

## 25 TRAINING OBJECTIVES FOR DISCIPLESHIP

### 1. Having a Quiet Time

- *Truth to Teach:* It is important to set aside time each day to spend with God. We spend time with the people we love, and we enjoy simply being with them. This time alone with God in a quiet place for prayer and Bible study is valuable for us as we grow in our relationship with God.
- *Scriptures:*  
**Psalm 5:3** > How should we begin each day?

What does it mean to wait in expectation? How long should we wait? Is waiting important?

**Luke 10:38-42** > What were Martha and Mary Doing? Was there anything wrong with either of their actions?

What do you think Jesus meant when he said, "only one thing is needed"?

Why was Mary's choice the better one?

**Mark 1:35** > What did Jesus do? When? Where?

Why do you think Jesus had to spend so much time in prayer if He was the Son of God?

- *Application:* We encourage you to make it a habit to set aside time each day, even if it is just a few moments, to spend in prayer and reading the Bible.
- *Activities:* Let's have a quiet time together with each other and God. We can learn from each other special ways to incorporate this quiet time with God every day.
- *Practice*  
Following Jesus' example, what can you do this week to spend more quality time praying and reading the Bible?

What events or opportunities are coming up in which you can focus on being a student of Christ?

Offer to help a friend this week with domestic task so that he or she can have more time to pray or read the Bible.