

WHAT IS A QUIET TIME

It is a time to:

- 1) Read a part of God's Word,
- 2) Learn some important passages of His Word.
- 3) Meditate on one or two passages of His Word.
- 4) Review those passages that you have committed to memory.
- 5) It's a time for you to have a quiet, personal conversation with God.
– to let Him speak to you through His word and for you to tell him what's going on in your world
- 6) A time to ask Him for advice, seek His counsel – His Wisdom
- 7) And it's a time to tell Him how much you love Him
- 8) And it's a time to ask Him to intercede in the lives of the people you love.
- 9) It's a time to 'fess up' to those little infractions, indiscretions yesterday, to ask Him to forgive the things you did yesterday that displeased Him and the things you DIDN'T do that would have pleased Him greatly.
- 10) It's a time to ask for His guidance through the coming hours

Now, a Quiet Time is that and a whole lot more. But there is one more that I haven't mentioned.

And if you don't take ANYTHING else out of this workshop, I want you to write this down and remember it. **More than anything else, YOUR QUIET TIME IS ABSOLUTELY THE MOST IMPORTANT TIME YOU WILL SPEND IN A DAY!**

(Notice that the first four items involve listening to God and studying His Word. The next six items involve talking with God in prayer.)

Daily

“I desire to do your will, O my God, your Law is within my heart.”

Psalm 40:8

Thanks Provisions
Health
Intelligence
Family
Church
Men Who Impact My Life

Forgiveness Yesterday's Infractions
Thoughts
Failure's

20/20 Vision To See The Good In People
To See & Seize The Opportunity to Share My Faith
To Recognize & Appreciate Jackie's Many Qualities
To Recognize My Shortcomings (See The Logs In My Eyes)

Blindness To Satan's Many Temptations

Protection Jackie, Kids & Grandkids & Me
Against Diseases
Against Hurts & Pain
Against Satan's Advances

Thanks For Loving Me
For Choosing Me
For Forgiving Me
For Giving Me Hope
For Bringing Me To The Point of Knowledge (Beyond Faith) That You DO Exist
And That You DO Reward Those Who Earnestly Seek You.
Opportunities

Guidance To Be The Man Of Integrity That You Want Me To Be
Get Through Today Without Stumbling
Take Me Where YOU Want Me To Go

7 Minutes with God

HOW TO PLAN A DAILY QUIET TIME

by 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.

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" (1 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, then for yourself. 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:

1/2 min	Prayer for guidance (Psalm 143:8)
4 min	Reading the Bible (Psalm 119:18)
2 1/2 min	Prayer <ul style="list-style-type: none"> • Adoration (I Chronicles 29:11) • Confession (I John 1:9) • Thanksgiving (Ephesians 5:20) • Supplication (Matthew 7:7)
7 min total	

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.

Additional copies can be downloaded from the **Resources** page at rohan.sdsu.edu/~sdsunavs

Quiet Time: Keep Your Plan Simple

by Rick Warren

"Remember that your goal here is not to gain information, but to feed on the Word and get to know Christ better. "

To have a meaningful quiet time, you will need a plan or some kind of general outline to follow. But keep your plan simple.

Here's one plan --

1. Wait on God (Relax) -- Be still for a minute; don't come running into God's presence and start talking immediately. Follow God's admonition: "Be still and know that I am God" (Psalm 46:10; see also Isaiah 30:15; 40:31). Be quiet for a short while to put yourself into a reverent mood.

2. Pray briefly (Request) -- This is not your prayer time, but a short opening prayer to ask God to cleanse your heart and guide you into the time together. Two good passages of Scripture to memorize are:

Psalm 139:23-24

*Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.*
(NIV) (see also **1 John 1:9**).

Psalm 119:18

"Open my eyes that I may see wonderful things in your law [theWord]" (NIV)
(see also **John 16:13**).

You need to be in tune with the Author before you can understand his Book!

3. Read Scripture (Read) -- This is where your conversation with God begins. He speaks to you through his Word, and you speak with him in prayer. Read your Bible:

Slowly. Don't be in a hurry; don't try to read too large an amount; don't race through it.

Repeatedly. Read a passage over and over until you start to picture it in your mind. The reason more people don't get more out of their Bible reading is that they do not read the Scriptures repeatedly.

Without stopping. Don't stop in the middle of a sentence to go off on a tangent and do a doctrinal study. Just read that section for the pure joy of it, allowing God to speak to you. Remember that your goal here is not to gain information, but to feed on the Word and get to know Christ better.

Workshop - Quiet Time

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