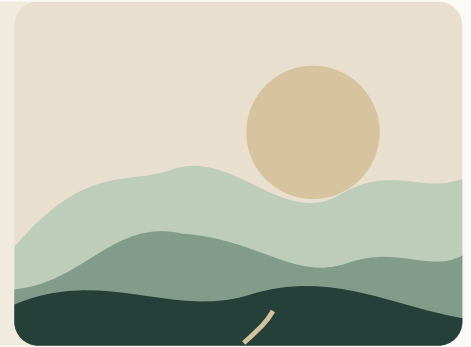


The Quiet Way

A simple invitation to be alone with God - and return ready to love.

“And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.”

MARK 1:35 · KJV



Notice Jesus: Even amid pressing needs, He withdrew to pray. He sought the solitude of a deserted place and the mountainside, then returned to serve. The quiet is not escape; it is time with the Father. (Mark 1:35; 6:46; Luke 5:16)

01 Find an ordinary quiet place

- **BEFORE DAWN** A table before others wake
- **IN BETWEEN** A parked car before work
- **OUTDOORS** A porch, bench, or quiet trail
- **SMALL CORNER** A chair; silence your phone

02 Try a 15-minute rhythm

2 MIN

ARRIVE

Quiet your phone. Tell God: “I am here.”

8 MIN

READ

Read one chapter of Mark slowly; notice Jesus.

5 MIN

RESPOND

Pray honestly; write one step for today.

03 The gifts of being alone

PAY ATTENTION

Slow down enough to notice Jesus in Scripture.

PRAY HONESTLY

Bring your gratitude, worry, questions, and sin.

RETURN IN LOVE

Let the time shape how you listen and serve.

04 When quiet feels hard

Distracted? Gently return to the verse in front of you.

Too busy? Start with five minutes, not perfection.

Prayer feels dry? Bring that feeling to God too.

Missed a day? Begin again. This is not a scorecard.

YOUR 16-DAY WALK THROUGH MARK

Read one chapter each day. Ask: What does this reveal about Jesus? How will I respond today? Mark a day as you go.

☐ DAY 01 / MARK 1
Jesus seeks quiet

☐ DAY 02 / MARK 2
Grace for sinners

☐ DAY 03 / MARK 3
Called to be with Him

☐ DAY 04 / MARK 4
Peace in the storm

☐ DAY 05 / MARK 5
Restoring the broken

☐ DAY 06 / MARK 6
Rest amid demands

☐ DAY 07 / MARK 7
The heart matters

☐ DAY 08 / MARK 8
Take up your cross

☐ DAY 09 / MARK 9
Help my unbelief

☐ DAY 10 / MARK 10
The servant King

☐ DAY 11 / MARK 11
Prayer and faith

☐ DAY 12 / MARK 12
Love God & neighbor

☐ DAY 13 / MARK 13
Stay watchful

☐ DAY 14 / MARK 14
Watch and pray

☐ DAY 15 / MARK 15
Jesus gives His life

☐ DAY 16 / MARK 16
He is risen

The goal is not a perfect quiet time. The goal is time with God.