

Lesson 5: Quiet Time

INTRODUCTION

“Quiet Time” is a term we generally use to refer to having a devotional time with God. It is the most important appointment we can make during the day because it is our appointment with our Lord and Master. It is an important tool for spiritual growth and victorious living.

As Christians, we ought to realize that our enemy, Satan, does not want us to spend quality time with God. It is therefore his goal to prevent us from doing so because he knows that the more we spend time with God, the lesser influence he will have over our lives. He makes use of our weaknesses to keep us from God.

OUTLINE

I. WHY HAVE A QUIET TIME *(excerpt from Pastor ATG's outline on Quiet Time)*

1. To DEVELOP my relationship with God and know Him better (Jeremiah 29:13).
 - The chief duty of the soul is not to look for freedom, but to find his Master.
2. To DERIVE nourishment and strength for my spiritual growth (Matthew 4:4)
 - Growth is the most logical and visible evidence of life.
 - Growth is both our duty and privilege (1 Peter 2:2)
 - There is a problem when the Christian cease from growing in the Lord (Hebrews 5:12-14)
3. To DEPEND on the Lord's power, wisdom and goodness (Joshua 1:8)
 - Without a daily filling from the Lord, we are in danger of burning out, running on empty and stalling on the side of the road.
4. To DELIGHT in God through prayers and praises (Proverbs 15:8)
 - Quiet time can almost seem like a contradiction in this loud world we live in.
5. To DEDICATE my life for God's spending (Psalms 37:5)
 - David gave us a model for meeting God (Psalms 143:8).
 - Like a general in God's army, he wanted to hear from his commanding officer before he enters into battle

II. HOW TO GET STARTED

1. Make a COMMITMENT to observe a Daily Quiet Time
 - Decide that your Quiet time will be your first priority each day.
 - Quiet time can be so difficult to prioritize. It is very tempting to make excuses. It requires a commitment and a focused effort.
2. Develop a PLAN to observe a Daily Quiet Time
 - It is suggested that you schedule your Quiet Time in the morning.
 - Beginning your day with God can and will make a real difference in your life (Mark 1:35).
 - Choose a particular place as free from distractions as possible.

III. WHAT TO DO IN YOUR QUIET TIME

1. Listen to God

- Begin your Quiet Time by reading a passage of Scripture. Select and read a daily passage prayerfully, asking God to speak to you as you read it.
- Keep a record of the insights you gain as God speaks to you through His Word.
- Ask the Lord to call to your attention any:
 - S – ins to Forsake
 - P – romises to Claim
 - E – xamples to Follow
 - C – ommands to Obey
 - S – tumblingblocks to Avoid
- Be sure to memorize a verse from the passage.

2. Talk to God

- As you talk to God each day, be sure your conversation cover these five areas:
 - Praise
 - Adore God for who He is – His character.
 - Show love to Him
 - Confession
 - Ask the Lord to make you aware of any sins that are hurting your fellowship with Him.
 - Confess each sin individually to the Lord.
 - Express your desire to avoid these sins in the future
 - Claim by faith His forgiveness
 - Thanksgiving
 - Thank the Lord for what He has done – expressing your gratitude.
 - Express your thankfulness for specific things.
 - Cultivate a general attitude of thankfulness whatever the circumstance (I Thes 5:18).
 - Intercession – Praying for Others
 - Pray for the needs of other people.
 - Petition – Praying for Yourself
 - Pray for spiritual growth.
 - Pray for your material needs.
 - Share with God the desires of your heart and trust Him to respond in the best possible way.
- Use a Prayer List
 - Prayer lists can provide a guide and a record of daily prayers for others and for tasks God wants you to accomplish.
 - Using these lists, you will be able to focus your prayers on a particular group or area of need each day of the week.
 - Please refer to the “Journal Chart” in the following page.

QUIET TIME JOURNAL

Passage: _____ Date: _____

Observation:

Application:

S – ins to Forsake _____

P – romises To Claim _____

E – xamples To Follow _____

C – ommands To Obey _____

S – tumblingblocks To Avoid _____

Memory Verse:

Prayer Chart:

Thanksgiving		
Saturday	Unsaved Souls	
Sunday	Health / Sickness	
Monday	Fellow-Christians	
Tuesday	Ministries & Activities	
Wednesday	Missions	
Thursday	General Requests	
Friday	Special Requests	

Visitation and Follow-up:

Prospect to Contact: _____

New Christian to Follow-up: _____

Errands:
