

The Daily Quiet Time (Tent of Meeting)

Discipleship is a Relationship

1. With God
2. With Family
3. With the Church
4. With the Lost

Suggested Memory Verses

- Exodus 33:17
Mark 1:35

Purpose: To enrich your personal relationship with God

Introduction: A Quiet Time is a daily meeting with God through the Word and Prayer. It is more than a commendable practice. It is absolutely vital to a life of sustained spirituality, effectiveness, and love. It is the barometer of the Christian's life. Remember--you can be doctrinally correct, and yet be spiritually dead.

I. Do you agree with this statement: "To be little with God is to be little for God?" Explain your answer.

II. In addressing such a topic you have to be quite honest with yourself and with God. Please answer the following questions.

A. Do you have a Daily Quiet Time? yes_____ no_____

If yes, rate the quality of it. good_____ fair_____ poor_____

B. If the answer is no, how often do you have a quiet time?

C. At what time of the day do you have your Quiet Time?

D. Briefly explain what you do during your Quiet Time.
(What are you studying? What are you praying about? Etc.)

III. What can you gain as a Christian by having a Daily Quiet Time? List as many benefits as you can think of.

B. What can you lose if you do not have a daily quiet time with God?

(The Daily Quiet Time Continued)

IV. What hinders you most from having a Daily Quiet Time that is pleasing to God?

V. "Someone desires your attention every day; in an appointed place, at an appointed time. He desires to hold communion with you. Not only does He desire it, but you need it! A Quiet Time, a daily appointment with God." Look at the following scriptures and write down the reason you ought to have a daily Quiet Time.

A. Philippians 3:8

B. 1 Peter 2:2

C. Psalm 119:11; Matthew 26:41

D. 2 Timothy 3:16-17

E. John 5:39

F. 2 John 9

G. Psalm 73:24

VI. A Quiet Time is vital to your Christian life.

A. It is vital to your *spiritual health* whether you are a new convert or a mature Christian.

B. It is vital for your *spiritual cleansing*. You are initially cleansed by the blood of Jesus, but the day to day cleansing takes place during your quiet time with God.

C. It is vital for your *spiritual counsel*. You need a quiet time to know the true principles that determine a life of holiness and righteousness.

D. It is vital for equipping you for *spiritual conflict*.

Practical suggestions and guidelines that will aid you in having an effective Quiet Time:

1. Some specific requirements necessary for a Quiet Time.

A. A definite time and place. (The more definite, the better)

B. A prayer list (is very helpful)

C. A Quiet Time notebook. (God gives you some thoughts that are worth keeping.)

D. SOMETIME, SOMEHOW, SOMEWHERE, NO MATTER WHAT, EVERY DAY (Psalm 63:1)

2. Preparations for a spirit of expectancy.

A. The physical factor--go to bed at a decent hour.

B. The moral factor--"If I regard sin in my heart, the Lord will not hear me." Psalm 66:18

C. The listening factor - As you obey, so He reveals; when you cease to obey, He ceases to reveal. John 14:21

Question: Why is it often easy to ask (pray) but not so easy to listen to God?

(The Quiet Time Continued)

3. Eight simple steps to having a quality Quiet Time! It is suggested that you keep a written journal of your Quiet Time encounters with God. Each step contains suggestions for journal entries.

A. **Wait**--Hurry is the death of a Quiet Time.

"Hush yourself in the presence of God. Seek to come into the presence of God." Note in your journal the time and place for today's Quiet Time.

B. **Read**--Some say that you cannot pray aright until He has spoken to you from His Word. Go to the passage set aside for the day. **NO LUCKY DIP METHODS.** Paraphrase or summarize the main thought of the passage in your journal.

C. **Meditate**--Look at the passage in the presence of God. Then, ask these questions (some may not apply to all passages) and write the answers in your journal.

1. Is there a command to obey?
2. Is there a promise to claim?
3. Is there a new thought to follow and pursue?
4. Is there a sin to avoid?
5. What did this passage teach me about God, about Jesus, and/or about the Holy Spirit?

Ask yourself these three questions as you are meditating on your passage of scripture:

1. What did God really say? (II Peter 1:20-21)
2. What did God really mean when He said it? (II Tim. 2:15)
3. What does God really want me to do? (James 1:22)

D. **Record**--Briefly write down in your Quiet Time notebook what the Lord has said to you. Always make it personal.

E. **Pray** --Mention the things you've just discovered. Record them in your journal.

F. **Ask**--Present your requests to God; not only for yourself, but for others. List briefly in your journal the people you are praying for and the specific requests.

G. **Share**--Share God's message to you with someone. Make a note in your journal of the individual you think would be helped the most by this passage. At a later time, record whether you shared this passage with that person and the results of the encounter.

H. **Obey**--Most important of all, obey what God has revealed to you. Rewrite the command in your journal.

Conclusion: Be warned that establishing your daily Quiet Time is never easy. You will find the most vicious attacks of the Devil will be directed toward robbing you of that daily time with your Lord. You will have to guard your quiet time fearlessly if you want to keep it.