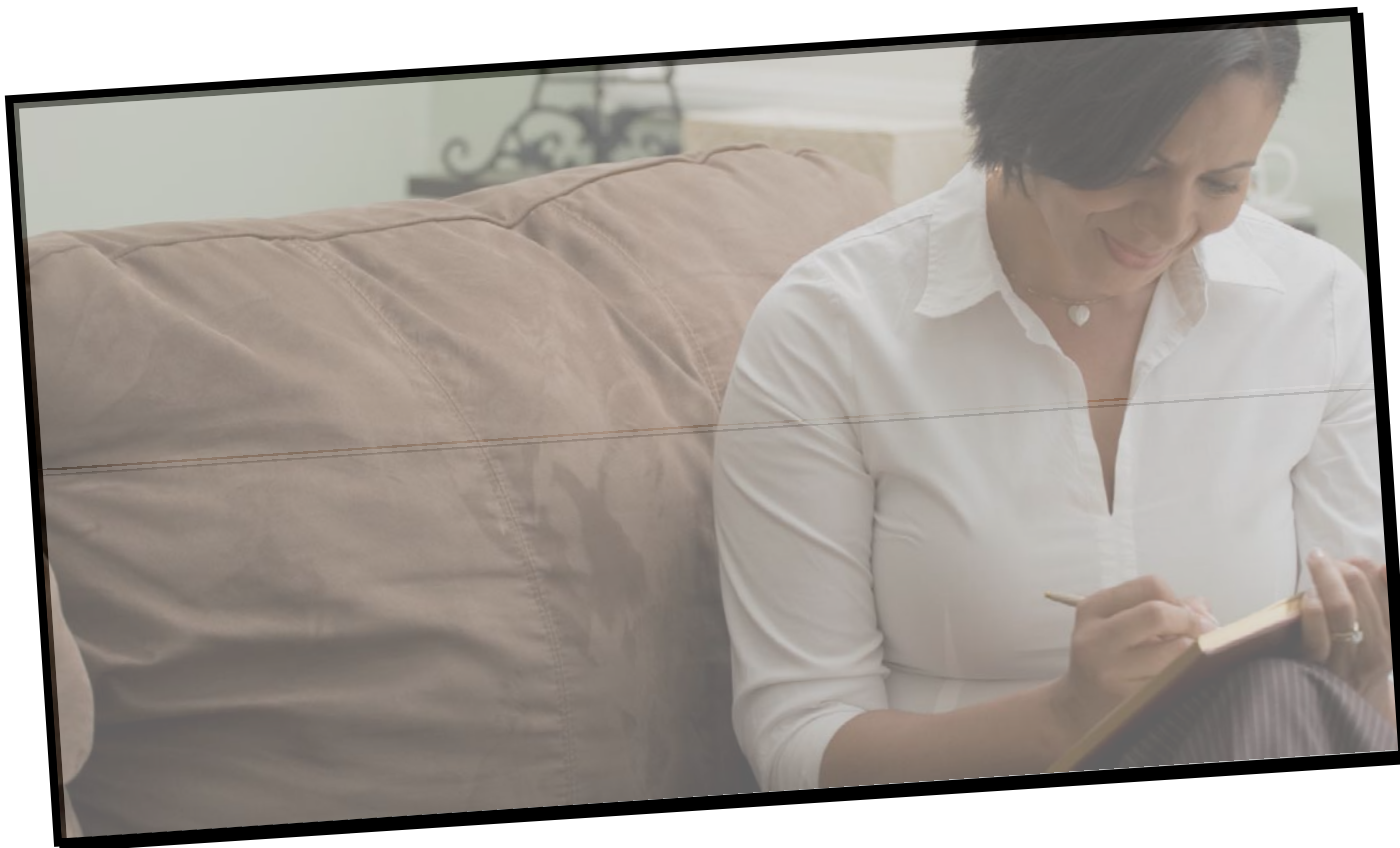
One thing have I asked of the LORD, that
will I seek after: that I may dwell in the
house of the LORD all the days of my life, to
gaze upon the beauty of the LORD
and to inquire in his temple.

Psalm 27:4 ESV

PRAY THROUGH THE TABERNACLE



JOURNAL YOUR JOURNEY WITH GOD



“Just try building a marriage on the run. You can’t build a relationship that way, with God or with another person. To get to know someone, you have to slow down and spend time together.”

Bill Hybels



Use S.O.A.P.

- Scripture
- Observation
- Application
- Prayer





**Run from sin and
run to Jesus.**

1. “Who shall ascend the hill of the LORD. And who shall stand in his holy place?
4He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.”
(Psalm 24:3-4 ESV)



**You make room for
what you value.**

2. “As a deer pants for flowing streams,
so pants my soul for you, O God.”
(Psalm 42:1 ESV)



Read the Bible daily.

3. “I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.”
(Psalm 119:48 ESV)