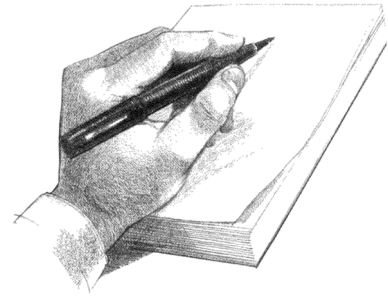


Living Connections Bible Study



How to Have a Quiet Time

Prayer

Icebreaker: What do you think it means to have a regular quiet time each day with God and why is it so important? Let your study group share their ideas.

1. What desire does God have toward each one of His children?
Revelation 3:20, 1 Corinthians 1:9, Psalm 46:10, Psalm 4:3-4

2. What hinders the natural man (those outside of Christ) from having a personal relationship, and fellowship with God? Genesis 3:8, Ephesians 2:1-3

3. What then did God do for us in Christ to make regular times of fellowship with Him possible? Romans 5:1,8,10-11

4. Read Matthew 6:6 (KJV) and explain what it means to have a *prayer closet*.

5. What is God's promise in Matthew 6:6b for those who spend time alone with the Lord?

6. What difference did spending time with Jesus make in the lives of the apostles? Acts 4:13

7. Whose example would we do well to follow from Matthew 14:23, Mark 1:35, Luke 22:39-40 (NKJV).

8. Look up the following references and identify some godly men who took time out of their daily schedules to pray and spend time alone with God. (This is not an exhaustive list)

Genesis 8:20 _____

Genesis 12:7-8; 13:3-4,18 _____

Genesis 35:1-3 _____

Genesis 39:2-3 _____

Job 1:1-2, 5 _____

Exodus 33:11 _____

Joshua 1:8 _____

Judges 6:24 _____

Psalms 63:1 _____

Nehemiah 1:4 _____

Daniel 6:10 _____

Acts 10:9 _____

2 Timothy 1:3 _____

All of those whom God has blessed and used down through the centuries spent regular time in God's Word and in prayer with Him each day.

9. How important did Jesus and Job regard God's Word? Matthew 4:4, Job 23:12

10. List four purposes for having a daily quiet time.

1. To give _____ to God Revelations 4:11, Psalm 29:2
2. To get _____ from God Psalm 25:4-5
3. To gain _____ in God Psalm 37:4
4. To grow in _____ to be like Jesus 2 Peter 3:18, 2 Corinthians 3:18

Think about it this Week:

Honestly Evaluate your use of time in the following areas:

How much time a day do I spend reading the newspaper and periodicals? _____

How much time a day do I spend watching the TV? _____

How much time a day do I spend surfing the Internet and doing emails? _____

How much time a day do I spend playing computer games? _____

How many hours a week do I spend with my favorite hobbies? _____

How much time each day do I spend with family and friends? _____

How much time each day do I spend working out? _____

11. If I can find time for less important things, can't I make time for a quiet time?

12. If you ate as much physical food as you do partaking of spiritual food how healthy would you be?

How do I begin a Quiet Time?

You need to do five things:

1. select a specific time
 - select a time when you are most alert and then give it to God
2. choose a special place
 - where can you find a quiet place?
3. gather the resources you are going to need
 - Bible / notebook / various colors of pencils or pens / 3X5 cards for memory verses / songbook
4. begin with the right attitude
 - reverence
 - expectancy
 - willingness to obey
5. follow a simple plan
 - 1) Relax

Be still. Be quiet. Slow down. Prepare your heart. Take two or three deep breaths and relax as you begin.
 - 2) Revere

Take a minute to tell God how much you love Him, and how special He is to you. Worship and praise Him.
 - 3) Read

Read a section of Scripture

 - begin in the New Testament
 - pick up where you left off the day before
 - don't read more than you have time to digest
 - 4) Reflect

Prayerfully ponder what God is teaching you
 - 5) Record

Record your observations in a daily journal.
 - 6) Request

Conclude your quiet time by talking to God about what He has shown you. You might want to extend your prayer time as you drive to work, or during your morning walk, or daily exercise routine. Then go practice God's presence all day long, staying in communion with Him throughout the day.