

## Agenda

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12:30 to 12:50	Opening prayer and lunch
12:50 to 1:00	What is a <b>Quiet Time</b> ?
1:00 to 1:15	Why a <b>Quiet Time</b> ?
1:15 to 1:25	Components of a <b>Quiet Time</b>
1:25 to 1:35	Hindrances to a <b>Quiet Time</b>
1:30 to 1:40	Examples of those who prioritize a <b>Quiet Time</b>
1:40 to 1:55	How to <b>Cultivate Your Quiet Time</b>
1:55 to 2:00	Questions and closing prayer



## What is a Quiet Time?

- Time alone with God, just you and Him.
- Intentional time; time set aside with no disturbances.
- A committed segment of time where you can hear from God, talk to God and learn of His ways.
- [www.gotanswers.org](http://www.gotanswers.org) – “A quiet time is an important part of a Christian’s everyday life, for this is when he goes to a comfortable and rather secluded place in (usually) his own home, where he can draw close to God with no distractions. It should be a place where there are no interruptions from TV, telephone, family member interactions or traffic noises; in other words, silence. A quiet time is a set-aside part of each day for a meeting between a believer and God. It consists of reading a part of the Bible of the believer’s own choosing, and praying.”
  - **Psalm 46:10**, Be still and know that I Am God; I will be exalted among the nations, I will be exalted in the earth.

## Why a Quiet Time?

- The Psalmist, King David, summed up why **a quiet time** is vital for the people of God.
  - **Psalm 1**, Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. The ungodly are not so, but are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the LORD knows the way of the righteous, but the way of the ungodly shall perish.
- What oxygen is to the lungs, **a quiet time** is to the follower of Christ.
- Greg Ogden, *Discipleship Essentials*, “Just as Jesus went to a ‘solitary place’ to meet with His Father, so a disciple should daily pull away from the busyness of life for a quiet time, a personal rendezvous with the Lord and Savior.”
- How food nourishes the physical man, **a quiet time** nourishes the believer’s spiritual man.
  - **Psalm 62:1**, O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water.
- **A quiet time** protects the people of God from their flesh and the schemes of the enemy (Matthew 4:1-11).
  - **Galatians 5:16**, If you walk in the Spirit, you will not fulfill the lusts of the flesh. (Without the Spirit’s work in our life, we will succumb to our flesh every time)

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- **Ephesians 6:12**, For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. (1 John 4:4)
- **A quiet time** enables a believer to become all God meant for them to be.
  - **Joshua 1:8**, This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.
- **A quiet time** is commanded.
  - **2 Timothy 2:15**, Study to shew thyself approved unto God, a worker that needeth not to be ashamed, rightly dividing the word of truth. (KJV)
- **A quiet time** is foundational for a believer's strategic life plan. Jesus employed metaphorical, descriptive language to describe the absolute necessity of why a believer needs to prioritize **a quiet time**.
  - **John 15:1-8**, "I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples."



### Components of a Quiet Time

- A willing and cleansed heart – a heart that is open, humble and ready to hear from God (1 John 1:9).
- A Bible – the absolute of God’s love letter to His people.
  - **Hebrews 4:12**, For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.
- A quiet place – a solitary, noiseless and comfortable place.
- A note pad, post-it notes, a prayer journal...

### Hindrances to a Quiet Time

- Busyness
  - **Luke 10:38-42**, Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." (ESV)
    - Be careful to NOT allow the *urgent* to preempt the *important*.
- Apathy
  - **Romans 10:13**, And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.
- Ignorance
  - **Hosea 4:6**, My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you from being priest for Me; because you have forgotten the law of your God, I also will forget your children. (ESV)
- Laziness
  - **Proverbs 13:4**, The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.

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- Distractions
  - **Proverbs 4:25-27**, Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil.
- What are your hindrances?
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**Examples of those who prioritized a Quiet Time**

- Moses
  - **Exodus 24:18**, Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.
  - **Exodus 34:29**, Now it was so, when Moses came down from Mount Sinai and the two tablets of the Testimony were in Moses' hand when he came down from the mountain, that Moses did not know that the skin of his face shone while he talked with Him.
- David
  - **Psalm 5:1-3**, Give ear to my words, O LORD, consider my meditation. Give heed to the voice of my cry, my King and my God, for to You I will pray. My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.
  - **Psalm 27:4**, And now my head shall be lifted up above my enemies all around me; therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD.
- Jesus
  - **Mark 1:35**, Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.
  - **Luke 6:12**, Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.
    - Biblical precedent: God seems to use those who spend time with Him mightily.

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## Cultivate Your Quiet Time Workshop

"One of the  
best gifts we  
can give  
ourselves is  
time alone  
with God."

### How to Cultivate Your Quiet Time



- **6 Guidelines to Cultivate Your Quiet Time** (Adapted in part from the Billy Graham Training Center)
  - Set aside time each day to spend time with God (Acts 17:11).
  - Come each day with a spirit of expectancy and obedience (Ephesians 3:20).
  - Read through the Bible systematically (Acts 20:27).
  - Read and meditate on what you read (Psalm 119:15) .
    - Dr. Stephen F. Olford, "Read the portion of scripture at least three times. Read it carefully to discover what is there generally. The next time, peruse it for what it is there specifically. Then study it for what is there personally."
      - Ask these questions:
        - Is there a command to obey?
        - Is there a promise to claim?
        - Is there a sin to confess, avoid?
  - Make prayer a central part of your time alone with God (Ephesians 5:20).
  - Apply and put into action what you just read (Galatians 5:25; 1 John 2:6).

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- **How to Cultivate Your Quiet Time** (Adapted in part from Adrian Rogers' ministry)
  - Psalm 119:97, "Oh how I love Your Thy law; it is my meditation all the day."
    - The Proper Period
      - Pick a consistent time each day.
    - The Proper Preparation
      - Come with a clean and expectant heart.
    - The Proper Place
      - Pick a consistent place each day.
    - The Proper Provisions
      - Have a Bible, notepad and perhaps a cup of coffee
    - The Proper Procedure
      - Meditate – what is the takeaway, how does this apply?
      - Record – write down what you learned!
      - Pray – ask God to help and make His Word applicable.
      - Obey – do it!



- **How I Cultivate My Quiet Time**
  - It's commitment – a daily, personal pledge
  - It's comprehensive – a systematic approach
  - It's cleansing – a passion to be pure
  - It's complying – a desire for obedience
  - It's cheering – a promise of empowerment
  - It's changing – a lively variety

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Cultivate Your Quiet Time Workshop

- **Cultivate Your Quiet Time** (articles and tools)
  - How to Have a Quiet Time [www.cru.org](http://www.cru.org)
  - Get Alone with God [www.desiringgod.org](http://www.desiringgod.org)
    - Daily devotionals are available by email
  - Experience the Bible Daily [www.youversion.com](http://www.youversion.com)
    - Literally thousands of devotions are online for your blessing
  - Rock Harbor's One-Year Bible Reading Plan [www.rockharborcf.com](http://www.rockharborcf.com) (Resource Tab)
  - Morning and Evening Devotions – Charles Spurgeon
    - [www.amazon.com](http://www.amazon.com)
  - My Utmost for His Highest – Oswald Chambers
    - [www.amazon.com](http://www.amazon.com)

