

# How to Have a Quiet Time

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When you commit your life to Jesus Christ, you begin a new relationship with Him. You become one of His children. You enter into a permanent relationship with God. This relationship with God enables you to have fellowship with Him. But fellowship has its ups and downs. Thus, although your *relationship* with God is constant, your *fellowship* with Him will vary with your availability to His leadership. A Quiet Time is a way of maintaining fellowship with God and evaluating your lifestyle. A Quiet Time is a way of building spiritual strength, becoming more sensitive to God's leadership, and applying His Word to your actions.

## Two Essential Steps for Getting Started

### 1. Make a Commitment to Observe a Daily Quiet Time

- Decide that your Quiet Time will be your first priority each day.
- Decide that each morning or evening you will avoid thoughts like, "After a while, I will have my quiet time. But first, I must ..."

### 2. Develop a Plan for Observing Your Daily Quiet Time.

It is suggested that you schedule your Quiet Time in the morning. Beginning your day with God can and will make a real difference in your life (Mark 1:35). Decide where you will have your quiet time. You may choose a particular place in your room. When weather permits, you may want to go outdoors. Your quiet time place should be as free from distractions as possible. Choose a place where you can read your Bible and make notes.

My Quiet Time place will be: \_\_\_\_\_

One thing you must do if your Quiet Time is to succeed ... Keep on keeping on!

If you miss lunch, do you quit eating altogether? Of course not! If you miss your Quiet Time one day, start again the next day.

If you have trouble getting up on time, analyze the problem. Are you going to bed early enough? Should you change some things about your daily schedule? If you don't feel like getting out of bed, put one foot on the floor and go from there. Ask yourself, "If I stay in bed and miss my Quiet Time, how will I feel about it this afternoon? Tonight? Tomorrow?"

Realize that some Quiet Times will be more meaningful than others. Don't expect every Quiet Time to be a spiritual high. If possible, have one or two prayer partners to encourage you. Be honest with one another.

Confess to one another when you miss a day. Support one another in prayer and discuss ways you can each be more consistent in having a Quiet Time.

Jesus spent time with His Heavenly Father, seeking fellowship, strength, and guidance. If God's Son needed to spend time with Him, how much more do you need to spend time with Him? Having a Quiet Time, you will become more like Christ as you follow His example and as you receive His power through prayer and the Word.

### How to Pray

To talk with God you must believe that He is present even though you cannot see Him as you see your parents and friends (Hebrews 11:6). Faith is not hoping that God will listen and speak with you, but trusting that He is real and available for conversation.

God speaks through His written Word. He speaks through Christian leaders and friends. He sometimes speaks powerfully from a quiet voice in your heart. Prayer is not only talking to God, but also listening for His voice.

Check your relationships, your attitudes, and your motivation. If your prayer life is being weakened by a problem in one of these areas, pray about that problem and correct it with God's help.

### Part 1: Listening to God

Begin your Quiet Time by reading a passage of Scripture. Select and read a daily passage prayerfully, asking God to speak to you as you read it.

Ask the Lord to call to your attention any:

- examples to follow
- commands to obey
- errors to confess
- sins to quit
- promises to claim
- new thoughts about God

Use the Quiet Time journal pages to keep a record of the insights you gain as God speaks to you through His Word.

### Part 2: Talking to God

As you talk to God each day, be sure your conversation cover these five areas:

#### 1. Praise

Praise is closely related to thanksgiving, but there is a difference. Praise is adoring God for who He is. Thanksgiving is thanking God for what He has done. Praise is showing love to God; thanksgiving is expressing gratitude. God is to be praised for His character. He is to be thanked for His actions.



- Thursday Pray for those in authority over us
- Friday Pray for family and friends
- Saturday Pray for sinners who are lost
- Sunday Pray for Sunday services

## Global Prayer Strategy

The Global Prayer Strategy is daily, united, unending prayer for world evangelism at sunrise. Read, study, and daily pray according to John 17 for the evangelical witness in designated areas of the world.

### 1. Monday – Missionaries

"M" is for missionaries. Do your best to meet your missionaries; however you don't have to know someone to pray for that person. Use the various materials that contain the list of missionaries for whom you can pray on their birthdays. Allow missions to become more than just a program.

- Pray for the evangelical witness in Africa.

### 2. Tuesday – Tasks

"T" is for tasks God wants you to achieve. Every year individuals should set out some goals they feel God would have them achieve. For instance, your goals this year might include:

- Have a daily Quiet Time alone with God.
- Memorize two Scripture verses each week.
- Memorize one poem or song a week.
- Read one book a month.
- Cultivate lost friends for Christ.

Praying every Tuesday that God will help you achieve these tasks will reset the goals in your mind. If you should fall behind in your achievements, your Tuesday prayer list will push you forward again.

- Pray for the evangelical witness in Asia and Oceania.

### 3. Wednesday – Workers

"W" is for the workers for the kingdom. The harvest is plentiful, but the laborers are few; therefore beseech the Lord of the harvest to send out laborers into His harvest (Luke 10:2, NASB). God wants us to pray for our Christian leaders such as pastors, teachers, discipleship leaders, committee members, workers in the missions organizations, and youth who will lead other youth to Christ.

- Pray for the evangelical witness in Europe and Russian states.

#### 4. Thursday – Those in Authority

"T" is for those in authority over us. First Timothy 2:1-2 says, "First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, for kings and all who are in authority, in order that we may lead a tranquil and quiet life in all godliness and dignity." Often we complain about the poor performance of those who govern us. Pray for national leaders, state and local leaders, law enforcement personnel, and persons in the legal system.

- Pray for the evangelical witness in Latin America.

#### 5. Friday – Family and Friends

"F" is for family and friends. Paul wrote to his young friend Timothy that he prayed for him both night and day (2 Timothy 1:3). Jesus prayed for His disciples (John 17). God wants us to pray sincerely for friends and family. Friday is a good day for special remembrance of family and friends.

- Pray for the evangelical witness in the Middle East.

#### 6. Saturday – Sinners

"S" is for sinners who are lost. Pray that Satan's power over the lost will be broken (2 Corinthians 4:4). Next pray for God to send Christians to witness to the lost person (Acts 8:26). Finally, pray that the lost will bend their wills to Jesus Christ until Christ is received as Lord and Savior and pray that God will burden your heart for your lost friends.

- Pray for the evangelical witness in North America.

#### 7. Sunday – Services

"S" is for Sunday services. No prayer-no results! Much prayer-great results! On Sunday morning and evening ask God to manifest Himself in wonderful power. Pray that the Holy Spirit will bless the Bible study lessons, the pastor's sermon, and the discipleship sessions. Petition the Father for a true worship of Him during all the church services.

- Pray for the evangelical witness dealing with world issues.