

# Quiet Time

TIME WITH GOD

**The only way to keep a broken vessel full is to keep the faucet running.**  
**D.L. Moody**

## WHAT'S IT ALL ABOUT?

A daily quiet time is simply time set aside to be spent with God. During this time, you'll want to read your Bible to meet Christ through the written Word, spend time thinking and meditating on what you've read so that it can really sink in and apply to your daily life, and pray to God.

- God communicates His thoughts/feelings (truths) to us through His word and prayer.
- We communicate our thoughts/feelings to God through prayer and worship.

## WHY SHOULD I DO IT?

A. God wants a relationship with us! Like any relationship, we have to spend time with the other person to really know them.

Psalm 46:10; John 17:3

B. Our relationship with God is strengthened when we spend time with Him in His word!

John 15:5;

C. Jesus spent time with His Father. He needed time, encouragement, information, and joy which came only from spending time with His Father. If Jesus needed it, don't we?

Mark 1:35; Luke 5:16

It pleases the One whom we call, "Lord." Time set aside for communicating with God shows your devotion and the depth of your relationship with Him. We will also gain information about Christ and his truths as we spend time with Him. Time spent with God yields encouragement for us during the stressful times and power for when we need strength. We should find pleasure in meeting with the One who loves us so much.

## WHAT DO I DO DURING MY TIME WITH GOD?

1. Set aside a specific time for your QT. It should take place each day at the time when you are most alert. Morning is preferable as the day hasn't had time to clutter your mind and heart. If you can't commit to morning, find a consistent time and stick to it as much as possible. (Ps. 5:3, Mark 1:35)
2. The length of your QT will vary. You may want to start with 10 minutes then adjust (lengthen) the amount of time.
3. Plan ahead. The battle for daily quiet time begins the night before. Go to bed early and begin your day organized and not rushed.
4. Make it quiet. Turn off the radio, TV, and phone. Get out of bed where the quiet may lull you to a peaceful slumber.
5. Pray as you start your time with God. Talk to Him. Imagine that he is sitting in the chair next to you and is intently leaning forward and listening to every word you say. He's picking up on your emotions (or lack thereof), he's not fooled by clever words or "church-y" phrases. Be real, be honest. If you need to, talk out loud to him. Ask him to help you "hear" him through reading the scriptures. Ask Him to show you sin in your life, and then talk to him about it. If you've got something heavy on your heart, let him comfort you and guide you. Remember, he's right there, listening to every word you say.
6. Read the scripture for the purpose of hearing from Him. This isn't Bible Study time. Try reading until a verse hits you between the eyeballs. Stop there. Think about that verse. Ask God, "What are you saying to me through this verse?" 2 Tim. 2:7
7. Journal. Write down that verse that stopped you in your tracks, and include the special message from God that you received. Write letters, songs, or poems to Jesus. It's a place to record your unique conversations with God.

## SCRIPTURE

Be still and know that I am God.

Psalm 46:10

Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.

John 17:3

I am the Vine, you are the branches. If a man remains in me and I in him, he will bear much fruit. Apart from me, you can do nothing.

John 15:5

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35

But Jesus often withdrew to lonely places and prayed.

Luke 5:16

Reflect on what I am saying, for the Lord will give you insight into all this.

2 Timothy 2:7

**TROUBLESHOOTING**

Sometimes you might experience some difficulties. Here are some suggestions to try.

- **I don't want to have a QT.** Ask the Holy Spirit to give you the desire.
- **I don't want to today.** Have it anyway. Remember, be honest with Jesus. You can't feel one way and "act" another way. Ask him to help you figure out what's the reason behind the way you feel.
- **My mind wanders.** Ask for the ability to focus. As things come up in your mind, give them over to Jesus. If it's insignificant, then ask him to help clear your thoughts of it. Read aloud, or write out your time with God. On the other hand, God may be bringing something up that needs to be dealt with. If you are in Christ, His Spirit lives in you; talk to him about it.
- **I miss too many QTs.** Find a friend who can hold you accountable. An accountability partner is someone who will check up on you in a loving way to see if you've been meeting with Jesus.
- **My QT is boring.** Change it up and be creative! Allow God to take the stiffness out of your QT. Be expressive in your time with Him...sing, journal, use a devotional, draw. All of these can be brought into a time of worship, if that is your purpose.

Remember, in order to stay true to your appointment with God, you'll have to recognize that your "old self" is opposed to being disciplined to meet with God, and you will busy up your day (or night) with "stuff" that will keep you from your appointment. Don't let him win this one. Take it a day at a time and claim it for you and your God.

**OTHER QT IDEAS**

- Look specifically for God's character as you read the Word.
- Take a book like Psalms and write down attributes of God that you find.
- Look for God's promises.
- Use a devotional book from a Christian book store, but definitely use the Bible with it.
- Read one chapter in Proverbs everyday. (There is a chapter for each day of the month)
- Read through the Bible in a year. (*see Bible Reading Plan*)
- Study a character in the Bible like Moses, Joseph, or Peter. Write down your findings.
- Take a book of the Bible and read it through everyday for a month. You will see things you missed before!
- Spend time worshipping God. Play a worship CD and sing the words to God.

**SCRIPTURE**

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.  
Psalm 1:1-3

So then, just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.  
Colossians 2:6-7

Man does not live on bread alone, but on every word that comes from the mouth of God.  
Matthew 4:4