



**QUAIL SPRINGS
BAPTIST CHURCH**

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REST
&
—CREATE MARGIN—

AN HOUR OF SOLITUDE

As part of our emphasis on resting and creating margin in your life, we encourage you to spend one hour this month in solitude with the Lord. Below we have some information on what solitude is, valuable reasons for solitude, and how to practice solitude.

WHAT IS SOLITUDE?

Solitude is the voluntary and temporary withdrawing to privacy for spiritual purposes. Solitude is an aspect of silent prayer/worship; it is not a time spent alone relaxing or napping. It is a time of silence and listening, focused on Christ, but it is not a breathing exercise or an extended period of isolation from the church. Solitude allows us to take pleasure in being alone with God.

VALUABLE REASONS FOR SOLITUDE

- Follow Jesus' example
- To hear the voice of God better
- To express worship to God
- To express faith in God
- To seek the salvation of the Lord
- To be physically and spiritually restored
- To regain a spiritual perspective
- To seek the will of God
- To learn control of the tongue

PRACTICING SOLITUDE

- Place yourself in God's presence
- Express your desire
- Be with Jesus
- Listen
- Be Still
- Enjoy

In order to help you practice solitude, we have provided a guided hour of solitude for you that you can download at qsb.org/breathe, or pick up in your Sunday small group. We pray that this hour helps you take time to breathe this summer!

ALL ABOUT OKC

The QSB Staff has listed some of our favorite restaurants and things to do in and around OKC. Take some time this month to try out a few new places!

- Mexican Restaurant:**
Ted's Café Escondido
Jeff DeGiacomo, Student Pastor
- Italian Restaurant:**
Johnny Carinos
Shelby Egender, Children's Ministry Associate
- Asian Restaurant:**
Szechuan Bistro
Van Greenwood, Minister of Recreation
- American Restaurant:**
Fat Dog
Traci Allen, Finance Assistant
- Other Restaurant:**
The Mule
Tricia Vaughan, Pastoral Ministry Assistant
- Place for Dessert:**
Roxy's Ice Cream Social
Stacie Sherry, Preschool Ministry Associate
- Local Coffee Shop:**
Cuppies and Joe
Caitlin Ford, Communications Assistant
- Brunch Place:**
Shartel Café
Hance Dilbeck, Senior Pastor
- Date Night Restaurant :**
The Ranch
Melanie Schantz, Prayer Coordinator
- Family-Friendly Restaurant:**
Hideaway Pizza
James Bradford, Minister of Music
- Grocery Store:**
Uptown Grocery
Darlene Stine, Education Assistant
- Place to take kids:**
OKC Zoo
Michael Stephens, Business Administrator
- Date Night Activity:**
Jazz Lab at UCO
Laurie Frykland, Children's Ministry Associate
- Local Park:**
Martin Nature Park
Courtney Dishman, Student Ministry Assistant
- Day Trip Destination:**
Wichita Mountains
Beverly Daugherty, Receptionist
- Theater:**
AMC Penn Square
Samantha Decker, Director of Communications
- Spring Activity:**
Bricktown Baseball Games
Ray Griffin, Executive Pastor
- Summer Activity:**
Riversport Adventure OKC
Kristen Reasnor, Adult Ministry Assistant

SUMMER READING LIST

Here are a few recommendations from our staff on books to read this month. All of these books can easily be found online. We will also have new recommendations for you each month! Pick a category and enjoy a book this month (and then let us know what you thought about it!).

- **Christian Fiction/Literature:** *The Screwtape Letters* by CS Lewis
- **Parenting:** *Parenting* by Paul David Tripp
- **Marriage:** *The Meaning of Marriage* by Timothy Keller
- **Children's Book:** *You are Special* by Max Lucado
- **Student Book:** *Don't Waste Your Life* by John Piper
- **Christian Doctrine:** *Growing Deep in the Christian Life* by Chuck Swindoll
- **Spiritual Help:** *Spirit Rising* by Jim Cymbala
- **History/Biography:** *Seeking Allah, Finding Jesus* by Nabeel Qureshi
- **Health/Fitness:** *Made to Crave* by Lysa Terkeurst
- **Leadership:** *The Character of Leadership* by Jeff Iorg

A PRAYERFUL WALK

A prayerful intention can transform a neighborhood walk and a stroll through a mall into encounters with God that sensitizes you to those you see. Many call this prayerwalking.

Prayerwalking is going somewhere—around the corner or around the world—for the purpose of intercessory prayer. It is praying onsite with insight. Normally, it involves walking in the location while praying, but it may also include riding, jogging, or biking.

This month we encourage you to spend 30 minutes walking through a mall or in your neighborhood and praying for those you see. It is not complicated. You simply slow down and let the environment guide your prayers. You may ask the Lord to

- Bless the marriages of people you see
- Lead them to honor and follow Jesus
- Meet their financial needs
- Prompt new believers to be baptized
- Expand his work in the location
- Give wisdom to parents as they raise their children
- Help people follow his will in their lives
- Provide jobs for the unemployed
- Hear the cries of those who are hurting
- Bring new believers into faithful churches
- Vindicate those who are being mistreated

This kind of prayerful walk can refresh you and bless those you encounter. Why don't you give it a try?

FAMILY FUN NIGHT

Take some time this month to enjoy a fun night together as a family. Here's an idea that would be fun for everyone!

THEME- THE AMAZING NIGHT SKY

- DESCRIPTION- Families choose a night to go outside and lay on a blanket or trampoline to enjoy star watching and quiet discussions about God's great creation.
- SUGGESTIONS- Choose a day ahead of time. Plan ahead with theme snacks like Moon Pies, Starbursts or maybe Oreos that are opened up. Eat off the icing to resemble a three-quarter moon, half-moon and quarter-moon.
- OVER THE TOP- Choose to have a camp-out and spend the night together outside with a campfire and singing. Take a picture and post it! #qsbcfamilyfun

A NIGHT OUT

This month, plan a night out with your friends or your spouse to take time out of your busy schedule and be encouraged. On the following page, we have listed our Qsbc staff's favorite places to go around OKC...this may give you some new, fun ideas of places to go! We have also provided you with a list of conversation questions to use to grow deeper in your relationships.

QUESTIONS FOR FRIENDS

1. What is your favorite memory as a child?
2. What's a new hobby you'd like to try?
3. How would you describe an ideal day?
4. For what in your life do you feel most grateful?
5. If you could meet one famous person, who would it be?
6. If you could go back in time, what age would you be?
7. What fears do you have?
8. If you gave money to charity, which one would you pick and why?
9. If you could live anywhere in the world, where would it be?
10. What's a question you've never asked me?

QUESTIONS FOR COUPLES

1. What is your favorite memory of us dating?
2. What was the first thing you thought of me?
3. What is something I can do to make us feel connected even more?
4. What do you think we need to work on the most in our relationship?
5. What was your favorite date night you've ever had with me?
6. What can I do that best says, "I love you"?
7. Who do you know that has the best marriage? And what can we do to get there?
8. When did you first know you loved me?
9. How have I succeeded in marriage this week?
10. How can I show you love this week?