

The Disciple & His Quiet Time  
"Getting To Know God Daily"  
John Taylor

I. Purpose of a Quiet Time:

The goal of the Christian life is to know God through Jesus Christ and to become more like Him.

"For my determined purpose is that I may know Him — that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly. And that I may in that same way come to know the power outflowing from His resurrection which it exerts over believers; and that I may so share His sufferings as to be continually transformed in spirit into His likeness even to His death." Philippians 3:10 [Amplified]

The primary way to accomplish that goal is to spend time alone with God every day. We have been given two ways to spend time with God:

1. Prayer
2. Word

This period of time with God is often called the Quiet Time.

Have you ever noticed the similarity between the words Disciple and Discipline? If we are to be true disciples, we must learn to discipline our lives.

"But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose or godliness." I Timothy 4:7  
Psalm 42:1; Psalm 63:1

"To neglect having a quiet time is just like saying, 'I can run my life today without an absolute dependence upon God.'"

II. Motivation for Quiet Time:

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|-------------------------------|---------------|
| A. It's commended by God      | Exodus 34:2,3 |
| B. God desires our fellowship | John 4:23     |
| C. Jesus gave us the example  | Mark 1:35     |

III. The positive value of the Word:

A. II Timothy 3:16,17

<u><b>KJ</b></u>	<u><b>NAS</b></u>	<u><b>Profit</b></u>
Doctrine	Teaching	Doctrinal Truth
Reproof	Reproof	Express disapproval
Correction	Correction	Set on right track
Instruction	Training	Show us <i>how</i> to live

**What is right; what is not right; how to get right; how to stay right.**

B. I Peter 2:2 - It is by the Word of God that we grow spiritually.

C. Joshua 1:8 - Meditating on God's Word will make us prosper and have success in our Christian life.

"The Bible is the only book you'll ever read, that the author is always present every time you read it."

#### IV. Prayer

- A. What is Prayer?
- B. Why Pray? (Luke 18:1)
- C. Types of Prayer:

A - Adoration	Psalm 22:3
C - Confession	1 John 1:9; Proverbs 28:13
T - Thanksgiving	Hebrews 13:15
S - Supplications (others, self)	Philippians 4:6

“The greatest sin of the church is prayerlessness.”

#### V. Hindrances to Effective Quiet Time

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|--|-----------------|
| A. Sleep or laziness                           | Proverbs 6:9    |
| B. Being satisfied with your present condition | Revelation 3:17 |
| C. Not seeking God first                       | Matthew 6:33    |
| D. Not making It a priority                    | Mark 4:19       |
| E. Sin   | Psalm 66:18     |

#### VI. Practical Suggestions

- A. Make a commitment “If you’re too busy to spend time with God, then you are too busy.”
- B. Time — In the morning
  - “Each morning I will look to you in heaven and lay my requests before you, praying earnestly.” Psalm 5:3 LB
- C. Place — a quiet spot alone (Mark 1:35)
- D. Plan — some predetermined approach
- E. Prayer list — “Talk to God about your friends before you talk to your friends about God.”
- F. Notebook — jot down what God reveals to you.

#### VII. Four Principles for Quiet Time (Luke 22:39-42)

#### VIII. Resources to help:

- A. *959* — Peter Lord
- B. *Manna in the Morning* — Stephen Olford
- C. *The Power of Positive Praying* — John Bisagno
- D. *Power through Prayer* — E.M. Bounds