



# NEXT SESSION 2

## TIME ALONE WITH GOD

**“But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.” James 1:25 (Ph)**

**"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 TIME ALONE WITH GOD

**DEFINITION: "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.**

**John: 15**

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

**“God is faithful, through whom you were called into fellowship with His Son, Jesus Christ our Lord.” 1 Corinthians 1:9**

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

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

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

**4. You cannot be a \_\_\_\_\_ 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."**

**Psalms 119:9**

# THE PURPOSE OF A DAILY TIME WITH GOD

## 1. TO GIVE \_\_\_\_\_ TO GOD.

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

God deserves our devotion! (Revelation 4:11)

God desires our devotion! (John 4:23)

## 2. TO GET \_\_\_\_\_ FROM GOD.

"Trust in the Lord with all your heart And do not lean on your own understanding. In all your ways acknowledge Him. And He will make your paths straight."  
Proverbs 3:5-6 (NASB)

## 2 Things To Do In A Quiet Time

Consider your way: "Ponder the path of your feet and let all your ways be established. Proverbs 4:26 (KJV)

"In all your ways acknowledge Him, and he will direct your paths."  
Proverbs 3:6 (KJV)

Commit your day: "Commit everything you do to the Lord. Trust him to help you do it and he will." Psalm 37:5 (LB)

## 3. TO DEEPEN YOUR \_\_\_\_\_ FOR GOD.

"Delight yourself in the Lord; and he will give you the desires of your heart."  
Psalm 37:4 (KJV)

**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!

## 4. TO GROW \_\_\_\_\_ LIKE GOD.

"Put on your new nature, and be renewed as you learn to know your Creator and become like him." Colossians 3:10 (NLT)

## HOW TO BEGIN A DAILY TIME WITH GOD

### 1. SELECT A SPECIFIC TIME.

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

Reasons for considering a early morning quiet time:

1. It starts your day off right.  
“ The best time to tune your instrument is before you play the concert, not after!”
2. It demonstrates that meeting with God is your first priority. You give him the first part of your day!
3. You are likely to be more rested; your mind is less cluttered, and it's often the quietest time!

Whatever times you set, \_\_\_\_\_.

## HOW LONG SHOULD A TIME WITH GOD BE:

### 3 Guidelines

Start and let it grow.  
Don't watch the clock!  
Emphasize quality, not quantity!

### 2. CHOOSE A SPECIAL PLACE.

"Jesus left the city and went, as he usually did, to the Mount of Olives ... to pray." Luke 22:39 (NIV)

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 (NIV)

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

1. A Study Bible.
2. A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.
3. A Worship Playlist - if you want to sing.

#### 4. BEGIN WITH THE RIGHT ATTITUDES

\_\_\_\_\_ .  
"Be still, and know that I am God." Psalm 46:10 (NIV)

\_\_\_\_\_ .  
"Open my eyes to see wonderful things in your Word." Psalm 119:18 (LB)

\_\_\_\_\_ .  
"The thing you should want most is God's kingdom and doing what God wants" Matthew 6:33 (Ph)

#### 5. FOLLOW A SIMPLE PLAN

##### (A Plan To Get You Started)

1. \_\_\_\_\_ .  
Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.
2. \_\_\_\_\_ .  
Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.
3. \_\_\_\_\_ .  
You may use the S.P.A.C.E.P.E.T.S. or any of the 6 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.
4. \_\_\_\_\_ .  
Write out a personal application. What will you do in response?  
"Thoughts disentangle themselves when they pass through the lips and the fingertips."
5. \_\_\_\_\_ .  
Conclude your Quiet Time by talking to God about what He has shown you and making your requests from Our prayer list.

Identify Your Time: \_\_\_\_\_

Identify Your Place: \_\_\_\_\_

# HOW TO OVERCOME THE PROBLEMS WITH YOUR TIME ALONE WITH GOD

## 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”)

### 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:

- Get out of \_\_\_\_\_.
- Get thoroughly \_\_\_\_\_.
- Read and pray \_\_\_\_\_.
- \_\_\_\_\_ during your prayer time.
- 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.

"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 (LB)

#### OTHER RESOURCES:

Celebration of Discipline By Richard J. Foster  
Growth Track, Every Sunday at Liberty Church  
D-Group, Contact the church office

#### 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."