



The “Quiet” time

THE “QUIET” TIME

Is a Quiet Time necessary?

1. A regular quiet time will help us to grow in our knowledge and understanding of God and His Word and so we will be better quipped to serve Him.
2. Regular fellowship or communion with God is necessary if we really want to get to know God and have a living relationship with Him.
3. A regular quiet time is an expression of our love for and our commitment to God and His ways.
4. During a quiet time we can receive direction and guidance from God especially for that day.
5. Our spirits will be encouraged, renewed and strengthened by a regular quiet time and this will enable us to live as God wants, especially in the *face* of trials and temptation.
6. An effective, fruitful quiet time will help us to grow in spiritual maturity because we will be receiving spiritual food or nourishment *from* God.

A Quiet Time has two:

1. Prayer

This is two-way communication with God. We speak to Him and we must allow *for* Him to speak to us.

2. The Word of God

God speaks to us through our Bible *reading* (Psalm 119:105).

Suggestions to make your Quiet Time work

A. Choose a place that is quiet.

This is your time to meet with God and, therefore, you need to have no interruptions. It is best to have your quiet time alone (Matthew 6:6).

THE “QUIET” TIME

B. Choose a definite time.

Usually our days are very busy, so do not look for a break but rather build into your day the time to have your quiet time (Daniel 6:10).

- Find the time of day best suited to your personal lifestyle. However, it is recommended that you begin the day with a quiet time.
- God deserves our best time, so set aside a certain amount of your prime time each day and do not just squeeze in five minutes where you can. We need to give God time to speak to us.
- Remember that the quality of our time with God is more important than the quantity.

Bible Reading Hints

1. Ask the Holy Spirit to be your teacher or counsellor (John 16:13 - 14; Psalm 119:18) so that you can learn the will and ways of God.
2. Accept what God is saying to you through the Bible (Hebrews 3:7 - 8; Hebrews 4:1 - 2) for faith comes by hearing the Word of God (Romans 10:17 AV).
"Consequently, faith comes from hearing the message, and the message is heard through the word of Christ". (Romans 10:17).
3. Speak Scriptures out loud to God (in prayer or praise), to yourself (to feed your spirit, build faith and release you) and Satan (speak words of Scripture to resist his attacks as Jesus *did*) (Matthew 4:7).
4. Meditate on the Word (Proverbs 4:20 - 23; Joshua 1:8).
5. Respond to what you have read in prayer and put it into practice, i.e. act on it.
6. Write down what God has impressed on you through your Bible reading.
7. Memorise a verse or two of Scripture as a regular exercise.

Prayer Hints

1. Start your time of prayer with thanksgiving and praise to God for all He has done for you personally.
2. Confess any sin or unforgiving attitude that the Holy Spirit brings to your attention.
3. Pray and ask God for the things you need personally and remember to ask in faith (Philippians 4:19; 2 Peter 1:3; Matthew 6:33; 1 John 5:14 - 15).

THE “QUIET” TIME

4. Pray and intercede (stand in the gap) for others, e.g. unconverted friends or relatives, your local church, house group, government, missionaries, etc. Be open for the guidance of the Holy Spirit and be specific when you ask God.
5. Always remember to thank God for answered prayer.
6. Leave time for God to speak to you personally.

It is important:-

to have a balanced quiet time (allow time for both Bible reading and prayer).

to be alert for opportunities during the day to apply and share what you have learned from God during your quiet time (James 1 :22).

to stay in prayerful contact with God during the whole day (Luke 18:1).

to provide time during the week to allow deeper study of the Word and more intensive prayer.

Questions

1. Have you started a regular daily time for reading God's Word and prayer?
2. Do you communicate with God and does He communicate with you? Be honest!
3. What has God been saying to you, especially through His Word (the Bible) and have you put it into practice?
4. Do you know God better now, than when you first became a disciple?
5. When you have a quiet time, does it make a difference to your day? If not, why not?