**The Habit of a Daily Time with God**

*"The one who looks steadily at God's perfect law...* ***and makes that his habit*** *- not listening and then forgetting, but actively putting it into practice will be happy in all that he does."* James 1:25 (Ph)

**DEFINITION:** *"A Quiet Time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer."*

 **THE IMPORTANCE OF A DAILY QUIET TIME**

Your time alone with God should be the top priority in your schedule for five reasons:

**1. We were \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to have fellowship with God.**

*"So God created man in his own image..."* (Genesis 1:27)

*“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.”* (Revelation 3:20)

**2. Jesus\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to make a relationship with God possible.**

*“God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord.”* (1 Corinthians 1:9)

**3. Personal time alone with God was Jesus'\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

Mark 1:35, Luke 5:16, 22:39 - *"Jesus* ***often*** *withdrew to lonely places and prayed."*

**4. Every person who has been effective in\_\_\_\_\_\_\_\_\_\_\_ for God developed this habit.**

Abraham, Moses, David, Daniel, Paul, etc.

**5. You cannot be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Christian without it!**

*“Man shall not live by bread alone, but by every word that comes from the mouth of God.”* (Matthew 4:4)

*“I have treasured the words of his mouth more than my portion of food.”* (Job 23:12)

*“How can a young man keep his way pure? By guarding it according to your word.”* (Psalm 119:9)

 **THE PURPOSE OF A DAILY QUIET TIME**

**1. To give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to God.**

*"Give to the Lord the glory due his name. Worship the Lord in the splendor of His holiness."* (Psalm 29:2)

*“And every work that he undertook in the service of the house of God and in accordance with the law and the commandments, seeking his God, he did with all his heart, and prospered.”* (2 Chronicles 31:21)

* God deserves our devotion! (Revelation 4:11)
* God desires our devotion! (John 4:23)

**2. To get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_from God.**

*“Make me to know your ways, O Lord; teach me your paths.”* (Psalm 25:4)

1. **Things To Do In A Quiet Time**
* **Consider your way:** *“Ponder the path of your feet; then all your ways will be sure.”* (Proverbs 4:26)

*“In all your ways acknowledge him, and he will make straight your paths.”* (Proverbs 3:6)

* **Commit your day:** *“Commit your way to the Lord; trust in him, and he will act.”* (Psalm 37:5)

**3. To gain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in God.**

*“Delight yourself in the Lord, and he will give you the desires of your heart.”* (Psalm 37:4)

*“… in your presence there is fullness of joy; at your right hand are pleasures forevermore.”* (Psalm 16:11)

**FACT: The better I get to know Christ, the more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*The object of your Quiet Time is not to study* ***about*** *Christ, but to actually spend time with Him!*

**4. To grow \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like God.**

*"For as you know him better and better, God will give you, through his great power, everything you need for living a truly good life...He has promised to save us...and to give us* ***his own character!****"* (2 Peter 1:3-4, Living Bible)

*“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another.”* (2 Corinthians 3:18)

*“Now when they saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized* ***that they had been with Jesus.****” (*Acts 4:13)

**How to Begin a Daily Quiet Time**

**1. SELECT A SPECIFIC TIME**

The best time to have a quiet time is when I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Reasons for considering an early morning quiet time:**

* **The example of Bible characters** (Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus, etc)
* **It seems logical to begin the day with it**

*"The best time to tune your instruments is before you play the concert, not after!"*

* **You are likely to be more rested, your mind is less cluttered, and it's often the quietest time!**
* **It demonstrates that meeting with God is your first priority. You give Him the first part of your day.**

**Whatever time you set, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **HOW LONG SHOULD A QUIET TIME BE?**

 3 Guidelines

\* Start with 15 minutes and let it grow.

\* Don't watch the clock!

\* Emphasize quality, not quantity!

**2. CHOOSE A SPECIAL PLACE.**

*“And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him.”* (Luke 22:39)

**The Important Factor:**

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went to a* ***solitary place****, where he prayed."* (Mark 1:35)

**3. GATHER THE RESOURCES YOU'LL NEED**

1. A Bible with readable print

2. A notebook-to write down what the Lord speaks to you, and to keep your prayer list.

3. A songbook-if you want to sing!

**4. BEGIN WITH THE RIGHT ATTITUDES**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*"Be still, and know that I am God…"* (Psalm 46:10)

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“Open my eyes, that I may behold wondrous things out of your law.”* (Psalm 119:18)

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*“If anyone’s will is to do God’s will, he will know whether the teaching is from God or whether I am speaking on my own authority.”* (John 7:17)

**5. FOLLOW A SIMPLE PLAN**

 **"FIFTEEN MINUTES WITH GOD"**

 (A Plan To Get You Started)

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1 minute)**

Be still and be quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (4 minutes)**

See the section on "How To Read God's Word"

Begin reading where you left off the day before. Read until you feel God is showing you something. Then stop and think about it.

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (4 minutes)**

See the section on "How To Meditate on God's Word"

You may use the S.P.A.C.E.P.E.T.S. or any of the six methods of meditation. Think about what the passage means to your life. Write down your thoughts.

Part of reflecting is **memorizing** verses that speak to you in a special way.

See the section on "How To Memorize God's Word"

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (2 minutes)**

See the section on "How To Apply God's Word"

Write out a personal application statement that is practical, possible, and measurable.

*"Thoughts disentangle themselves when they pass through the lips and the fingertips."* (Dawson Trotman – Founder of The Navigators)

**5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (4 minutes)**

See the section on "The Habit of Prayer"

Conclude your Quiet Time by talking to God about what He has shown you and making your requests from your prayer list.

**How to Overcome the Problems with Your Quiet Time**

**1. THE PROBLEM OF DISCIPLINE**

Your first problem in establishing a quiet time will face you the moment you wake up each morning: Am I going to get out of bed? (*"The Battle of the Blankets")*

 **Suggestions**

 1. Go to bed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. Get up\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. Be aware of quiet time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. Fall asleep thinking\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. THE PROBLEM OF DISTRACTIONS**

Satan will try to use anything to get your mind to wander during a quiet time.

 **Suggestions**

 1. Get out of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. Get thoroughly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. Read and pray\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_during your quiet time

 5. Keep a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. THE PROBLEM OF DRYNESS**

Sometimes you will feel like you're not getting anything out of your quiet time. (*"The Battle of the Blahs"*)

 **Never judge your quiet time by your\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Possible Causes of Spiritual Dryness**

 1. Your physical condition

 2. Disobedience to God

 3. Rushing your quiet time

 4. Getting in a rut

 5. Not sharing insights with others

**4. THE PROBLEM OF DILIGENCE**

Your greatest problem will be your struggle to stay consistent. I find Satan fights nothing harder than my quiet time.

 **Suggestions**

 1. Make a covenant or vow to God

 2. Schedule it on your daily calendar

 3. Be prepared for Satan's excuses

 4. Leave your Bible open at night to

 the passage for the next day!

 **What if I miss a day?**

* **Don't\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Don't\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Don't\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**It takes \_\_\_\_\_\_\_\_\_\_weeks for you to become familiar with a new task. Then it takes another \_\_\_\_\_\_\_\_\_\_weeks before it becomes a comfortable habit.**

*“And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”* (Galatians 6:9)

 **A PRAYER OF COMMITMENT**

***"Father, I realize that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death. I know that daily fellowship with you is to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent. In Jesus' name, Amen."***