

# Quiet Time

As followers of Jesus, we have to cultivate our relationship with the Lord, like a farmer tends to his crops, and one of the primary tools/methods is your Quiet Time.

Your quiet time, as you know, is a daily time I set aside to be with God to be alone with Him in His Word and in Prayer. (James 1:25)

## Why time alone is with God

1. We were created for fellowship with God (Genesis 1:27; Rev. 3:20)
2. Jesus died to make this possible (I Corinthians 1:9)
3. Personal time with God was Jesus' source of strength (Lk. 5:16)
4. Every person who has been effective for God developed this habit
5. You cannot be a healthy Christian without it (Mt. 4:4; Ps. 119:9)

## Purpose for Quiet Time

1. To give devotion to God (Ps. 29:2; 2 Chron. 31:21)
2. To get direction from God (Ps. 25:4-5a)
3. To gain delight in God (Ps. 37:4; Ps. 16:11b) The better I know Him, the better I love Him. It's not about studying about Him, but to get to know Him.
4. To grow more like God (2 Peter 3a - 4b)

## Starting a quiet time

1. Select a specific time. The best time is when you are at your best. Whatever the time is be consistent
2. Choose a specific place (Lk. 22:39-40)
3. Gather the resources for your quiet time (a Bible, a notebook, perhaps even a songbook)
4. Begin with the right attitude
  - a. Reverence (Ps. 46:10)
  - b. Expectancy (Ps. 119:18)
  - c. Willingness to obey God's will (Jn 7:17)

## Need a simple plan

- a. Relax (1 minute)
- b. Read (4-5 minutes) Read until God speaks to you.
- c. Reflect on what you read. Don't forget to memorize.
- d. Record. (What am I going to do about what I just read)
- e. Request (talk to God about what He has shown you.

If you miss a day - Don't get on a guilt trip, Don't become legalistic, and Don't give up. It takes 3 weeks to become familiar, then another 3 weeks for it to become a habit. (Gal. 6:9)

(Taken, in part, from Rick Warren, Lead Pastor at Saddleback Church)