

## VI. How to Have a Quiet Time

### A. A definite time

1. Early in day is best, if possible...get to bed at night!!
2. Start with 15 minutes a day
3. Be consistent.

Illustration - The weather

### B. A definite place

1. Completely alone, if possible. (Matthew 14:23)
2. Away from distractions
  - a. In storage room
  - b. At a park if weather is nice
  - c. In basement

### C. A simple method

1. First...the Word. This feeds the soul. (Matthew 4:4)
  - a. Concentrate on Person of Word - motive is to know Him
  - b. Have plan even if you are simply reading
  - c. A study plan if practical
  - d. Note down the blessings in a notebook
2. Prayer
  - a. Confession
  - b. Praise
  - c. Thanksgiving
  - d. Intercession
  - e. Petition

Note: Do you have a time set aside each day for personal fellowship with Christ? This is a must! Nothing will take its place.

**Assignment**

1. Memorize Matthew 6:33 and Philippians 4:13
2. Set aside 15 minutes a day for a Quiet Time.
3. For your own benefit write down where and when you plan to have your daily quiet time.
4. What do you intend to do during that quiet time? (Be specific in your answer.)

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**Unit 6 “Check-Yourself” Test**

**Memory Verses:**

- Matthew 6:33
- Philippians 4:13

1. Who was the king who signed a decree to cast into a den of lions anyone who prayed to someone other than the king? \_\_\_\_\_

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2. What time of the day did the author suggest for the quiet time? \_\_\_\_\_

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3. What is the secret to getting up earlier in the morning? \_\_\_\_\_

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4. How should we begin our quiet time? \_\_\_\_\_

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5. Where do you find some of Paul's intercessory prayers for others? \_\_\_\_\_

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**Answers To “Check-Yourself” Tests - Unit 6**

1. Darius.; 2. Before breakfast.; 3. Getting to bed earlier at night.; 4. With the Word of God.; 5. Philippians 1, Ephesians 1 and 3.