

Think about your best friend. Why are they your best friend? How did they become your best friend? How did you get to know them? What did you do together to become best friends?

Look up Philippians 3:10. What was Paul's greatest desire?

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If you wanted to know God, how would you do that?

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Look up the following verses. What do they say about getting God's Word into your life?

**1. Romans 10:17**

\_\_\_\_\_ God's Word from leaders, online sermons and books.

**2. Revelation 1:3**

\_\_\_\_\_ God's Word with a plan during your quiet time.

**3. Acts 17:11**

\_\_\_\_\_ God's Word and go deeper to discover meaning.

**4. Psalm 119:11**

\_\_\_\_\_ God's Word to get it into your heart.

**5. Psalm 1:2-3**

\_\_\_\_\_ on God's Word thinking deeply about the meaning of the verses.

**6. James 1:22**

\_\_\_\_\_ God's Word making practical applications to do what you learn.



**How to have a meaningful Quiet Time**

1. Get a Bible, journal and a pen (Always keep them where you can find them).
2. Find a place somewhere without distractions (not in your bed—it may become a really quiet time)!
3. Pick a time. Morning is a great way to start your day with God (Tune-up Illustration), but do what works best for you! What time might work best for you?

**How to have a SOAP**

1. **Scripture:** Choose a book of the Bible to read. Then, try and read one to three chapters a day. Look for a verse that particularly impressed you that day, and write it in your journal.
2. **Observation:** What do you think God is saying to you in this scripture? Write down why the passage stuck out to you. Write down your thoughts about the verse.
3. **Application:** How should I live differently? Write out an application. Make S.M.A.R.T applications! Make them Specific, Measurable, Attainable, Realistic and Timely.
4. **Prayer:** Spend some time praying about what you learned from the passage and surrendering your life to follow Him today. Write out a prayer in your journal.

Lets try a SOAP together on the back of this sheet. Read Psalm 119:1-8 and try to do a SOAP on it.

**Discipleship Challenge:** Have a SOAP Quite Time at least 5 days this week. Bring your journal and be ready to share some SOAPS. Memorize: Psalm 119:11

## LEADER'S GUIDE

### Goal

The goal for the leader in this lesson is to help your disciple see the importance of knowing God through spending regular time in His Word.

### Getting started

Before your one-on-one, take a moment to pray for your time with your disciple and to prepare for your lesson. Spend a few minutes talking to them about their week. Ask them how their new relationship with Christ is going if they have recently accepted Christ. Take a moment to follow up with any questions they may have or discuss anything you talked about last time you met.

Ask them how they became best friends with their best friend. Help draw out principles such as spending time together, doing the same activities, and sharing deeply with each other. The Apostle Paul's greatest desire was to know God. Help your disciple to see that getting to know God is the same as getting to know your best friend. You spend time with Him and reading God's Word is one of the best ways to spend time with God to get to know Him.

### Going through the lesson

When going through six ways to get God's Word into your life, have your disciple look up each verse as you explain the Hand Illustration. The six blanks are Hear, Read, Study, Memorize, Meditate, and Apply. After each verse explain how the principle (hearing, reading, etc...) helps you know God. A fun way to show the importance of needing all six is after Hearing try to balance the bible with your pinky finger. It isn't possible so you need some more grip. After Reading try to balance with your pinky and ring finger. Do this after each principle asking your disciples to try and take the bible from your hand. Once you get to Meditate you will be able to use your thumb to grip the bible with a firm grasp and your disciple will not be able to pull it out. Then explain to them if they want to have a firm grip on God's word they need to not just hear, but have all six principles in their life.

### Having a Quiet Time and a SOAP

Walk through how to have a quiet time and then explain how to have a SOAP with them.

### Tune-up Illustration

You never tune up your car after getting back from a long road trip. You tune it up before you leave so your car will be in good working condition. The same principle works when spending time with God. Spending time with God early in the day allows God and His Word to speak to us throughout the day allowing us opportunities to apply what God showed us through our quiet time.

### Practical application: Do a SOAP with your disciple

The best way to teach a principle to your disciple is by example. Go through Psalm 119:1-8 with your disciple. Ask them which verse stood out to them. Ask them why that verse stood out to them. Help them make an application and write out a prayer.

### Ending your lesson

Ask your disciple if they had any questions and take a moment to pray with them asking God to help them to spend time with Him in His word. Give the discipleship challenge.