

MINUTES  
♦ WITH ♦

GOD

HOW TO PLAN  
♦ A DAILY ♦  
QUIET TIME

## Seven Minutes with God

*Robert D. Foster*

It was in 1882 on the campus of Cambridge University that the world was first given the slogan:

*Remember the morning watch.*

Students like Hooper and Thornton found their days "loaded" with studies, lectures, games and bull sessions. Enthusiasm and activity were the order of the day. These dedicated men soon discovered a flaw in their spiritual armor—a small crack which if not soon closed, would bring disaster.

They sought an answer and came up with a scheme they called the morning watch—a plan to spend the first minutes of a new day alone with God, praying and reading the Bible.

The morning watch sealed the crack. It enshrined a truth so often obscured by the pressure of ceaseless activity that it needs daily rediscovery: To know God, it is necessary to spend consistent time with Him.

The idea caught fire. "A remarkable period of religious blessing" followed, and culminated in the departure of the Cambridge Seven, a band of prominent athletes and men of wealth and education, for missionary service. They gave up everything to go out to China for Christ.

But these men found that getting out of bed in time for the morning watch was as difficult as it was vital. Thornton was determined to turn indolence into discipline. He invented an automatic, foolproof cure for laziness. It was a contraption set up by his bed: "The vibration of an alarm clock set fishing tackle in motion, and the sheets, clipped to the line, moved swiftly into the air off the sleeper's body."

Thornton wanted to get up to meet his God!

The intimacy of communion with Christ must be recaptured in the morning quiet time. Call it what you want—the quiet time, personal devotions, the morning watch, or individual worship—these holy minutes at the start of each day explain the inner secret of Christianity. It's the golden thread that ties every great man of God together—from Moses to David Livingstone, the prophet Amos to Billy Graham—rich and poor, businessmen and military personnel. Every man who ever became somebody for God has this at the core of his priorities: time alone with God!

David says in Psalm 57:7, "My heart is fixed, O God, my heart is fixed." A fixed and established heart produces stability in life. Few men in the Christian community have this heart and life. One of the missing links has been a workable plan on how to begin and maintain a morning watch.

I want to suggest that in order to get under way, you start with seven minutes. Perhaps you could call it a daily "Seven-Up." Five minutes may be too short, and ten minutes for some is a little too long at first.

Are you willing to take seven minutes every morning? Not five mornings out of seven, not six days out of seven—but seven days out of seven! Ask God to help you: "Lord, I want to meet You the first thing in the morning for at least seven minutes. Tomorrow when the alarm clock goes off at 6:15 a.m., I have an appointment with You."

Your prayer might be, "Morning by morning, O Lord, You hear my voice; morning by morning I lay my requests before You and wait in expectation" (Psalm 5:3).

How do you spend these seven minutes? After getting out of bed and taking care of your personal needs, you will want to find a quiet place and there with your Bible enjoy the solitude of seven minutes with God.

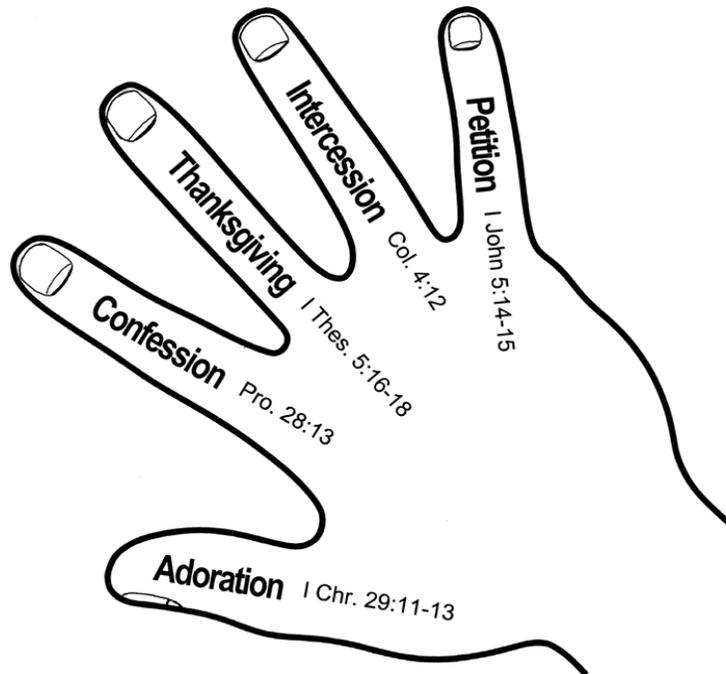
Invest the first 30 seconds preparing your heart. Thank Him for the good night of sleep and the opportunities of this new day. "Lord, cleanse my heart so You can speak to me through the Scriptures. Open my heart. Fill my heart. Make my mind alert, my soul active, and my heart responsive. Lord, surround me with Your presence during this time. Amen."

Now take four minutes to read the Bible. Your greatest need is to hear some word from God. Allow the Word to strike fire in your heart. Meet the Author!

One of the Gospels is a good place to begin reading. Start with the Book of Mark. Read consecutively-verse after verse, chapter after chapter. Don't race, but avoid stopping to do a Bible study on some word, thought, or theological problem which presents itself. Read for the pure joy of reading and allowing God to speak-perhaps just 20 verses, or maybe a complete chapter. When you have finished Mark, start the Gospel of John. Soon you'll want to go ahead and read the entire New Testament.

After God has spoken through His Book, then speak to Him-in prayer. You now have two and a half minutes left for fellowship with Him in four areas of prayer that you can remember by the word **ACTS**.

**The Prayer Hand**  
*Maintaining a Balanced Prayer Life*



**A - Adoration.** This is the purest kind of prayer because it's all for God-there's nothing in it for you. You don't barge into the presence of royalty. You begin with the proper salutation. So worship Him. Tell the Lord that you love Him. Reflect on His greatness, His power, His majesty, and sovereignty!

**C - Confession** follows. Having seen Him you now want to be sure every sin is cleansed and forsaken. Confession comes from a root word meaning "to agree together with." Apply this to prayer. It means to agree with God. Something happened yesterday you called a slight exaggeration-God calls it a lie! You call it strong language-God calls it swearing. You call it telling the truth about somebody in the church-God calls it gossip. "If I regard iniquity in my heart, the Lord will not hear me" (Psalm 66:18).

**T - Thanksgiving.** Express your gratitude to God. Think of several specific things to thank Him for: your family, your business, your church and ministry responsibilities-even thank Him for hardships. "In everything give thanks: for this is the will of God in Christ Jesus concerning you" (I Thessalonians 5:18).

**S - Supplication.** This means to "ask for, earnestly and humbly." This is the part of your prayer life where you make your petitions known to Him. Ask for others (*intercession*), then for yourself (*petition*). Why not include other people around the world, such as missionaries, students studying abroad, friends in distant places, and above all the people of many lands who have yet to hear about Jesus Christ.

Let's put these seven minutes together:

- ½ **Prayer for guidance** (Psalm 143:8)
- 4 **Reading the Bible** (Psalm 119:18)
- 2 ½ **Prayer**
  - *Adoration* (1 Chronicles 29:11-13)
  - *Confession* (Proverbs 28:13; 1 John 1:9)
  - *Thanksgiving* (1 Thessalonians 5:16-18; Ephesians 5:20)
  - *Supplication* (Matthew 7:7)
    - *Intercession* (Colossians 4:12)
    - *Petition* (1 John 5:14-15)

This is simply a guide. Very soon you will discover that it is impossible to spend only seven minutes with the Lord. An amazing thing happens-seven minutes become 20, and it's not long before you're spending 30 precious minutes with Him. Do not become devoted to the habit, but to the Savior.

Do it not because other men are doing it-not as a spiritless duty every morning, nor merely as an end in itself, but because God has granted the priceless privilege of fellowship with Himself. Covenant with Him now to guard, nourish, and maintain your morning watch of seven minutes.

The Daily Quiet Time

\_\_\_\_\_ for Seven

*The fear of the Lord is the beginning of knowledge.* Proverbs 1:7

I. **What** is a quiet time?

Not a \_\_\_\_\_ or a \_\_\_\_\_, but a \_\_\_\_\_ with a person.

1. \_\_\_\_\_ Josh 1:8 Meet with God with the purpose

of \_\_\_\_\_.

2. \_\_\_\_\_ Col 4:2 Be \_\_\_\_\_.

II. **Who** should have a QT?

ONLY \_\_\_\_\_ people over the age of \_\_\_\_\_.

2 Timothy 2:15

III. **Why** should I have a quiet time?

Do we really understand who God is?!?

Rom 11:33

Gal 4:6

Amos 4:13

Is 40:28-31

1. God Almighty \_\_\_\_\_ it Is 43:1, III Jn 4

2. God Almighty \_\_\_\_\_ it Deut 4:39

John 14:21

Luke 24:13-16

Luke 24:27-33

Getting to know God leads to \_\_\_\_\_ Him  
\_\_\_\_\_ Him leads to \_\_\_\_\_ to Him  
\_\_\_\_\_ to Him leads to being \_\_\_\_\_ to  
His image. Mark Lewis

How am I going to live my life? (circle one)

The Authority vs. My Authority      II Tim 3:14-17

IV. **When** must I have a quiet time? \_\_\_\_\_.

Is there a good time of day?

Non-biblical examples:

The Hurrieder I go, the Behinder I become. (Crawfordism)

Dave Ramsey's Yellow Pad.

Biblical examples:

Psalm 5:3

Mk 1:35

Prov 20:13

V. **Where** should I have a quiet time?

Mark 1:35

VI. **How** do I have a quiet time?

Have a plan other than the \_\_\_\_\_ method.

7 Minutes With God – How to Plan a **Daily** Quiet Time.

What do we notice about the order of events in Ezek. 3:10?

$\frac{1}{2}$  minute of \_\_\_\_\_. (ABC Names)

4 minutes of \_\_\_\_\_.

Record what God is saying to You  
and what You are saying to God.

$2\frac{1}{2}$  minutes of \_\_\_\_\_.

- A to praise Him
- C to agree with Him
- T an attitude of gratitude
- S to humbly request (Prayer sheet)

1Sam 12:23-24

Let's try it!

Pray

Together read Mark 1:1-20

Record -

*What God has said to me:*

*What I have said to God:*

End in prayer without neglecting ACTS.

Where should I start?

*Volume does not automatically lead to consistency*

*However, consistency leads to volume - Rusty Gosz*

Keep a record of reading so you can \_\_\_\_\_ to read the whole book.

One chapter / day = \_\_\_\_\_ years to complete the bible.

At a minimum read one \_\_\_\_\_ each day.

Mark, John, Acts, Romans...

Proverb/day

Different versions

New King James Version, New American Standard Version

Chronological Bible (NIV)

The Message, Living Bible

VII. What are some of the **Results** of a daily quiet time?

Is 26:3

Ps 37:4,5

Psalms 5:3

Dan 6:10

Other:

*God did not give us the bible to increase our knowledge, but to change our lives. D.L. Moody*

VIII. **Why Not?**

1.

2.

3.

4.

5.

6.

[www.biblegateway.com](http://www.biblegateway.com)

[www.discipleshiplibrary.org](http://www.discipleshiplibrary.org)

# ABC Names of GOD

Almighty \* Awesome \* Advocate \* Adequate  
Bread \* Burden-bearer \* Barrier-breaker \* Bountiful  
Counselor \* Conqueror \* Companion \* Compassionate  
Dwelling-place \* Deliverer \* Defender \* Delight  
Eternal \* Encourager \* Enduring \* Enabler  
Father \* Friend \* Faithful \* Finisher  
Guide \* Great \* Gracious \* Giver  
Holy \* Humble \* Hiding-place \* Hope  
I AM \* Instructor \* Indwelling \* Intercessor  
Jehovah \* Just \* Joy \* Jesus  
King \* Keeper \* Kind \* Key  
Lamb of God \* Lord \* Light \* Leader  
Master \* Mighty \* Merciful \* Mindful  
Nigh \* Needed \* Nearest \* Nourisher  
Omniscient \* Omnipresent \* Omnipotent \* Overcomer  
Prince of Peace \* Provider \* Praise-worthy \* Prayer-hearing  
Quickener \* Queller-of-storms \* Quietness  
Redeemer \* Refresher \* Ruler \* Rock  
Savior \* Strength \* Shield \* Sovereign  
Transformer \* Teacher \* True \* Tower  
Unchangeable \* Unfailing \* Unlimited \* Upholder  
Vine \* Vindicator \* Vanquisher \* Victory  
Way \* Word \* Wonderful \* Worthy  
Yearning \* Yearned-for \* Yoke-fellow  
Zealous



Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of truth.  
1 Tim. 2:1-4

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**Vice President** Richard Cheney  
**Secretary of State** Colin L. Powell  
**Secretary of the Treasury** John Snow  
**Secretary of Defense** Donald Rumsfeld  
**Attorney General** John Ashcroft  
**Secretary of the Interior** Gale Norton  
**Secretary of Agriculture** Ann Veneman  
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**Secretary of Veteran Affairs** Anthony Principi  
**Director of Homeland Security** Thomas Ridge  
**National Security Advisor** Condoleeza Rice  
**Director of the FBI** Robert S. Mueller

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**Justice** David Souter  
**Justice** Sandra Day O'Connor  
**Justice** Clarence Thomas  
**Justice** Anthony Kennedy  
**Justice** Antonin Scalia  
**Justice** Steven Breyer  
**Justice** John P. Stevens  
**Justice** Ruth Bader Ginsburg