



HAMPTON ROADS

S T U D E N T F E L L O W S H I P

WINTER BREAK QUIET TIME PACKET

....SO WHY A QT PACKET?

Hey everyone! Welcome to Winter Break. It's been a crazy semester and it's definitely time for a break from school.

But we never take a break from God.

The BT leaders put together this packet of QTs so that in the midst of your strenuous relaxation you can have a focused time with God.

These are not meant to replace whatever you're doing on your own already. It's more like a supplement or if you don't have a great QT on your own, try these out.

Each QT can be done in **15 minutes or less**. They each have a scripture, some questions, and a practical. That's more than enough time to rock your world AND still have time to do whatever else you were/are reading.

Enjoy these, and enjoy your break!

Much Love,
HRSF Leadership Team

WEEK ONE: TRUTH

DAY ONE: WHAT IS DECEIT?

JAMES 1:22-25

What is the Definition of DECEIVE:

How can you realize that you are deceiving yourself?

Why is it easy for you to deceive yourself while in college?

What does it say you look like when you do?

TITUS 3:3-7

“At one time we too were foolish, disobedient, deceived, and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing and the rebirth and the renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that having been justified by his grace, we might become heirs having the hope of eternal life.”

PRACTICALS

Make a decision to do something based of what you just read. Write it here

Consider the past struggles because history tends to repeat itself

RELATED SCRIPTURES:

1 Corinthians 6:9-11

Galatians 6:7-10

DAY TWO: SELF-DECEIT

PSALM 73

If pride is a necklace, who can see it best?

Are there things in your life that you are self-deceived about?

What makes it hard to be completely honest with yourself / others?

RELATED SCRIPTURES:

James 4:6-10

PRACTICAL

Journal through the ways you can let your pride toss you back and forth in the wind.

Get open about something that has been on your heart that you've kept from people

DAY THREE: LIVING IN THE LIGHT

JOSHUA 7:1-26 (ACHAN'S SIN)

What were some of Achan's Sins? Was it simply stealing or something more?

Why do you think the Lord judged Achan's sin so harshly?

How many opportunities did God give Achan to be open and in the light about his sin?

God will expose our sin. Is there any hidden sin in your life that you have chosen to not be open about? How can you be in the light with your sin today?

1 JOHN 1:9

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

PRACTICALS

Think of sins in your life that you are not typically as open about.

Confess your sin to someone that you know will be able to help you and hold you accountable to have victories in the future.

Talk about your sin with someone you don't typically talk to or have never talked to.

RELATED SCRIPTURES:

John 3: 19-21 "Be in the light"

James 5:16 "Confess your sins" You need others to be praying for you!

DAY FOUR: FEARING THE LORD

GENESIS 22:1-12.

How did Abraham show his fear of the lord to god?

Fearing the lord takes obedience and sacrifice how did Abraham show these qualities?

Recently how have you shown your obedience and sacrifice to the Lord?

RELATED SCRIPTURES:

Deuteronomy 10:12

Proverbs 2:1-6

PRACTICAL

Find one thing for the week you can give up on. Something that means a lot to you to show and well clearly show your awe and reverence to the lord.

Find one scripture that is commanding you to do something and just do it to show obedience, like Abraham. It may be hard to follow but to have fear of the lord must do it.

DAY FIVE: FOCUSING ON THE TRUTH

EPHESIANS 1:13-14

Where can we find the truth?

According to this scripture, what is the result of hearing and believing the truth?

What makes it hard for you to believe the truth?

RELATED SCRIPTURES:

Proverbs 3:5-6

2 Corinthians 10:5

Philippians 4:8-9

PRACTICAL

Ask your spiritual mentor one area where you struggle to be completely truthful (the way God views you, how destructive sin is, view of the world, confessing, etc.) and find 2 memory scriptures to fight Satan's lies with the truth.

WEEK TWO: GOD, EACH OTHER, YOU

DAY ONE: JESUS IN PRAYER

MATTHEW 26:36-46

In this passage we get a front row seat to witness how Jesus responds in the face of great temptation. He shows vulnerability by telling God and the disciples how he actually feels, He shows persistence by praying as long as it took until He was resolved to do God's will, and He shows surrender to God's plan no matter what.

What temptations am I not going to God about? Why not?

Just like it is hard to feel connected in a conversation with a friend without being real/vulnerable, am I feeling unconnected in my talks with God because a lack of this?

What could/is stop me from being real with God?

When people apply for jobs that they really want they usually follow up multiple times after they have turned in their application. Have I been praying about the same thing until it was answered and until I felt resolved to do God's will or have I had a scattered prayer life without consistency and persistence? How can I go after a persistent prayer life that shows God willingness to let Him call the shots in my life?

PRACTICAL

Jesus went somewhere special when He needed to get His heart right. Go find somewhere special to have a prayer walk today to pray about current struggles.

To have a persistent and consistent prayer life make a prayer list to pray through every day and check the things as they get answered.

DAY TWO: FAITHFUL PRAYER

MARK 11:22-25

The main thing that Jesus says affects faithful prayers is doubt. When younger we all believed that Santa would bring the things we asked for, we would wake up Christmas morning excited to see our requests granted without a doubt in our heart. In the same way Jesus is calling us to actually believe that we will receive the things we pray for, in fact He says believe we have already received it!

What are some of the areas of my prayer life that I doubt God's power? (i.e. Family member(s) to become a disciple, character trait change, or victories/growth in core sin)

Why do I doubt that God can change this?

What prayers have been answered in my life, why do I remember/don't remember these? Why do I view this situation differently? How can I apply what I did there to my "mountain"?

PRACTICAL

Determine what the biggest situation that you want to pray for that you would consider your "mountain".

Put it on your prayer list (don't have a prayer list? Make one!) and find someone that had a similar situation that overcame it and have a conversation with them today on how to overcome yours. (Continue to get advice!)

DAY THREE: PRAY FOR EACH OTHER!

JAMES 5:16-18

In this passage we see the importance of prayer and fellowship. Praying for another person brings people closer and can be very powerful. It takes the focus off of the person praying and can produce humility and selflessness. Just as Jesus prays for the people around him while on the cross, go after begging God to change other's lives as well!

How have I been doing with praying for the needs of others? Why haven't I been doing it and if I have what has been my motivation?

How do I feel when people pray for me, do I want them to experience the same thing? What does this say about how I feel about people, who or what are my priorities?

How can I go about getting to know what people need prayed for? What will I do after I get their prayers? How will I turn this into a habit?

PRACTICAL

Contact a brother/sister that you don't talk to often and tell them what is going on in your life and then ask them what you can pray about for them, put it on your prayer list and then follow up with them at the end of the week.

DAY FOUR: COMPASSION FOR EACH OTHER

LUKE 7:11-17

This story lays out a clear depiction of Jesus' heart for us when we need love and intimate care. What might the mother have been feeling having just lost her only son, surrounded by people?

Why would Jesus have told the woman not to cry when he is notoriously compassionate, and being told to stop crying is notoriously uncompassionate?

Has there ever been a time when you felt alone and uncared for, but Jesus reached out to you and stopped your crying through his love for you?

Jesus' words "Don't cry" were out of compassion. When her heart was mourning, he came to soothe her and care for her in a way no one else could. To top it off, he raised her son so they could once again be together. Sometimes being around old friends, or family, or a difficult situation we can feel much like this widow did; alone, hurt, sad. It's in these times we must seek out Jesus, the ultimate comforter.

PRACTICAL

If there are times today you start to feel alone, or afraid, imagine Jesus with you, his heart going out to you.

Reflect on the awe and praise the people had over Jesus' miracle, and think of miracles he has worked in your own life.

DAY FIVE: RISK IT

Jesus was a risk taker, are you?

ROMANS 5:6-8

Jesus risked it all for us, even though he knew that all of us wouldn't choose him.

What one thing you can risk doing for God over break? (sharing with close friends, standing up to family, Sharing your faith while out with your non-Christian family or friends)

How do you think God feels when we back down before doing something faithful and righteous?

Even though taking a risk can be difficult, it doesn't mean its impossible. (Matthew 19:26)

PRACTICAL

Try journaling about what makes you think twice when it comes to doing something risky or faithful. Then pick one or two of those things and do it!

WEEK THREE: EVANGELISM

DAY ONE: HEART FOR YOUR FAMILY

ROMANS 9:1-5

How do you pray for family members daily to have a relationship with God?

How can you imitate Paul's attitude for his people with your attitude toward your family?

What do you share with them what you are learning about in your own walk with God?

PRACTICAL

Start praying for your family members daily and pray for a heart to genuinely care for them as Paul cares for the Israelites. Talk to someone in your family that you haven't talked to God about before and share with them your story and ask them if they're interested at all in a relationship with God.

For those that have talked to your households about God, share to other family members that you haven't shared with! There are ways even if they don't live near you! Via phone, Facebook, Skype etc!!!

DAY TWO: WHEREVER YOU ARE...

ACTS 8: 4-8

What did these disciples do when they were scattered to different places?

What is your mindset about evangelism when you're not on Campus?

How can you imitate the attitude of these disciples while home?

What stops you from sharing when you're not on campus?

PRACTICAL

Share wherever you go to at least one person.

For example, if you go to Food Lion, share with one person. If you go to the gas station share with one person! Invite them to church (helps to have an invitation). If you don't have one, just give them the address and time.

As disciples, we're not called to share only within our comfort zone, nor only at school. We were called to share wherever we go just like these disciples did when they were persecuted. Despite being separated from everybody, (ex. winter break separating us) they shared non-stop everywhere they went! At the end, the result was great joy in the city! Lets imitate this and obey God and see what amazing things God can do when we obey Him!

DAY THREE: TELL YOUR STORY...

JOHN 4:1-26//39-42

Why do so many people in this town come to Jesus?

How do you think the women felt about giving her testimony?

How can God use your story to bring others to him?

PRACTICAL

Write down your story! Remember how awesome God is!

Tell your story to one person today. Be vulnerable and watch God work!

DAY FOUR: EVANGELISM WITHIN YOUR FAMILY

Have you made the most of every opportunity to be spiritually-engaged with your family this break?

What have your conversations been like?

How would your family describe your behavior this break?

2 PETER 1:3-11

What Biblical promise can you hold onto this week as you have conversations with your family this week?

PRACTICALS

Find the definition and relevant scripture for each discipline listed in 2 Peter 1

Choose one spiritual discipline to pursue wholeheartedly this week with your family. Share it with a disciple.

DAY FIVE: OPEN YOUR EYES

JOHN 4:27-38

Why does Jesus tell the disciples to open up their eyes? (Hint: What didn't they do while getting food?)

How can we open up our eyes and look at the fields?

What distracts you from opening up your eyes and looking at the harvest field?

PRACTICAL

Make a list of people you want to share your faith with before the break is over. Make sure it happens!

WEEK FOUR: BUILDING THE KINGDOM

DAY ONE: SEEING THE NEEDS

NEHEMIAH 1:1-11

What needs in your my ministry/my Bible Talk have pushed me to mourn and weep? Why or Why not?

What could get in the way of me seeing and appreciating the needs of my ministry/Bible Talk?

RELATED SCRIPTURES

Matthew 9:35-38

PRACTICAL

Block out 15 minutes of your day right now and just dream about what you want to improve about HRSF during that time.

DAY TWO: DRIVEN TO BUILD

NEHEMIAH 2:9-20

Why was Nehemiah so driven?

How can I help improve my ministry/Bible Talk?

What will drive me?

RELATED SCRIPTURES

2 Corinthians 5:14-21

PRACTICAL

Think of ONE thing you can change up this semester that will help your Bible Talk (with unity, with sharing, with having fun...) and share it with one other person

DAY THREE: WHEN PROBLEMS ARISE....

NEHEMIAH 4:10-23

How prepared did you feel you were when things didn't go the way you planned?

What might derail my plans of spiritual growth in 2015?

PRACTICAL

Make one faithful goal to do something radical with someone to build your faith. (for example a crazy fast with a group, pray all night with someone, share with a class with a disciple.) And Celebrate after you accomplish it.

DAY FOUR: SPIRIT LED BUILDING

MATTHEW 4:1-11

How has the Spirit led you thus far this break?

What would it have looked like if you had sought it out and listened?

How can you take the rest of this break and prepare for the next semester radically as Jesus prepared for his ministry in the desert?

PRACTICAL

Begin preparing for the next semester spiritually by radically following the Spirit.

Come up with 2 practicals such as evangelize daily, pray daily for 30 minutes, fast from social media and some kind of food, etc. for the rest of your break.

DAY FIVE: BUILDING WITH GOD'S PLAN NOT

PROVERBS 16:1-3

What have your plans and focuses been over break so far?

Have they been committed to the LORD or to your own pleasure?

Why do we often choose our plans over considering God's plans?

PRACTICAL

Take some time to think about a goal for yourself and a goal for the ministry for the upcoming semester.

Think about what you want to grow, and even more so, what God wants you to grow in by thinking about last semester and how this semester can be even better for you and the ministry.