QUIET TIME SHEET

How to get the most out of a quiet time:

You need a Bible, a pen and paper.
Get comfortable - but not so comfortable that your eyes can't stay open.
Find a place on your own where you won't be distracted by anyone or anything.

The Plan: 1 PRAY and ask God to help you understand what you are reading.
2 READ the passage.
3 WRITE down any questions you may have.
4 PRAY.

THE SERMON ON THE MOUNT

Matthew 5-7 contains a sermon that Jesus gave that covered a lot of different topics. You may like to read the whole 3 chapters this week but if that seems like a bit too much, maybe you could try just these sections during the week and read the rest of it on the weekend or save it until another time.

DAY 1 - Salt and Light

READ: Matthew 5v13-16
What do you think it means to be salt and light? (verse 16 - see also Romans 1:16-17 and 12:1-2)
Think of some ways that you can be salt and light this week and pray that you can do it.
WRITE: Questions you want to have answered in youth group.

DAY 2 - Forgiveness and Love

READ: Matthew 5v38-48
What are some things that make it difficult to forgive people?
LOOK AT: Matthew 5:43-48, Corinthians 13:4-7, Luke 17:3-4 and Romans 5:6-8
Is there someone you need to forgive? Ask God to help you to forgive like he forgave you.

DAY 3 - Treasure in Heaven

READ: Matthew 6v19-24
What do you think treasure in heaven is? (See John 3:16)
How do people store up treasure on earth?
The end v24 makes the point very clear. What in this world could pull you away from God? Ask God to help you with these things.

DAY 4 - Wise and Foolish Builders

READ: Matthew 7:24-29
What was the important difference between the two builders?
Which one are you? Why?
Make the choice to put into practice the things you read in the Bible and pray that you can encourage your friends to do the same thing.