

## SESSION 4: A HABIT OF A DAILY TIME WITH GOD

*"The one who looks steadily at God's perfect law...and makes that law 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)*

### HOW TO HAVE A QUIET TIME

**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."

**What is the definition of a habit?**

**Examples of Quiet Times in the Bible:**

**1. Personal time alone with God was Jesus' source of strength.**

Mark 1:35, Luke 22:39, Luke 5:16

Jesus **often** withdrew to lonely places and prayed.

**2. Godly people developed this habit.**

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

Read Exodus 33:7-11

Where is your tent of meeting?

Why was the tent of meeting outside the camp?

What happened during Moses time with God?

Why do we need to develop a quiet time?

**You cannot be a healthy, growing Christian without it!**

*"Man cannot live on bread alone but on every word that God speaks." Matthew 4:4*

*"...I have treasured the words of His mouth more than my necessary food." Job 23:12*

*"How can a young man cleanse his way? By keeping to your Word." Psalm 119:9*

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

The objective of your quiet time is not to study **about** Christ, but to actually spend time with Him!

## HOW TO BEGIN A DAILY QUIET TIME

### 1. Select a SPECIFIC TIME.

The best time to have a quiet time is when I am at my best.

Another characteristic of a good time is one which is available to me almost every day.

(If the time you pick is not a time you have available to you every day your quiet time will get robbed away from you.)

Whatever time you set be consistent.

When is your best time of the day?

When is your available time?

When is a time that you have the most control over?

Besides our schedules, what are some things that keep us from spending time with God?

Testimonies about developing a quiet time.

### 2. Select a special PLACE to be alone.

People who have a special place or spot they like to go or be alone have an easier time remaining consistent. You keep your tools (journal, books, bible) in or near that place. And that place is waiting for you to meet and be with God there.

## 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 each morning: Am I going to get out of bed? ("The Battle of the Blankets") "Discipline yourself for Godliness!" The Christian life is one of discipline.

#### Suggestions

- Go to bed \_\_\_ **on time** \_\_\_\_\_.
- Get up \_\_\_ **immediately** \_\_\_\_\_.
- Be aware of quiet time \_\_\_ **robbers** \_\_\_\_\_.
- Fall asleep thinking \_\_\_ **spiritual thoughts** \_\_\_\_\_.

### 2. THE PROBLEMS OF DISTRACTIONS

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

#### Suggestions

- Get out of \_\_\_ **bed** \_\_\_\_\_.
- Get thoroughly \_\_\_ **awake** \_\_\_\_\_.
- Read and pray \_\_\_ **aloud** \_\_\_\_\_. (start by reading a few Psalms aloud)
- **Walk** \_\_\_\_\_ during your prayer time.
- Keep a \_\_\_ **notepad** \_\_\_\_\_ nearby.

### 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 \_\_\_ **feelings** \_\_\_\_\_.

#### Possible Causes of Spiritual Dryness

- Your physical condition.
- Disobedience to God.
- Rushing your quiet time.
- Getting in a rut.
- 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

- Make a covenant or vow to God.
- Schedule it on your daily calendar.
- Be prepared for Satan's excuses.
- Leave your Bible open at night to the passage for the next day!

##### What if I miss a day?

- Don't get on a guilt trip
- Don't be legalistic
- Don't give up

**It takes 3 weeks for you to become familiar with a new task. Then it takes another 3 weeks before it becomes a comfortable habit.**

*"Let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and 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."**

## SAMPLE PLAN FOR A QUIET TIME

### 1. RELAX

- Be still
- Slow down
- Take some deep breaths
- Wait

### 2. WORSHIP

- Sing or Listen to a worship song

### 3. READ

- SCRIPTURE
- Devotional Book

### 4. REFLECT

- Sin to \_\_\_confess\_\_\_\_\_?
- Promise to \_\_\_claim\_\_\_\_\_?
- Attitude to \_\_\_change\_\_\_\_\_?
- Command to \_\_\_obey\_\_\_\_\_?
- Example to \_\_\_follow\_\_\_\_\_?
- Prayer to \_\_\_pray\_\_\_\_\_?
- Error to \_\_\_avoid\_\_\_\_\_?
- Truth to \_\_\_believe\_\_\_\_\_?
- Something to \_\_\_thank God for\_\_\_\_\_?

### 5. JOURNAL

- Insights
- Favorite Verses
- Anything you think God is telling you
- Write out Prayers

### 6. PRAY

- Yourself
- Spouse
- Children
- Other Family/Friends
- Church and Church Leaders
- Government Leaders
- Special Needs