

Quiet Time: What's the Big Deal?

Quiet time can be so difficult to prioritize. It's tempting to make excuses or just not bother. Preparing our hearts to hear from God requires a focused effort. Noise, whether outside or inside, distracts us. If we fail to understand the importance of having a regular, committed quiet time with God, we are not likely to hear His voice...the one that whispers, "This is the way; walk in it" (Isaiah 30:21).

God longs to spend time with us. Consider what He was willing to do for us, in order to reunite us with Him. Is it asking too much that we devote daily time to Him?

Jesus set the example for us concerning quiet time. He took time to connect with the Father regularly, as the following Scriptures tell us:

"Then Jesus went with his disciples to a place called Gethsemane, and he said to them, 'Sit here while I go over there and pray'" (Matthew 26:36).

"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).

Quiet Time - When Should I Meet with God?

Quiet time is such an easy habit to forget, especially if we haven't yet made it a priority. It's all too tempting to slip our lives into cruise control and forget that we need to gas up the engine before we can go anywhere. We may already have a grip on the Bible, the owner's manual of life, but without a daily filling we're in danger of burning out, running on empty, stalling on the side of the road. Yes, we can always put in a call to God's "auto club," but why not be prepared before the emergency occurs? King David sought God daily before he went into battle. Maybe you know the familiar melody put to the words of Psalm 5. If you do, sing it now:

"Give ear to my words, O Lord. Consider my meditation. Hearken unto the voice of my cry, my King and my God. For unto Thee will I pray. My voice You shall hear in the morning. O Lord in the morning, will I direct my prayer unto Thee and will look up."

What a great pattern for us to follow! Setting aside quiet time to seek Him everyday reminds us that we rely on Him everyday! Seeking Him every morning, putting the day in His control before it gets out of control, is the best way to be sure we're ready for whatever comes our way.

Quiet Time - How to Find It, Even in a Noisy World

Quiet time can almost seem like a contradiction in this high volume world we live in. How can we possibly find quiet in the midst of loud music, cell phones, mp3 players pumped up to the max in the cars next to us on the streets, 24/7 news channels, or the leaf blower next

door? With man it is impossible. But with God, Scripture tells us, all things are possible. Is being with God a daily priority for you? If you desire quiet time with God, but find it difficult to attain, try these tips:

- Carve out time in your day by writing it into your calendar. Appointments and meetings not written down are often forgotten. Make a daily appointment with God.
- If noise is all around you, look for a place in your home, neighborhood, or community that can easily be your place to talk with the Lord. If you can't find a quiet place, try making one of your own. It's been said that Susanna Wesley, mother of Charles and John Wesley, would simply pull her apron up over her head! That let her family know she was meeting with God and not to be disturbed. Be creative! God made you in His image, after all, and no one is more creative than God.
- If a wandering mind is your hang-up, pray for discipline and then keep lists handy. Have a list of the people and things you want to pray about. Have a daily Bible reading plan printed out and easy to find. Keep a note pad nearby for those shopping list items and errands that pop to mind. Jot them down and go on with the meeting. Our God is a God of order. Give Him your wandering mind and your desire for discipline. He will help you find ways to make it work.

Finally, do you desire to hear from God? Are you passionate about wanting His will in your life, above your own? Daily quiet time prepares your heart to listen. You may "hear" Him speak to you in those quiet moments...or you may hear Him through a friend or circumstance later in the day. But because you've made time with Him a priority and have been willing to shut out the world to hear Him, He will make sure you do.