

Quieting Your Mind:

A Simple Guide to Deepen Your
Time in God's Word



Practical Steps to Focus on
Scripture and Find Renewed
Purpose in Your Quiet Time

Hi!



If we haven't met yet, my name is Melissa Smith, and I'm so excited you've found this guide! I look forward to getting to know you!

I am a wife, a mom and a bonus mom (we have five kids ranging from preschooler to 20-year-old!), a mentor to Christian wives, a daughter, a friend...but most of all, I am a child of God who strives to deeply study God's Word to learn more about Him.

Sometimes I need a little bit of focus. It's so easy to let everything happening around us fill our hearts and minds with constant noise and chatter and distractions.

It can be tough to quiet the chatter so that we can hear what God has to say to us through Scripture. But it's not impossible!



This guide offers simple steps to help you quiet the noise, engage deeply with Scripture, and experience the life-changing truths It holds. Let's dive into the richness of God's Word with purpose and peace.



Love,
Melissa

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Step 1: Prepare Your Heart and Mind

Prepare to Encounter God's Word

Preparing your heart and mind to receive God's Word begins with intention. Your goal must not be to simply check it off your to-do list. It's important to come to God with an open, receptive heart and a desire to listen to Him speak to you, rather than a list full of other things you'd rather be doing and the idea that you can just hurry through it to get to the rest of your list. Even if you only have 5 minutes, that's long enough for Him to speak to you. God is very time-efficient. Don't feel like you have to rush.

Practical Steps

Pray for Focus

Beginning with prayer is so important!
Here's one to get you started:

"Father, I pray that You would quiet my heart and mind to hear You. Open my eyes to the truths of Your Word. Help me to see You through Scripture, and grant me understanding and wisdom."

Reflect on a Verse About God's Word

**Open my eyes, that I may behold
wondrous things out of your law.**

Psalms 119:18 ESV

Consider the following questions:

What am I hoping to learn about God? What am I hoping to receive from His Word today?

Reflection

In the space below, continue with your own prayer for focus, then write a sentence or two about your mindset as you begin your study.

Step 2: Focus On the Text

Focus on What the Bible Says

Read slowly and carefully, paying attention to what the text actually says. Notice each word and phrase. Sometimes it's helpful to read the passage multiple times before you try to "observe" it. Reading a passage out loud can help if you are an auditory learner; writing it down can help if you are a visual or tactile learner.

Passage to Practice

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:4-9





Step 2: Focus On the Text

Practical Steps

Underline Key Words

Take note of - and underline or highlight - words that stand out, such as attributes of God, commands to follow, sins to confess or avoid, or descriptions and examples of godly character.

Take Notes

Here are a few questions to get you started:

- What does this passage reveal about God's nature?
- What does this passage reveal about human nature?
- What instruction, command, warning, or encouragement does this passage give?
- What does this passage say about how to find peace?
- What does God's peace do for us?

Reflection



Step 3: Meditate on the Meaning

Meditate on What The Passage Means

There is a saying that “**context brings clarity**”. When we focus on understanding the context of a passage, it will help bring clarity to its meaning. Be sure to read the surrounding verses or the whole chapter.

Use resources like Bible Hub, Blue Letter Bible, other concordances, or study Bibles, to help you determine who wrote the passage, WHY they wrote it, who they were writing it TO, and what it would have meant to the intended audience in light of their current circumstances.

Practical Steps

Ask Reflective Questions

- What do these verses mean in light of the rest of Scripture?
- How would the original audience have understood this message?
- What is the author’s main message or point?

Write Out Key Insights

Consider paraphrasing the passage, verse by verse, or writing out a summary.

Step 3: Meditate on the Meaning

Reflection

Use this space to write in your own reflective questions, along with your answers, and any insights or paraphrases you'd like to write out.





Step 4: Apply the Truth to Your Life

Apply What You've Learned

Just as important as knowing the Word is obeying the Word, and allowing it to change your heart and mind.

Take some time to think about what you've learned from this passage and how you can apply those lessons to your own life. Are there behaviors you need to modify, habits you need to break, or values you need to exemplify? How can this be applied to your marriage, your everyday life?

Practical Steps

Prayer of Commitment

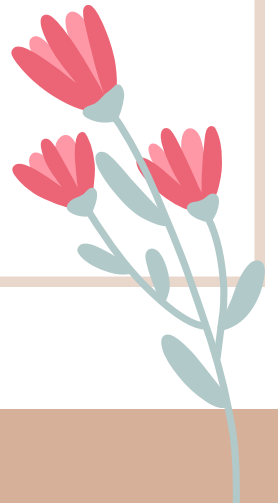
Pray for strength and wisdom to live out what you've learned.

Begin with this:

“Lord, help me put this truth into practice. Remind me to live out Your Word today, bringing honor to You in my relationships and actions.”

Personal Application

Write one simple sentence about how you will apply this passage to your life.



Step 4: Apply the Truth to Your Life

Reflection

Use this space to continue your reflection on ways you can apply the truths that God has revealed to you in this passage.

Consider beginning with "Today, I will apply this truth by..."





Reflection and Prayer

Reflect on What God Has Shown You

Look back on what you've studied and notice any changes in your understanding about God or what He expects of you, your perspective, or attitude.

Reflection Prompts

- “What was the most meaningful truth I learned from this passage?”
- “How does this truth change the way I view my relationship with God?”
- “What steps will I take this week to remind myself of this truth?”
- “How will what I've learned change how I relate to God and others in my marriage, parenting, friendships, and everyday life?”

Prayer

Write a prayer of gratitude and commitment, thanking God for the wisdom you've gained and asking Him to help you remember and apply His Word.

Next Steps

Sweet friend, there is SO MUCH value in deeply studying Scripture personally, interacting with the Word independently, and allowing God to reveal truths that He wants you to understand and embrace in your current season of life.

It takes practice, but learning to quiet your mind so that you can focus on the Lord and what He has to say to you through the Bible will change your heart, mind, and life in ways you've never imagined.

I pray this will be just the beginning of your journey and that your love for studying Scripture will continue to grow!

Keep growing!

For more tips, tools, resources, and guides, be sure to join my email list so you never miss weekly encouragement and announcements about what is new for YOU!

Join me at www.missiannsmith.com.



*Love,
Melissa*

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