



Having a Quiet Time

Acts 4:13

FIVE REASONS TO HAVE A QUIET TIME

1. I was created to fellowship with God.
Genesis 1:27; Revelation 3:20
2. Jesus died to make this relationship possible
1 Corinthians 1:9
3. Time alone with God is a source of strength
Mark 1:35
4. Spending time with God makes me successful
5. Healthy Christians spend time alone with God
Matthew 4:4; Job 23:12; Psalm 119:9

FOUR PURPOSES IN HAVING A QUIET TIME

1. To give devotion to God Psalm 29:2
2. To get direction from God Psalm 25:4-5
 - Consider your ways Proverbs 4:26; 3:6
 - Commit your day to God
3. To gain delight in God Psalm 37:4; 16:11
4. To grow in deportment 2 Peter 1:3-4

HOW DO I BEGIN A QUIET TIME?

1. Select a specific time
Isaiah 50:4-5; Mark 1:35

How long should a quiet time last?

- Start with 15-20 minutes
 - Don't watch the clock
 - Emphasize quality not quantity time
2. Choose a special place Luke 22:39-40

3. Gather the resources
4. Begin with the right attitude
 - Reverence Expectancy Surrender
5. Follow a simple plan
 - a) Relax b) Revere c) Read
 - d) Reflect e) Record f) Request

OVERCOMING POTENTIAL PROBLEMS

1. Lack of discipline
 - Go to bed on time
 - Watch out for quiet time robbers
 - Get up immediately
 - Fall asleep thinking spiritual thoughts
2. Those pesky distractions
 - Get out of bed
 - Get thoroughly awake
 - Read and pray out loud
 - Walk during your prayer time
 - Keep a notepad handy
3. Times of dryness and why
 - Not enough sleep
 - Disobedience to God's directions
 - Rushing your quiet time
 - Being in a rut
 - You aren't sharing what God is teaching you
4. Lack of diligence
 - Make a commitment to God
 - Schedule it
 - Be prepared for Satan's excuses
 - Leave your Bible open the night before