

Basics of a Quiet Time

The goal of a Quiet Time is to seek to know the Lord better, deepen your relationship with Him, and to experience real intimacy with Him. This time is the most important part of your day. Make sure you set a definite time (daily) and place so that you can fully concentrate on Him.

The purposes of God's Word

What does God want His word to accomplish in our lives?

1. He wants to save us- Romans 1:16, Romans 10:17; 1Peter 1:23
2. He wants to reveal Christ to us- John 5:39
3. He wants to build us up in Christ- 2 Timothy 3:16-17; Acts 20:32
4. He want to lead us and guide us- Psalm 119

5 Ways to get a Firm Grip on God's Word

1. **Hear-** Romans 10:17; Luke 6:45-49; Luke 11:28
2. **Read-** Deut 17:19; Rev 1:3
3. **Study-** Acts 17:11; 2 Timothy 2:15
4. **Memorize-** Psalm 37:31; Psalm 119:9-11
5. **Meditate-** Joshua 1:8; Psalm 1:2-3

A. Talk with God through prayer

1. **Adoration** and Praise- This is an act of worship for God alone. Praise God for who He is, what you love and appreciate about Him. Psalm 145, 148, 150.

Hear my voice when I call oh Lord; be merciful to me and answer me. Psalm 28:7

2. **Confession-**Ask God to search your heart and confess any sins that His Word and Spirit brings to mind. 1 John 1:9

Search me, oh God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24

3. **Thanksgiving-** Thank Him for things.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present you requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

4. Bring personal concerns before Him.

5. **Supplication-** Bring concerns for others before Him. Pray for your family, friends, the lost, our country, leaders, etc.

B. Spend some time listening to God and reading the Bible

1. Decide on a chapter or book to read and read over it 3-4 times.
2. **Observation-** Who, what, when, where, why, how? Context is key.
3. **Interpretation-** What was God trying to get across to the original audience? Look for the main truth God is speaking through the author.
4. **Application-** Think through some applications of the main truth for you. Ask yourself these questions.
 - a) How does the truth affect my life and me?
 - b) Are there any commands for me to obey?
 - c) Are there promises that are meant for me to claim?
 - d) What steps can I take to apply this to my life?

Take Action- a) Is there an attitude I need to change?

b) Is there an action I need to change?

c) What action can I take to see the changes happen?

d) What can I pray for and trust God for?

Observation, interpretation, and application lead to Transformation!