

# THE HABIT OF QUIET TIME

## *BEING WITH GOD*

*"A quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer."*

### I. THE PURPOSE OF A DAILY QUIET TIME

#### 1. TO GET           DIRECTION           FROM GOD.

*"Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me ..." -Psalm 25:4*

*"In all your ways acknowledge Him, and he will direct your paths." -Proverbs 3:6*

*"Ponder the path of your feet and let all your ways be established." -Proverbs 4:26*

#### 2. TO RECEIVE                   STRENGTH                   FROM GOD.

*"Jesus often withdrew to lonely places and prayed." - Mark 1:35, Luke 5:16, Luke 22:39*

#### 3. TO GAIN           DELIGHT           IN GOD.

*"Delight yourself in the Lord; and he will give you the desires of your heart." -Psalm 37:4*

*"...(God's) presence fills me with joy and brings me pleasure." -Psalm 16:11*

#### **FACT:** The better I get to know Christ, the more           I LOVE HIM          .

*The objective of your Quiet Time is not to study **about** Christ, but to actually spend time with him!*

#### 4. TO GROW           MORE           LIKE GOD.

*"Jesus has the power of God, by which he has given us everything we need to live and to serve God. We have these things because we know him.... With these gifts you can share in being like God" - 2 Peter 1:4*

*"When the council saw the boldness of Peter and John ... they were amazed and realized **what being with Jesus had done for them!**" Acts 4:13 (LB)*

#### 5. TO HAVE                   FELLOWSHIP                   WITH GOD.

This is our created purpose.

*"So God created man in his own image ..." -Genesis 1:27, 2:7, 3:8*

*"Look! I've been standing at the door and constantly knocking. If anyone ... opens the door, I will come in and fellowship with him and he with me." -Revelation 3:20*

## II. HOW TO BEGIN A DAILY QUIET TIME

### 1. SELECT A SPECIFIC TIME.

The best time to have a quiet time is when I am AT MY BEST!

#### Reasons for considering a early morning quiet time:

1. **The example of Bible character.**  
(Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus.)
2. **It seems logical to begin the day with it.**  
“The best time to tune your instrument is before you play the concert, not after!”
3. **It demonstrates that meeting with God is your first priority. You give him the first part of your day!**
4. **You are likely to be more rested, your mind is less cluttered, and it’s often the quietest time!**

Whatever time you set, BE CONSISTENT.

#### HOW LONG SHOULD A QUIET TIME BE:

3 Guidelines

- Start with 15 minutes and let it grow.
- Don't watch the clock!
- Emphasize quality, not quantity!

### 2. CHOOSE A SPECIAL PLACE.

*"Jesus left the city and went, as he usually did, to the Mount of Olives ... to pray." -Luke 22:39*

#### The Important Factor:

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went to a **solitary place**, where he prayed." -Mark 1:35*

### 3. GATHER THE RESOURCES YOU'LL NEED.

1. A Bible
2. A Notebook - write down what the Lord speaks to you about, and keep your prayer list.
3. A Songbook - if you want to sing.

#### 4. BEGIN WITH THE RIGHT ATTITUDES

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##### REVERENCE

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*"Be still, and know that I am God." Ps. 46:10*

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##### EXPECTANCY

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*"Open my eyes to see wonderful things in your Word." Ps. 119:18 (LB)*

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##### OBEDIENCE

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*"The thing you should want most is God's kingdom and doing what God wants" Mat 6:33 (NCV)*

#### 5. FOLLOW A SIMPLE PLAN

##### "FIFTEEN MINUTES WITH GOD"

(A Plan To Get You Started)

1. RELAX AND INVITE. (1 Minute)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God. Invite the Holy Spirit to speak and minister to you.

2. READ A VERSE. (4 Minutes)

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

3. REFLECT ON THE VERSE. (4 Minutes)

See the section on "How To Meditate on God's Word".

You may use the S.P.A.C.E.P.E.T.S. or any of the 6 methods of meditation. Think about what the passage means to your life. Write down your thoughts. Part of reflecting is *memorizing* verses that speak to you in a special way.

See the section on "How To Memorize God's Word".

4. APPLICATION. (2 Minutes)

See the section on "How To Apply God's Word".

Write out a personal application statement that is practical, passable, and measurable.

*"Thoughts disentangle themselves when they pass through the lips and the fingertips."*

5. REQUEST AND COMMIT. (4 Minutes)

See the section on "The Habit of Prayer". Conclude your Quiet Time by talking to God about what He has shown you, making your requests from your prayer list, and asking God to help you do what you have committed to that day.

### III. HOW TO OVERCOME THE PROBLEMS WITH YOUR QUIET TIME

#### 1. THE PROBLEM OF DISCIPLINE

Your first problem in establishing a quiet time will face you the moment you wake each morning: Am I going to get out of bed? (*"The Battle of the Blankets"*)

##### Suggestions

1. Go to bed ON TIME.
2. Get up IMMEDIATELY.
3. Be aware of quiet time ROBBERS.
4. Fall asleep thinking SPIRITUAL THOUGHTS.

#### 2. THE PROBLEM OF DISTRACTIONS

Your mind will wander during quiet time.

##### Suggestions

- Get out of BED.
- Get thoroughly AWAKE.
- Read and pray ALoud.
- WALK during your prayer time.
- Keep a JOURNAL.

#### 3. THE PROBLEM OF DRYNESS

Sometimes you feel like you're not getting anything out of your quiet time. (*"The Battle of the Blahs"*)

**Never judge your quiet time by your FEELINGS.**

##### Possible Causes of Spiritual Dryness

1. Your physical condition.
2. Disobedience to God.
3. Rushing your quiet time.
4. Getting in a rut.
5. Not sharing insights with others.

#### 4. THE PROBLEM OF DILIGENCE

Your greatest problem will be your struggle to stay consistent.

##### Suggestions

1. Make a covenant or vow to God.
2. Schedule it on your daily calendar.
3. Be prepared for Satan's excuses.
4. Leave your Bible open at night to the passage for the next day!

##### What if I miss a day?

Don't BECOME GUILTY.

Don't BECOME LEGALISTIC.

Don't GIVE UP.

**It takes three weeks for you to become familiar with a new task. Then it takes another three weeks before it becomes a comfortable habit.**

*"Let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up." -Galatians 6:9*

#### A PRAYER OF COMMITMENT

**"Father, I realize that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death. I know that daily fellowship with You is to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent. In Jesus' name, Amen."**