

How to Spend a Quiet Time with God

1. Give the Lord the BEST PART OF YOUR DAY.

- A. Come to Him in the morning (if at all possible).
 - Mark 1:35
 - Psalm 90:14
- B. Spend time in prayer and adoration.
 - Psalm 5:3
 - Philippians 4:6
- C. Make sure relationships with God and others are clear.
 - Psalm 66:18
 - Matthew 5:23-24
- D. Get your direction. A good soldier likes to get his orders before he goes into battle.
 - Psalm 143:8
 - Jeremiah 33:3
 - Psalm 119:105
- E. We need nourishment for growth and strength. What is the first thing a baby desires in the morning—milk!
 - 1 Peter 2:2
- F. Come to God with the right attitude.
 - Psalm 4:1
 - Psalm 63:1

2. Be PRACTICAL and CONSISTENT.

- A. Pick a quiet place.
 - Luke 5:16
- B. Meet the Lord faithfully. He will not stand you up or be late. He desires your fellowship.

3. Always bring your BIBLE and your SPIRITUAL NOTEBOOK to the place where you spend your quiet time.

- A. Read to meet with Christ personally; seek to know Him! The better you know Him, the more you will value His Word. The desire of Paul's heart was to know Christ at the deepest possible level of personal relationship. Unlike the other apostles, Paul never had the privilege of knowing Christ in the flesh. He knows Him like we know Him. Their relationship was a spiritual union based on faith.
 - Philippians 3:10
- B. Come to your quiet time in faith. God is seeking your fellowship and want to give you an abundant life.
 - John 10:10
- C. Come to your quiet time expecting a blessing!
 - Luke 11:9-10

4. Read with your mind OPEN TO GOD.

- A. Desire quality of the reading more than quantity that was read. Going DEEP into one verse is just as powerful (if not more so) than reading 1 whole book of the Bible if rushed!
- B. A quiet time is a time for inspiration and fellowship rather than serious Bible study.
- C. Note areas of interest and give them special attention in your Bible studies later in the day or week.

- D. As you read, you will find verses you want to memorize. Mark them and add them to your scripture memory pack.
- E. The Bible, unlike most other books, is not intended for one reading. You may read it through 100 times in your life, but it will never be drained of its freshness, power, or truth.

5. Walk by FAITH—expecting some dry days.

- A. Remember your body gets physically tired, and when it does, you normally stop and rest. Unless you are lazy by nature, the most spiritual thing you can do when you are tired is sleep!

- Mark 6:31

- B. Plan ahead.

- Build your day around your quiet time. The devil will see to it that there are no convenient times to build it into your day.
- Anticipate challenges! If you miss a day, do not be discouraged, and do not decide that your quiet time was a bad idea. Discipleship is a way of life. It is steady and dependable. If you drop the ball, simply pick it up again and continue on. Falling down is not the problem—staying down when you fall IS! Galatians 6:9

6. Meditate on what you have read and heard from God. During this time God can change your attitudes and give you discernment and direction. (Joshua 1:8; Psalm 1:1-2)

7. RECORD the insights that the Lord teaches you. WRITE THEM DOWN in a section of your spiritual notebook

8. PRAISE THE LORD for the divine opportunities of the new day!

- A. Thank Him for being in you and for giving you His full provision for each need and challenge of the day.

- B. Ask Him to give you opportunities to be used by Him in your day.

Some Suggestions:

- Remember to keep your quiet time fresh! If your reading becomes dull after an extended period of devotions in one area of the Bible, you may want to move to a new area, read it in a different translation, or read it aloud to help keep your mind engaged.
- All scripture is inspired by God. So the entire Bible is potentially material for your devotional time. However, some books in the OT will obviously lend themselves better to study rather than quiet time reading.
- Expect your quiet time to grow better and deeper. As you mature in your Christian life, your quiet time will mature too. Like a child that grows to manhood, your capacity in spiritual food will increase in time as well.
- Satan does not want you to establish a time of vital daily devotion with Christ. Beware of his desire to interfere with your plans. When you miss a day, he will often condemn you. He will try to make you feel guilty and undependable. Be encouraged by the fact that as a born-again child of God, you are not owned by Satan. (1 Corinthians 6:19-20) guilt is a weapon Satan uses to discourage Christians who want to be faithful in having a quiet time.
- Once married, you do not think of talking to your husband or wife as a legalistic obligation. No! You *want* to talk to them, and it is a natural part of the relationship. In the same way, enjoy your quiet time and share its inspirations all through the day. Your quiet time is a part of a natural way of life not intended to become legalistic.