



REIMAGINE

BEDOTELL.COM/CASWELL

**2018 SUMMER
YOUTH WEEKS**

QUIET TIME SUGGESTIONS

Each morning, you will find quiet times in the student workbooks. This is a very important part of the day for students as well as adult chaperones. As some groups struggle with the timing of the morning quiet times, the following are a few suggestions to help your group get the most from their quiet times:

- Take your entire group to one spot, say some introductory words, then have students scatter to do their quiet time individually. When they finish, have them come back together and discuss the quiet time as a group.
- If your church has assigned each chaperone to pray for six or eight youth, use these groups to ensure that quiet times are being done. Have each chaperone take their individual group to a specific place and have students do their quiet time.
- Sometimes timing your quiet times can be a challenge if your group is staying in a cabin and cooking your meals. To ensure that your group does the quiet time each day, set a specific time for breakfast, which will allow plenty of time before or after breakfast for quiet times.
- Please encourage your group to leave the barracks, cabin or wherever you are staying. This will prevent them from going back to bed instead of doing their quiet time.
- Adults, please set a good example for your youth. Quiet times are also for adults.
- Your group will be going home on Saturday, and it is still important for everyone to have their quiet time that day. Each leader should find the method that makes this possible for his/her group. Perhaps you can gather your group before you leave and have your quiet time together.

Studies show it takes a person 21 days of repeating a task to develop a habit, and we want to encourage students and adults to make a habit of spending time with the Lord each day. We provide 30 daily devotions in the student workbook and issue a 10-20-30 challenge to spend time – alone time, quiet time – with God for 30 consecutive days. Please encourage students and adults to continue their daily devotions when they return from Caswell and to email Merrie Johnson at BeDoTell@ncbaptist.org to let her know when they have!



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