

**Quiet Times****Objectives:**

1. A growing sense of relationship with God through prayer and the Word.
2. A developing habit of daily prayer and Bible reading.
3. A developing habit of obedience to God and the Word of God.

**Materials**

- Quiet Times Packet, QT Guide, Bible Plan*
- Pursuing God* by Mark Darling.

**Tasks:***During the Meeting:*

- Discuss the *Baptism* teaching.
- Review John 14:21.
- Go through the *Quiet Times* packet.
- Go through the *Quiet Times Guide* and develop a daily reading plan.

*Homework:*

- Read the Bible every day for 40 days, using the checklist as an aid and writing down one verse to obey daily.
- Listen to the *Pursuing God* teaching before the next meeting.
- Memorize James 1:25.

## Quiet Times

### **The Habit of a Daily Time With God**

*The one who looks steadily at God's perfect law .. and makes that law his HABIT - not listening and then forgetting, but actively putting it into practice- will be happy in all that he does. (James 1:25)*

Definition: "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."

#### **Why Do I Need To Have A Daily Quiet Time?**

- ◆ You were created to have fellowship with God.

*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)*

- ◆ Personal time alone with God was Jesus' habit.
- ◆ Every person who has been effective in living for God developed this habit. (Abraham, Moses, David, Daniel, Paul, etc.)
- ◆ You cannot be a mature Christian without it!

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

*... I have treasured the word of His mouth more than my necessary food. (Job 23:12)  
How can a young man cleanse his way? By keeping to you Word. (Psalms 119:9)*

#### **What Is the Purpose Of My Quiet Time?**

- ◆ To Give glory to God.

*Give to the Lord the glory due 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)

- ◆ 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... (Psalms 25:4)*

- ◆ To Gain delight in God

*Delight yourself in the Lord; and he will give you the desires of your heart. (Psalms 37:4)*

**FACT: The better I get to know Christ, the more I love him.**

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

## Quiet Times

# How Do I Get Started?

### 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 are likely to be more rested, your mind less cluttered, and it's often the quietest time!

Whatever time you set, be consistent.

### 2. Choose a special place.

How long should my Quiet Time be?

- You can start with 20 minutes and let it grow.
- Don't watch the clock!
- Emphasize quality, not quantity!

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

**The Important Factor:** Get alone.

*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.

A Bible - with easy to read language.

A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.

A Song book - if you want to sing.

### 4. Follow a Simple Plan.

### Quiet Times

## 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?"

Suggestions:

- Go to bed on time!
- Get up immediately.
- Fall asleep thinking spiritual thoughts.

### 2. The Problem of Distractions

Satan will try to use anything to get your mind to wander during a quiet time.

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 ready to write down ideas/reminders for a later time.

### 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 in a rut.
5. Not taking your quiet time into your day.
6. Not obeying what you read.

Quiet Times**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 diligent against Quiet Time diversions!
4. Leave your Bible open at night to the passage for the next day!
5. Work together with a friend and keep each other accountable.

What If I Miss A Day?

Don't feel guilty.

Don't give up!

It takes five weeks for you to become familiar with a new task. Then it takes another five 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)*

Quiet Times**"Quiet Time Guide"***(A Simple Plan to Get You Started)***1. Restore the Connection (renew the mind)***... be transformed by the renewing of your mind. (Romans 12:2)**Be still, and know that I am God,  
I will be exalted among the nations,  
I will be exalted in the earth. (Psalm 46:10)**He who sacrifices thank offerings honors me, and he prepares the way so that I  
may show him the salvation of God. (Psalm 50:23)***Thank God for who you are today.****Thank God that you can walk in His plans for your day.** (Ephesians 2:10)**2. Read the Word**

Passage I read:

**S.P.A.C.E.P.E.T.S. Questions**

Is there any...

**S**in to confess?**P**ray to pray?**A**ttitude to change?**C**ommand to obey?**E**rror to avoid?**P**romise to claim**E**xample to follow?**T**ruth to believe?**S**omething to thank God for?**3. Meditate on the Message**

My thoughts from this passage:

A verse that spoke to me:

**4. Write the Application***Do not merely listen to the word, and so deceive  
yourselves, Do what it says. (James 1:22)*

My application action for today will be:

**5. Request and Commit***I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even  
greater things than these, because I am going to the Father. And I will do whatever you ask in my  
name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and  
I will do it. (John 14:12-14)**Commit to the LORD whatever you do, and your plans will succeed. (Proverbs 16:3)*

