



# QUIET TIME

A significant growth step occurs when a Christian realizes that worship and dedication to God is not just a Sunday concern. Many faithful Christians have learned the benefit and blessing of practicing a daily “quiet time” of intimate, personal communion with the Lord. This is a period of time set aside each day when the believer seeks to draw nearer to God, to confess known sin, to bring requests to God through prayer, and to seek guidance from God’s word. Simple to set up, it requires only a brief period each day. Faithfully practiced, it is a tremendous boost to one’s development as a Christian.

## **I. Private Time Devotion with God in the Scripture**

Read Exodus 33:7-11. Note the special fellowship that existed between God and Moses. How is it described?

How did the people respond when they observed Moses enter the tent of meeting and the pillar of cloud stood at the entrance?

Read Psalm 63:1. Note David’s desire to commune with God. How did he describe his longing to be with God?

Read Psalm 63:6. Did David’s contemplation of God and his desire for God end when he left the public setting of the Temple? How is his private contemplation of God described in this verse?

Read Psalm 119:147-148. David was the leader of an entire nation of people. He was a very busy man! How did he still manage to have a private time of worship with God?

Read Mark 1:35. Jesus was also very busy. At times He barely had time to eat (see Mark 6:31). How did He still manage to have private time alone with His Father? How important would you say this was to Him?

Read Matthew 6:6. What did Jesus say here about private prayer?

In each of these examples we see quiet time spent alone, in fellowship with God. Steady, solid growth awaits those who seek the Lord privately as well as publicly.

## **II. Suggestions for Starting Your Own Daily Quiet Time**

No single passage of scripture spells out a form or procedure for time spent alone with God. However, many Christians have found that two elements are important: A time of meditation on God's word and a time of prayer. These two acts of worship need to be done consistently, daily. In fact, consistency is the secret of the quiet time's effectiveness. The following suggestions will help you get started. As time goes along you may discover a procedure that works more effectively for your situation.

### **MAKE UP YOUR MIND**

If you are haphazard about your quiet time, Satan will see that you are interrupted, distracted, or that something conflicts with your intentions until you cease trying to incorporate this discipline in your life. You must make a plan and stick to it. It must be a high priority. Start with just ten or fifteen minutes each day. Once you have mastered consistency and it is becoming part of your daily routine, add whatever time is appropriate. Better ten minutes spent consistently than two hours spent haphazardly. Experts tell us that it takes at least three weeks of consistent practice to incorporate a desired habit of behavior and another three weeks to really make it ours. Plan now by making a plan and setting aside the time.

### **FIND A GOOD PLACE**

Many Christians have found that mornings are the best time for their quiet time. Psalm 5:3 says, "*In the morning, O Lord, Thou wilt hear my voice; in the morning I will order my prayer to Thee and eagerly watch.*" Sometimes it is necessary, especially if you have an active family, to rise earlier than the rest of the household in order to secure the time. If you are unable to set aside morning time, then select a time during the day or evening that works best for you. The important thing is to do it as often as possible at the same time each day so it can become a habit. If you already have something you do regularly (exercise, jogging, etc.) it might help you to tie it in with these already mastered habits.

## STRUCTURE YOUR TIME

A good practice is to spend half of your time in the Word and the other half in prayer.

During your time in the Word, select a Bible book and read a portion each day. Some like to read an entire chapter. Others read a paragraph or two. To help you focus on what you are reading, answer any of the following questions that pertain to the passage:

1. Does this passage contain a promise from God that pertains to me?
2. Is there a command I should keep?
3. Is there a principle that applies for today?
4. How does this apply to me personally?
5. What do I need to do about what I have just discovered?

Purchase a small, blank notebook and record your observations and applications. These will help you cement the thoughts in your mind and will also give you a reminder of the progress you have made.

Your time of prayer can be structured by remembering the acronym, CATS. The letters stand for:

**CONFESSION:** Since sin puts space between God and man (Isaiah 59:2) this is an important place to start. In the presence of a Holy God you want to know that every sin is cleansed and forsaken. When you confess your sin you admit or disclose it and you call it what it is. Something happened yesterday that you called a “slight exaggeration.” God calls it a lie. You called it “strong language.” God calls it swearing or vain talk. You called it “telling the truth about someone.” God calls it gossip. *“If I regard iniquity in my heart, the Lord will not hear me.”* (Psalm 66:18)

**ADORATION:** This is praise directed toward God. There is nothing in it for you. It is worship. Tell God that you love Him. Praise him for who He is and what He has done for you and yours. Reflect on his majesty and greatness, His power and sovereignty. Read through some of the word of praise in the book of Psalms. This will give you some ideas for adoration.

**THANKSGIVING:** Express your gratitude to God. Think of several specific things to thank Him for. Your family, your business, the fact that you live in a free country, the church – there are many things for which you can thank Him *“In everything give thanks; for this is the will of God in Christ Jesus concerning you.”* (1 Thessalonians 5:18)

**SUPPLICATION:** This means “to ask for, earnestly and humbly.” It has as its root the word “supply.” This is the part of prayer where you make your requests known to Him – you ask God to supply the real needs that you perceive. Ask for others first, then yourself. Why not include requests for the work of Christ in your area?

Keep a written list of your supplications. Date each request from the first time you brought it to God. Pray about it often. In this way you will be able to discern any answer God sends. Often God does not answer a request immediately but rather, does so in His own proper time. If you have no record you will soon forget what you asked for. Then when the answer comes you will fail to credit Him for answered prayer. Your faith in God's care and concern for you will not grow because you will discern no answers to your prayers. So – write it down!

Make the following arrangements now to begin your daily quiet time. If someone is teaching you this lesson, ask him or her to help you get started and to check on your progress. You will be richly blessed for the time you spend alone with God.

I have made up my mind to start a quiet time.  Yes  No

The best place for me to meet daily with the Lord is \_\_\_\_\_

\_\_\_\_\_

The best time is \_\_\_\_\_

I will begin on \_\_\_\_\_