

MIDWEEK WORD POWER LESSON

The Necessity of Quiet Time & How to Develop It

Theme Scriptures

Psalm 32:8 (NLT)

The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you."

Isaiah 40:31 (AMP)

But those who wait for the LORD [who expect, look for, and hope in Him] will gain new strength and renew their power; they will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; they will run and not become weary, they will walk and not grow tired.

Psalm 62:5 (NLT)

Let all that I am wait quietly before God, for my hope is in him.

Introduction

Life is loud. Notifications, deadlines, opinions - everything is fighting for your attention.

Quiet time is where alignment with the will of God happens. It's where hope gets refilled and direction gets downloaded.

I. Why Quiet Time Is Necessary

#1 - Quiet Time Recenters Your Soul

When life pulls you in every direction, quiet time pulls you back to God.

- It slows your thoughts.
- It calms your emotions.
- It realigns your heart with truth.

Verse 5: "Let all that I am wait quietly before God..."

God doesn't just want your words - He wants all that you are.

#2 - Quiet Time Builds Real Dependence on God

Quiet time is saying, "God, I am not rushing ahead without You."

Waiting quietly shifts our confidence from self to God.

Verse 5: "...for my hope is in Him."

Hope grows when we stop striving and start trusting.

#3 - Quiet Time Sharpens Spiritual Hearing

God gives guidance, correction, comfort, and wisdom in quiet moments.

- Direction becomes clearer.
- Conviction becomes gentler.
- Faith becomes stronger.

Noise confuses. Stillness clarifies.

II. How to Develop a Consistent Quiet Time

1. Choose a Set Time

Consistency beats convenience.

- Morning (best for focus)
- Night (best for reflection)

Start small. Even 10 focused minutes beats an hour of distraction.

2. Choose a Set Place

Jesus often withdrew to quiet places.

Your environment shapes your experience.

- Same chair
- Same corner
- Same atmosphere

Your soul learns: "When I sit here, I meet with God."

3. Keep It a Simple Flow

Keep it real, not religious.

Simple Quiet Time Flow:

- Stillness - Sit quietly for a moment
- Scripture - Read a verse or short passage
- Prayer - Talk to God honestly
- Listening - Pause and let God speak
- Response - Write or act on what you receive

4. Eliminate Distractions

Silence the phone before the soul.

- Put devices away
- Turn off background noise
- Guard this time intentionally

Stillness is a decision.

Discussion Questions

- 1 What makes quiet time challenging in your current season?
- 2 How does noise (mental or external) affect your connection with God?
- 3 What stood out to you from Psalm 62:5?
- 4 When have you experienced God speaking clearly during quiet moments?
- 5 What practical change can you make this week to protect quiet time?

Faith Action Steps

- Choose one time and one place for quiet time
- Commit to 7 consecutive days
- Start with Psalm 62:5 each day
- Write down one thought, insight, or prayer daily

Psalm 62:5 (AMP)

For God alone my soul waits in silence and quietly submits to Him, for my hope is from Him.

Declaration

"I will wait quietly before God.
My hope is in Him.
I make space to hear His voice,
And I receive strength, peace, and direction."