

# Quiet Time: Purpose, Objective and Goals

## Purpose:

- Glorify God, have fellowship and communication with Him.
  - Is. 43:7 "...whom I have created for My glory..."
  - John 17:4 "I glorified Thee on the earth..."
  - 1 John 1:3 "...fellowship with God and His Son..."

## Goal:

- Philippians 3:10 (AMP) "For my determined purpose is] that I may know Him [that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly], and that I may in that same way come to know the power out-flowing from His resurrection [which it exerts over believers], and that I may so share His sufferings as to be continually transformed [in spirit into His likeness even] to His death, [in the hope]"

## Objective:

- Know Christ through...
  - A QT each morning—fellowship and worship God. 1 Corinthians 1:9
  - Scripture memory each week.
  - Extra prayer each week.
  - Extra Bible study each week.

## Quiet Time:

- God desires to have fellowship with us.
  - 2 Chronicles 16:0
  - James 4:8
- It's a powerful tool.
  - Spiritual health (1 Peter 2:2)
  - Spiritual growth (2 Peter 3:18)
  - Spiritual cleansing (Psalm 119:9,11)
  - Olford: "the greatest incentive to your having a quiet time each day is not your own need, great as that is, but the fact that God wants to meet with you. Therefore, it is not merely a duty; it is a privilege and an honor. I give you little hope of living victoriously unless you are successful in maintaining your quiet time."
- When is best?
  - Abraham—Genesis 19:27
  - Moses—Exodus 34:2
  - David—Psalm 5:3
  - Daniel—Daniel 6:10
  - Jesus—Mark 1:25

## How /do my QT:

1. I try to go to bed on time the night before so I can get up in the morning and be well rested and ready to hear from God.

- a. *Manna in the morning*, "You can't go to bed at all hours of the night and expect to get up fresh in the morning. Going to bed when you should takes discipline, and some of these social occasions that you partake in are sweet. But they are not as precious or vital as your Quiet Time."
2. I get all the way out of bed.
3. I have a set time beginning and end *or* in duration (example, 30 minutes).
4. I determine a place (preferably undistracted).
5. Have my tools:
  - a. Bible with large enough print to read easily.
  - b. Pen or Pencil
  - c. Notebook or journal
  - d. Daily planner and "to do list"
6. I start with prayer—heart preparation. I make sure my relationship with God and with others is clear.
  - a. Adoration (Ps. 150; 1 Chron. 29:10-13)
  - b. Confession (1 John 1:9)
  - c. Thanksgiving (1 Thess. 5:18)
  - d. Supplication (John 17 Jesus prayed for Himself then others)
  - e. "The men who have moved the world for God have been men of sustained prayer habits.
  - f. "Though a man shall have all the knowledge about prayer, and though he understands all mysteries about prayer, unless he prays he will never learn to pray." (Chadwick, *The Path of Prayer*)
7. I try to avoid ruts. I am creative and flexible.
8. I read the Word, and while I am reading, I look for:
  - a. Sin to confess
  - b. Promise to claim
  - c. Attitude to change
  - d. Command(s) to obey
  - e. Error to avoid
  - f. Example to follow

### **Scriptural Examples**

1. *Desire* (Luke 10:38-42)
  - "In this life we only have time for one passion, so choose your passion well." (Jim White)
2. *Discipline* (Isaiah 50:7)
  - Dawson Trotman said, "Indeed, the evidence is that imposed discipline does not work without an inner response of desire to match it. There is also strong indication that those who do desire to follow Christ rarely develop to their full potential as disciples without some form of discipline to draw them toward excellence.
3. *Devotion* (Mark 1:21-37)
  - a. "The world has not yet seen what God can do with one man wholly committed to Him." –DL Moody