

The First and Greatest Commandment

Matthew 22:36-38 “Teacher, which is the greatest commandment in the Law?” Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and all your mind.’ This is the first and greatest commandment.”

God wants to have a relationship with YOU!

- To develop a love relationship with God, we must spend time with Him
- When we spend time with God, we begin to experience His love
- How? Develop the **skill** of Quiet Time

Important Quiet Time Guidelines

1. **Time, Place, Plan.** Choose a time and place to have your daily Quiet Time. Make an appointment with God. The same time and place every day. Set aside this time in advance.

What time? Morning? Evening? Before bed? Where to start? John, Acts, Paul’s letters

2. **Eliminate distractions.** No phone! If you use a device, then **turn off ALL notifications.** Do not miss out on Q.T. because of social media. 2 Corinthians 11:3

3. **Go to bed early enough** so you wake up refreshed. Greg Ogden: "The battle for the daily quiet time is often lost the night before." Do not sabotage your morning Quiet Time by staying up late the night before. Mark 1:35

4. **Find an Ally. Accountability** is KEY. If we are going to start a new lifelong habit that the Enemy is committed to defeat, we must have brothers who hold us accountable and gently pick us up when we fall. Eccl 4:9-10

Skill: The ABC's of Having a Quiet Time

A: Ask questions

Command to obey? Promise to claim? Sin to avoid? Application to make? Something new about God? Who? What?

B: Best Verse - choose a Best Verse and write it down.

- Record your best thoughts on this verse. Read the verse in several translations.
- What is God trying to speak to you? How can I apply this verse in my life today?

C: Communicate with God in prayer whatever you feel He is impressing on you.

Date June 1, 2011 Passage I Read Today Matt. 22:34-40

Major themes from all I read.

It seems like the Pharisees and Sadducees were trying to trick Jesus. They were testing him with the question of what is the greatest commandment. Jesus talked about loving God.

Best verse and thought for the day. (Write the verse & your thoughts.)

v. 38 "This is the first and greatest commandment." I have to take this seriously. For Jesus to make a point of saying both first and greatest has special significance. I need to develop my time with the Lord so that God becomes the first and greatest part of my life also. It seems like God wants to spend time with me too if this is the commandment that God holds as first.

Ask Questions

Is there:

A command to obey

A promise to claim

A sin to avoid

An application to make

Something new about God

Ask: Who, What, When, Where, Why

Emphasize:

Different words

Rewrite:


In your own words

Communicate With God

W - Worship Him

A - Admit Sin

R - My Requests



Quiet Time Journal


Writing your thoughts forces you to think

Journaling helps scripture take root more deeply

This process will transform your life

Quiet Time Exercise

Do a Quiet Time on John 15:4-8. ⁴ "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."

Date _____	Passage I Read Today _____	
Major themes from all I read.		
<p style="text-align: center;">Ask Questions</p> <p style="text-align: center;">Is there:</p> <p>A command to obey</p> <p>A promise to claim</p> <p>A sin to avoid</p> <p>An application to make</p> <p>Something new about God</p> <p>Ask: Who, What, When, Where, Why</p> <p style="text-align: center;">Emphasize:</p> <p style="text-align: center;">Different words</p> <p style="text-align: center;">Rewrite:</p> <p style="text-align: center;">In your own words</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Best verse and thought for the day. (Write the verse & your thoughts.)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Communicate With God</p> <p style="text-align: center;">W - Worship Him</p> <p style="text-align: center;">A - Admit Sin</p> <p style="text-align: center;">R - My Requests</p>

When everyone has finished doing a quiet time, get together to discuss. Have each person read their "best verse" out loud & share what they got out of their quiet time.

After each person has shared what they got out of their quiet time, discuss the following:

- What does it mean to "remain" in Christ? What does that look like in real life?
- What is the relationship between remaining in Christ and bearing fruit?
- How can I apply this to my life today?
- How can I develop a habit of daily quiet times in the Word & prayer?
 - **TIME:** What time of day will I have my Quiet Time? _____
 - **PLACE:** Where will I have my quiet time? _____
 - **PLAN:** Where in the Bible will I start? _____
 - **ALLY:** Who will hold me accountable? _____

