

Iroquoina Runner October 2019-January 2020 A Publication of Iroquoina Girls Camp

Hi Girls! Here's the Runner with the Quiet Times for the next few months. Please email or mail them to me as you complete them throughout the year. Please let me know if you would prefer an electronic copy emailed to you.

> As for God, His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him. Psalm 18:30

Your word I have hidden in my heart, that I might not sin against You. Psalm 119:11

Your word is a lamp to my feet and a light to my path. Psalm 119:105



I rejoice at Your word as one who finds great treasure. Psalm 119:162

OCTOBER 2019 SENIOR QUIET TIME

- **PRAY** that God helps you to understand His word & use it in your life.
- **READ** the passage carefully
- **THINK** 1. about what you have read (Who? What? Where? When?)
 - 2. about any commands, promises or examples to follow
 - 3. if you learned something about God the Father, Jesus Christ His Son, or the Holy Spirit.
- WRITE down the most important thought from the above questions

Psalms

| 1 | 83:1-5 |
|-------|----------|
| 2 | 83:6-12 |
| 3 | 83:13-18 |
| 4 | 84:1-4 |
| 5 | 84:5-8 |
| 6 | 84:9-12 |
| 7 | 85:1-7 |
| 8 | 85:8-13 |
| 2 Kir | ngs |
| 9 | 8:1-6 |
| 10 | 8:7-15 |
| 11 | 8:16-22 |
| 12 | 8:23-29 |
| 13 | 9:1-3 |
| 14 | 9:4-10 |
| 15 | 9:11-13 |
| 16 | 9:14-16 |
| 17 | 9:17-20 |
| 18 | 9:21-26 |
| 19 | 9:27-29 |
| 20 | 9:30-37 |
| 21 | 10:1-11 |
| 22 | 10:12-17 |
| 23 | 10:18-24 |
| 24 | 10:25-28 |
| 25 | 10:29-31 |
| 26 | 10:32-36 |
| Prov | |
| 27 | 24:1-6 |
| 28 | 24:7-12 |
| 29 | 24:13-20 |
| 30 | 24:21-27 |
| 31 | 24:28-34 |
| | |

NOVEMBER 2019 SENIOR QUIET TIME

- **PRAY** that God helps you to understand His word & use it in your life.
- **READ** the passage carefully
- **THINK** 1. about what you have read (Who? What? Where? When?)
 - 2. about any commands, promises or examples to follow
 - 3. if you learned something about God the Father, Jesus Christ His Son, or the Holy Spirit.
- WRITE down the most important thought from the above questions

Psalms

| 1 | 86:1-5 | |
|----------|----------|--|
| 2 | 86:6:-10 | |
| 3 | 86:11-13 | |
| 4 | 86:14-17 | |
| 5 | 87:1-7 | |
| 2 Kir | | |
| 6 | 11:1-3 | |
| 7 | 11:4-8 | |
| 8 | 11:9-12 | |
| 9 | 11:13-16 | |
| 10 | 11:17-21 | |
| 11 | 12:1-5 | |
| 12 | 12:6-8 | |
| 13 | 12:9-12 | |
| 14 | 12:13-16 | |
| 15 | 12:17-21 | |
| 16 | 13:1-3 | |
| 17 | 13:4-7 | |
| 18 | 13:8-13 | |
| 19 | 13:14-19 | |
| 20 | 13:20-25 | |
| 21 | 14:1-4 | |
| 22 | 14:5-7 | |
| 23 | 14:8-10 | |
| 24 | 14:11-14 | |
| 25 | 14:15-22 | |
| Proverbs | | |
| 26 | 25:1-5 | |
| 27 | 25:6-10 | |
| 28 | 25:11-15 | |
| 29 | 25:16-22 | |
| 30 | 25:23-28 | |
| | | |

DECEMBER 2019 SENIOR QUIET TIME

- **PRAY** that God helps you to understand His word & use it in your life.
- **READ** the passage carefully
- **THINK** 1. about what you have read (Who? What? Where? When?)
 - 2. about any commands, promises or examples to follow
 - 3. if you learned something about God the Father, Jesus Christ His Son, or the Holy Spirit.
- **WRITE** down the most important thought from the above questions

Psalms

| 1 | 88:1-7 | | | | | |
|------|-------------------------|--|--|--|--|--|
| 2 | 88:8-12 | | | | | |
| 3 | 88:13-18 | | | | | |
| 4 | 89:1-4 | | | | | |
| 5 | 89: 5-10 | | | | | |
| 6 | 89:11-18 | | | | | |
| 7 | 89:19-23 | | | | | |
| 8 | 89: 24-29 | | | | | |
| 9 | 89:30-37 | | | | | |
| 10 | 89:38-45 | | | | | |
| 11 | 89:46-52 | | | | | |
| Prov | Proverbs | | | | | |
| 12 | 26:1-5 | | | | | |
| 13 | 26:6-12 | | | | | |
| 14 | 26:13-17 | | | | | |
| 15 | 26:18-22 | | | | | |
| 16 | 26:23-28 | | | | | |
| 17 | Deuteronomy 18:15-18 | | | | | |
| 18 | Galatians 4:4-5 | | | | | |
| 19 | John 1:14-18 | | | | | |
| 20 | Isaiah 7:13-16 | | | | | |
| 21 | Luke 1:26-35 | | | | | |
| 22 | Malachi 4:4-6 | | | | | |
| 23 | Luke 1:11-17 | | | | | |
| 24 | Micah 5:1-4 | | | | | |
| 25 | Luke 2:1-7 | | | | | |
| 26 | Luke 2:8-14 | | | | | |
| 27 | Luke 2:15-20 | | | | | |
| 28 | Isaiah 25:6-9 | | | | | |
| 29 | Luke 22:25-33 | | | | | |
| 30 | Isaiah 60:1-6 | | | | | |
| 31 | Matthew 2:7-11 | | | | | |
| | | | | | | |

JANUARY 2020 SENIOR QUIET TIME

- **PRAY** that God helps you to understand His word & use it in your life.
- **READ** the passage carefully
- **THINK** 1. about what you have read (Who? What? Where? When?)
 - 2. about any commands, promises or examples to follow
 - 3. if you learned something about God the Father, Jesus Christ His Son, or the Holy Spirit.
- WRITE down the most important thought from the above questions

Psalms

| 1 | 90:1-6 | |
|-------|----------|--|
| 2 | 90:7-12 | |
| 3 | 90:13-17 | |
| 4 | 91:1-6 | |
| 5 | 91:7-12 | |
| 6 | 91:13-16 | |
| 2 Kir | ngs | |
| 7 | 15:1-7 | |
| 8 | 15:8-12 | |
| 9 | 15:13-22 | |
| 10 | 15:23-31 | |
| 11 | 15:32-38 | |
| 12 | 16:1-9 | |
| 13 | 16:10-19 | |
| 14 | 17:1-6 | |
| 15 | 17:7-12 | |
| 16 | 17:13-18 | |
| 17 | 17:19-23 | |
| 18 | 17:24-28 | |
| 19 | 17:29-33 | |
| 20 | 17:34-41 | |
| 21 | 18:1-4 | |
| 22 | 18:5-8 | |
| 23 | 18:9-12 | |
| 24 | 18:13-16 | |
| 25 | 18:17-25 | |
| 26 | 18:26-32 | |
| 27 | 18:33-37 | |
| Prov | verbs | |
| 28 | 27:1-5 | |
| 29 | 27:6-10 | |
| 30 | 27:11-16 | |
| 31 | 27:17-22 | |
| | | |

Katie Campbell 1670 Providence Avenue Niskayuna, NY 12309