

James 4:8 "Draw near to God and He will draw near to you." (NASB)

PART I- WHY DO I NEED A QUIET TIME?

- 1) To grow in our understanding of God's person. John 17:3

Now this is eternal life: **that they know you**, the only true God, and Jesus Christ, whom you have sent.

- 2) To set your heart and mind for a life of devotion to Him. Romans 12:2

Do not conform to the pattern of this world, **but be transformed** by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

- 3) To learn the ways of Jesus. Luke 9:23

²³ Then he said to them all: "If anyone would come after me, he must deny himself **and take up his cross daily and follow me.**

- 4) To grow closer to God. Hosea 6:6 (NLT)

⁶ I want you to show love,
not offer sacrifices.

**I want you to know me
more than I want burnt offerings.**

- 5) God desires it. 1 Corinthians 1:9

God, **who has called you into fellowship with his Son** Jesus Christ our Lord, is faithful.

- 6) To receive God's provision 2 Peter 1:2,3

² Grace and peace be yours in abundance **through the knowledge of God and of Jesus our Lord.**

³ His divine power has given us everything we need for life and godliness **through our knowledge of him who called us** by his own glory and goodness.

- 7) To remind ourselves of the Gospel. 1 Corinthians 15:1-2

¹ Now, brothers, **I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand.** ² By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain.

- 8) To set our hearts and minds on the eternal. Colossians 3:1-2

¹ Since, then, you have been raised with Christ, **set your hearts on things above**, where Christ is seated at the right hand of God. ² **Set your minds on things above**, not on earthly things.

9) To grow in holiness. Daniel 11:32

³² With flattery he (the enemy) will corrupt those who have violated the covenant, but **the people who know their God will firmly resist him.**

10) To renew our strength. Isaiah 40:31-32

but **those who hope in the LORD will renew their strength.**

They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

It is the Secret of Godly Men

So we see that we must discipline our lives for a regular healthy diet of the Word of God. We need a planned time each day for reading or studying the Bible. Every Christian who makes progress in holiness is a person who had disciplined his life so that he spends regular time in the Bible. There simply is no other way.

Satan will always battle us at this point. He will try to persuade us that we are too sleepy in the morning, too busy during the day, and too tired at night. It seems there is never a suitable time for the Word of God. This means we must discipline ourselves to provide this time in our daily schedules.

- from The Pursuit of Holiness by Jerry Bridges.

Early each day, I have an appointment with God. I often wonder what happens when the God who loves me comes to meet me there. How does He feel when He asks, "Henry, where are you?" and I am just not there. I have found this to be true in my own walk with the Lord: I keep that time alone with God, not in order to have a relationship, but because I have a relationship. Because I have that love relationship with the Lord, I want to meet with Him in my quiet time. I want to spend time there. Time with Him enriches and deepens the relationship I have with Him.

- from Experiencing God by Henry T. Blackaby and Claude V. King.

EM Bounds:

The men who have most fully illustrated Christ in their character, and have most powerfully affected the world for him, have been men who spent so much time with God as to make it a notable feature of their lives. . . . To be little with God is to be little for God.

PART II - HOW DO I SPEND MY TIME WITH GOD?

What are the 2 essential aspects of a relationship with God?

- 1) We hear Him through The Word
- 2) We respond to Him in Prayer

What physical elements do you need to have a Quiet Time with God?

- 1) A Quiet Place
- 2) A Consistent Time
- 3) A Pen and a Journal

The discipline of journaling provides the following benefits:

gives you one thought to reflect on each day, rather than a vague assortment of ideas.

may help you see trends in God's dealing with you over a period of days or weeks.

gives you something specific to pray for yourself and/or share with others.

helps to sharpen and organize your mind as you sift through your reading in search for something standing out in high relief above the rest.

Specifically, what does a Quiet Time look like? MY 10 STEPS

1. I always begin with a short prayer. Here are three verses that I pray to begin my quiet time. I've written them in the front of my journal and some of my Bibles:

Psalm 119:18 Open my eyes that I may see wondrous things from your law.

Luke 24:45 And He opened their understanding that they might comprehend the scripture.

Psalm 119:47 I rise before dawn and cry for help. I wait for your words.

2. Then I begin to read. You should have a plan so that when you sit down and open the Book, you have already previously decided what you will read that day.
3. Mark your Bible as you read. Underline, highlight, whatever. Mark those passages, which God brings off the page and touches your heart with.
4. Select one verse to write about in your journal.
5. Write the reference and the date at the top of the page.
6. Write out the verse.
7. Write a few notes or a couple of paragraphs about what this passage means to you. Try to focus on application. How can this passage help me to be more like Christ?
8. Write a title for the day's passage. This becomes a "handle" to find this later if you have an opportunity to share your thoughts with someone.
9. Pray about what God has shown you in His Word.
10. Pray for yourself and others. (Use a prayer list or prayer calendar.)

PART III - GET HIM STARTED (a 15 minute QT)

ROMANS 12

¹ Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. ⁴ Just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we who are many form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. ⁷ If it is serving, let him serve; if it is teaching, let him teach; ⁸ if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in brotherly love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with God's people who are in need. Practice hospitality.

¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn. ¹⁶ Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

¹⁷ Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹ Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. ²⁰ On the contrary:

"If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.
In doing this, you will heap burning coals on his head."

²¹ Do not be overcome by evil, but overcome evil with good.

PART IV - KEEP HIM GOING

Encouragement

Accountability

Good Habits

Pure Desire

"Most Christians have been taught in church or by their parents to set aside a daily time for prayer and Scripture reading. It's what we're supposed to do, and so for a long time, it's what I valiantly attempted. When I didn't, I felt guilty.

"Over time I realized that when we love God, we naturally run to Him - frequently and zealously. *Jesus didn't command that we have a regular time with Him each day. Rather, he tells us to 'love the Lord your God with all your heart and with all your soul and with all your mind.' He called this the 'first and greatest commandment' (Matt 22:37-38). The results are intimate prayer and study of His Word. Our motivation changes from guilt to love.*

"This is how God longs for us to respond to his extravagant, unending love: not with a cursory "quiet time" plagued by guilt, but with true love expressed through our lives...."

from Crazy Love by Francis Chan

If you have any questions or comments, feel free to contact us:

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