

Discipleship

How to Have a Quiet Time

Why Have a Quiet Time?

- To enjoy fellowship with God and get to know Him better (Phil. 3:8-10; Matt. 22:37,38).
- To delight God (Proverbs 15:8b).
- To discover principles to direct our lives (Psalm 119:105).
- To develop perspectives on life from God's point of view (Romans 12:2).

Practical Suggestions:

Set aside a regular time each day to spend with God and make it a daily priority.

Find a quiet place where you can be alone and free from distractions. (Mark 1:35)

Come with an attitude of expectancy and a hunger to meet God. (Luke 10:38-42)

Quiet Time Ideas

Use the ACTS acrostic during your quiet time

A=Adoration:

Spend time praising the Lord by praying the Psalms back to Him (Psalm 28:7 & 100:4).

Sing hymns, listening to a praise tape or praise Him for His attributes.

C=Confession:

Ask God to search your heart (Psalm 139:23,24). Confess any sins the Holy Spirit reveals to you (Psalm. 66:18, I John 1:9). Make certain that you're filled with the Spirit (Ephesians 5:15-20).

T=Thanksgiving:

Thank God for all that He's done and is doing in your life and the lives of others. Write a list of what you're thankful for.

S=Supplication:

Pray for specific things each day such as personal concerns, family, upcoming events, friends, missionaries, etc. Write down your requests so you'll have a record of God's guidance and faithfulness.

Spend time in the Word

- Have a schedule for your daily reading and read slowly and thoughtfully.
- Ask questions about how it relates to your life.
- Reread and substitute your name in appropriate places addressing the passage to God. Try this using Philippians 2:13.
- Occasionally read out loud.
- Record your thoughts and the verses that stand out to you in a notebook.

Action Point: Select a definite time and place for your quiet time for each day of the next week. Start with a short period of time that's comfortable for you. Try 10 to 15 minutes.

