

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 and prayer."

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. We were _____ to have fellowship with God.

"So God created man in his own image ..." Gen. 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." Rev. 3:20

(LB)

2. Jesus _____ to make a relationship to God possible.

"God ... has invited you into this wonderful friendship with his Son, Christ our Lord." 1

Cor. 1:9 (LB)

3. Personal time alone with God was Jesus' _____

Mark 1:35, Luke 22:39, Luke 5:16

*"Jesus **often** withdrew to lonely places and prayed."*

4. Every person who has been effective in _____ for God developed this habit.

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

5. You cannot be a _____ Christian without it!

"Man cannot live on bread alone but on every word that God speaks." Matt. 4:4 (GN)

"... I have treasured the words of His mouth more than my necessary food." Job 23:12

(NAS)

"How can a young man cleanse his way? By keeping to your Word." Ps. 119:9

II. THE PURPOSE OF A DAILY QUIET TIME

1. TO GIVE _____ TO GOD.

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

"(Hezekiah) was successful, because everything he did ... he did in **a spirit of complete devotion** to his God." 2 Ch. 31:21 (GN)

God deserves our devotion! (Rev. 4:11)

God desires our devotion! (John 4:23)

2. TO GET _____ FROM GOD.

"Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me ..." Ps. 25:4 (LB)

2 Things To Do In A Quiet Time

Consider your way: "Ponder the path of your feet and let all your ways be established." Pr. 4:26 (KJV)

"In all your ways acknowledge Him, and he will direct your paths." Pr. 3:6 (KJV)

Commit your day: "Commit everything you do to the Lord. Trust him to help you do it and he will." Ps. 37:5 (LB)

3. TO GAIN _____ IN GOD.

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

"... (God's) presence fills me with joy and brings me pleasure." Ps. 16:11 (GN)

FACT: The better I get to know Christ, the more _____.

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

4. TO GROW _____ 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 Pet 1:4 (NCV)

“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)

HOW TO BEGIN A DAILY QUIET TIME

1. SELECT A SPECIFIC TIME.

The best time to have a quiet time is when I am _____!

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 quietist time!**

Whatever time you set, be _____.

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 (GN)*

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 - with readable print.
2. A Notebook - to write down what the Lord says to you, and keep your prayer list.
3. A Songbook - if you want to sing.

4. BEGIN WITH THE RIGHT ATTITUDES

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

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

"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. _____ . (1 Minute)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

2. _____ . (4 Minutes)

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

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. _____ . (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. _____ . (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. _____ . (4 Minutes)

See the section on "The Habit of Prayer". Conclude our Quiet Time by talking to God about what He has shown you and making your requests from our prayer list.

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 _____.
2. Get up _____.
3. Be aware of quiet time _____.
4. Fall asleep thinking _____.

2. THE PROBLEM OF DISTRACTIONS

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

Suggestions

- Get out of _____.
- Get thoroughly _____.
- Read and pray _____.
- _____ during your prayer time.

Keep a _____.

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 _____.

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. I find Satan fights nothing harder than my quiet time.

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 _____.
- Don't _____.
- Don't _____.

It takes _____ weeks for you to become familiar with a new task. Then it takes another _____ 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." Gal. 6:9 (LB)

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."

THE HABIT OF PRAYER

Talking with God

"Base your happiness on your hope in Christ. When trials come, endure them patiently; steadfastly maintain THE HABIT OF PRAYER."

Rom. 12:12 (Ph)

HOW TO REVITALIZE YOUR PRAYER LIFE

I. APPROACH PRAYER WITH THE RIGHT ATTITUDE.

(Matthew 6:5-8)

•BE _____

"When you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men." (vs. 5)

Don't try to _____ Don't try to _____
--

•BE _____

"But when you pray go into your room, close the door and pray to your Father who is unseen. Then your Father, who sees what is done in secret, will reward you." (vs. 6)

•BE _____

"Don't recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, you Father knows exactly what you need before you ask Him! (vs. 7-8 LB)

II. USE THE MODEL JESUS GAVE US

*Matt. 6:9-15 "This, then, is **HOW** you should pray ..."*

THE SIX PARTS OF PRAYER

1. PRAISE: I BEGIN BY _____

"Our Father in heaven, hallowed be your name .."

TWO KINDS OF PRAISE:

- "ADORATION" - Praising God for *who he is*.
- "THANKSGIVING"- Praising God for *what he has done*.

*"Enter into his gates with thanksgiving, and into his courts with praise. Be **thankful** unto him, and **bless his name**." Ps. 100:4*

HOW TO PRAISE GOD:

1st: As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray. *(See Prayer Guide 1)*

Examples:

God is patient	Num. 14:18
God is merciful	Num. 14:18
God is forgiving	Num. 14.18
God knows everything	1 Sam. 2:2
God is loving	1 John 4:8

KEY: _____ is the basis for our boldness in making requests in prayer. God answers the prayers that acknowledge who he is!

2nd: Remind yourself and affirm the promises God has made that are contained in the meaning of his names. *(See Prayer Guide 2)*

3rd: Make a list of all that you are thankful for and review them when you pray. *(See Prayer Guide 3)*

2. PURPOSE: I COMMIT MYSELF _____

"Your kingdom come, your will be done, on earth as it is in heaven ..."

Pray for God's will to be done ... in my family ... my church ... my ministry ... my job ... my future ... my city ... the nation ... the world.

"Offer yourself as a living sacrifice to God, dedicated to his Service and pleasing to him. This is the true worship that you should offer." Rom. 12:2 (GN)

3. PROVISION: I ASK GOD TO _____

*"Give us today our **daily** bread ..."*

What needs can I pray about? _____

*"God will supply **all** your needs from his riches in glory because of what Christ Jesus has done for us." Phil. 4:19 (LB)*

"Since God did not spare even his own Son for us but gave him up for us, won't he also surely give us everything else?" Rom. 8:32

"You do not have ... because you don't ask God!" James 4:2

THE KEY: _____

Write down your requests, with a promise you are claiming from the Bible, and expect an answer! (See Prayer Guide 4)

"Don't worry about anything, but in everything, by pray and petition with thanksgiving, present your requests to God." Phil. 4:6

4. PARDON: I ASK GOD TO _____

"Forgive us our debts ..."

4 Steps to Forgiveness

1. Ask the Holy Spirit _____ **every sin**

"Examine me, O God, and know my mind; test me, and discover my thoughts. Find out if there is any evil in me". Ps. 139:23-24

2. Confess each sin _____.

"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you." Prov. 28:13 (GN)

3. Make _____ **to others when necessary.**

"When you remember your brother has something against you ... go at once to make peace with him, then come back and offer your gift to God. Matt. 5:23-24 (GN)

4. By Faith, _____ **God's Forgiveness.**

*"If we confess our sins, he is faithful and just and will forgive us our sins, and purify us from all unrighteousness."
1 John 1:9*

5. PEOPLE: I PRAY FOR _____

"... as we have also forgive our debtors."

"Pray much for others; plead for God's mercy upon them; give thanks for all he is going to do for them. 1 Tim. 2:1 (LB)

If you want to know how to pray for others ...

Eph. 1:15-19, Col. 1:3-12, 1 Th. 1:2-3, 2 Th. 1:11-12

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week. (See *Prayer Guide #5*)

6. PROTECTION: I ASK FOR _____

"And lead us not into temptation but deliver us from the evil one." (vs. 13)

Believers face a spiritual battle everyday. Satan wants to defeat you through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

"The Spirit who is in you is more powerful than the spirit who is in those who belong to the world." 1 John 4:4 (GN)

PRAYER GUIDE 1: CHARACTER TRAITS OF GOD

Faithful	II Cor. 1:20
Righteous	II Tim. 4:8
The Light	John 8:12

PRAYER GUIDE 2: THE NAMES OF GOD

Did you know that God has several names? They are all in the Bible and each name describes a facet of his character. You can take each of these 8 names and focus individually on what God is really like! Pray the names of God as affirmations of praise!

8 HEBREW NAMES OF GOD - DECLARE WHO GOD IS

Jehovah-Shammah-" God is Present with me" (Ezekial 48:35)
You are here! I am never alone!

Jehovah-Rohi-" God is my Shepherd" (Psalm 23:1)
You lead me and feed me and protect me!

Jehovah-Jireh- " God is my Provider" (Gen. 22:14)
You see what I need before I even ask!

Jehovah-Rophe- " God is my Healer" (Exodus 15:26)
You can heal my body, emotions, and relationships!

Jehovah-Tsidkenu-" God is my Righteousness" (Jer. 23:6)
You accept me and forgive me because of Jesus!

Jehovah-M'Kiddish-" God is my Sanctification" (Lev. 20:8)
You make me holy and like Jesus!

Jehovah-Shalom-" God is my Peace" (Judges 6:24)
You give me peace in spite of circumstances!

Jehovah-Nissi-" God is my Banner" (Exodus 17:15)
You are my victory in conflict and confrontation!

Think on the implications of these names and you'll have plenty to praise God for!

**PRAYER GUIDE 3
MY THANKSGIVING LIST**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____

PRAYER GUIDE 4: MY PERSONAL REQUESTS

Date	Request	Promise	Date Answered
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

• **PRAYER GUIDE 5: PEOPLE I'M PRAYING FOR**

Family _____

Christian Friends _____

Friends I'd like to see become Christians _____

Spiritual Leaders _____

Government Leaders _____

Others _____
