

# Destino Leadership Institute

## Module 1: Establishing Your Quiet Time with God

You can get to know God better through spending time alone with Him—reading His Word and conversing with Him in prayer. *This is sometimes referred to as a devotional, or “quiet time”.*

The primary purpose for a quiet time is to fellowship with our Father:

1. To concentrate on who God is as revealed in His Word.
2. To allow God to conform us to the image of Christ so that we bring glory to Him.

In your quiet time, concentrate on who God is rather than on what we’re not. It pleases Him to see His children seek Him. As you focus your attention on God, you will be drawn closer to Him and see His character more clearly. It is crucial to develop an accurate view of God, and that comes through His Word.

### **These practical suggestions will help you have a rich and rewarding time with God**

1. Set aside a regular time each day to spend with God. Choose a time when you are alert. Give God your best time, not your sleepy or exhausted time.
2. Find a place where you can be alone, free from distractions.
3. Use a notebook to record prayer requests and things God is teaching you from His Word.
4. Spend time in the Word:
  - a. Have a plan for your reading that will help you discover the exciting things God has for you throughout His Word.
  - b. Begin each quiet time with a simple prayer: “Lord, thank you for our time together today. As I begin to spend time in your Word, please guide me as I read. Please help me to understand and apply what you want me to know and to do. Amen.”
  - c. Record any thoughts or questions about what you have read and learned from the passage. Write out how you will apply it to your life. (For the purposes of completing the Destino certification, please keep a copy of this document in your Bible. You can keep record of your time with God and what He is teaching you on page two.)

### **Getting Started**

All relationships take time, and so it is with your relationship with God. Use the space below to make a commitment to starting or continuing time with Him:

I have set aside \_\_\_\_\_ as my regular time to meet with God.

I have picked \_\_\_\_\_ as my regular place to spend time alone with my heavenly Father.

I will begin my study of the Word by reading \_\_\_\_\_.

Here are some suggested books of the New Testament if you’re just getting started spending regular time with God: *John, Philippians, Colossians, Ephesians, I Timothy, I Thessalonians, I Peter, I John.*

## My Quiet Time with God

The purpose of the following pages is to help you establish a regular time with God as a regular habit. This is an important part of Destino Certification, because consistent time with God is essential to effective spiritual leadership. For this step of Certification, we ask you to spend time with God for a minimum of five times per week over the next four weeks. At the end of each time you spend with God, record information about what you read and learned in the spaces below.

*Track your progress:* Fill out each row for each day you spend in God's Word to help you establish a habit.

| <b>Week 1</b> | <b>What did you read?</b> | <b>What did you learn?</b> | <b>Is there an application for today?</b> |
|---------------|---------------------------|----------------------------|---|
| <i>Day 1</i>  |                           |                            |   |
| <i>Day 2</i>  |                           |                            |   |
| <i>Day 3</i>  |                           |                            |   |
| <i>Day 4</i>  |                           |                            |   |
| <i>Day 5</i>  |                           |                            |   |

| <b>Week 2</b> | <b>What did you read?</b> | <b>What did you learn?</b> | <b>Is there an application for today?</b> |
|---------------|---------------------------|----------------------------|---|
| <i>Day 1</i>  |                           |                            |   |
| <i>Day 2</i>  |                           |                            |   |
| <i>Day 3</i>  |                           |                            |   |
| <i>Day 4</i>  |                           |                            |   |
| <i>Day 5</i>  |                           |                            |   |

| <b>Week 3</b> | <b>What did you read?</b> | <b>What did you learn?</b> | <b>Is there an application for today?</b> |
|---------------|---------------------------|----------------------------|---|
| <i>Day 1</i>  |                           |                            |   |
| <i>Day 2</i>  |                           |                            |   |
| <i>Day 3</i>  |                           |                            |   |
| <i>Day 4</i>  |                           |                            |   |
| <i>Day 5</i>  |                           |                            |   |

| <b>Week 4</b> | <b>What did you read?</b> | <b>What did you learn?</b> | <b>Is there an application for today?</b> |
|---------------|---------------------------|----------------------------|---|
| <i>Day 1</i>  |                           |                            |   |
| <i>Day 2</i>  |                           |                            |   |
| <i>Day 3</i>  |                           |                            |   |
| <i>Day 4</i>  |                           |                            |   |
| <i>Day 5</i>  |                           |                            |   |