

# HOW TO HAVE A QUIET TIME

**DEFINITION:** "A Quiet Time is a daily time I set aside to be alone with God to get to know Him through the Bible, prayer and worship."

## I. THE IMPORTANCE OF A DAILY QUIET TIME

Your time alone with God should be the top priority in your schedule for five reasons:

### 1. You were created to have fellowship with God.

*"... and eternal life means to know you, the only true God, and to know Jesus Christ, whom you sent." John 17:3*

*"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*

### 2. Jesus died to make a relationship with God possible.

*"God has invited you into this wonderful friendship with his Son, Christ our Lord." I Corinthians 1:9*

*"All this is done by God, who through Christ changed us from enemies into his friends and gave us the task of making others his friends also. Our message is that God was making all humankind his friends through Christ." 2 Corinthians 5:18-19*

### 3. Personal time alone with God was Jesus' source of strength.

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

### 4. Every person who has been effective in service of God developed this habit.

Abraham, Moses, David, Daniel, Paul, etc.

### 5. You cannot be a growing Christian without it!

*"Man cannot live on bread alone but on every word that God speaks." Matthew 4:4*

*"Remain united to me, and I will remain united to you. A branch cannot bear fruit by itself; it can do so only if it remains with the vine. In the same way you cannot bear fruit unless you remain in me." John 15:4*

## II. THE PURPOSE OF A DAILY QUIET TIME

### 1. TO GIVE DEVOTION TO GOD.

*"Give to the Lord the glory due to his name. Worship the Lord in the splendor of his holiness." Psalm 29:2*

*"(Hezekiah) was successful, because everything he did ... he did in a spirit of*

*complete devotion to his God.*" 2 Chronicles 31:21

- God deserves our devotion! (Revelation 4:11)
- God desires our devotion! (John 4:23)

## 2. 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

### 2 THINGS TO DO IN A QUIET TIME

- Consider your way:** *"Ponder the path of your feet and let all your ways be established."* Proverbs 4:26  
*"In all your ways acknowledge Him, and he will direct your paths."* Proverbs 3:6
- Commit your day:** *"Commit everything you do to the Lord. Trust him to help you do it and he will."* Psalm 37:5

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

## 4. TO GROW DAILY MORE LIKE GOD.

*"For as you know him better and better God will give you, through his great power, everything you need for living a truly good life ... He has promised to save us ... and to give us **his own character!**"* 2 Peter 1:3-4

*"And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit."* 2 Corinthians 3:18

*"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

### 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 an early morning quiet time:**

- The example of Bible characters.

(Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus, etc.)

- It seems logical to begin the day with it.**  
“The best time to tune your instrument is before you play the concert, not after!”
- It demonstrates that meeting with God is your first priority. You give Him the first part of your day.**
- 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: solitude.**  
*“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 - with readable print.
  2. A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.
  3. A Songbook - if you want to sing.
- 4. BEGIN WITH THE RIGHT ATTITUDES.**
- Reverence.**  
*“Be still, and know that I am God.”* Psalm 46:10
  - Expectancy.**  
*“Open my eyes to see wonderful things in your Word.”* Psalm 119:18
  - Willingness.**  
*“Whoever is **willing** to do what God wants will know...”* John 7:17
- 5. FOLLOW A SIMPLE PLAN.**

## **"FIFTEEN MINUTES WITH GOD"**

(A Plan To Get You Started)

- 1. Relax & Receive. (1 Minute)**

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God. Praise God for who He is. Thank Him for meeting with you.

**2. Read. (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. (4 Minutes)**

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.

**4. Record. (2 Minutes)**

Write out a personal application statement that is practical, personal, and measurable. *Thoughts become clear when they pass through the lips and the fingertips.*

**5. Request. (4 Minutes)**

Conclude your Quiet Time by talking to God about what He has shown you and making your requests from your prayer list.

**III. HOW TO OVERCOME 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.**

**SUGGESTIONS**

1. Get out of bed.
2. Get thoroughly awake.
3. Read and pray aloud.
4. Walk during your prayer time.
5. Keep a notepad nearby (to write down misc thoughts that come into your head so you can let them go).
6. Use your distractions as connectors.

**3. THE PROBLEM OF DRYNESS.**

Sometimes you will 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 into 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 "the flesh's" excuses.
4. Leave your Bible open at night to the passage for the next day!

#### **WHAT IF I MISS A DAY?**

**Don't get on a guilt trip.**

**Don't be 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."**