

Appointment with God: Making Time For God Daily in 2026



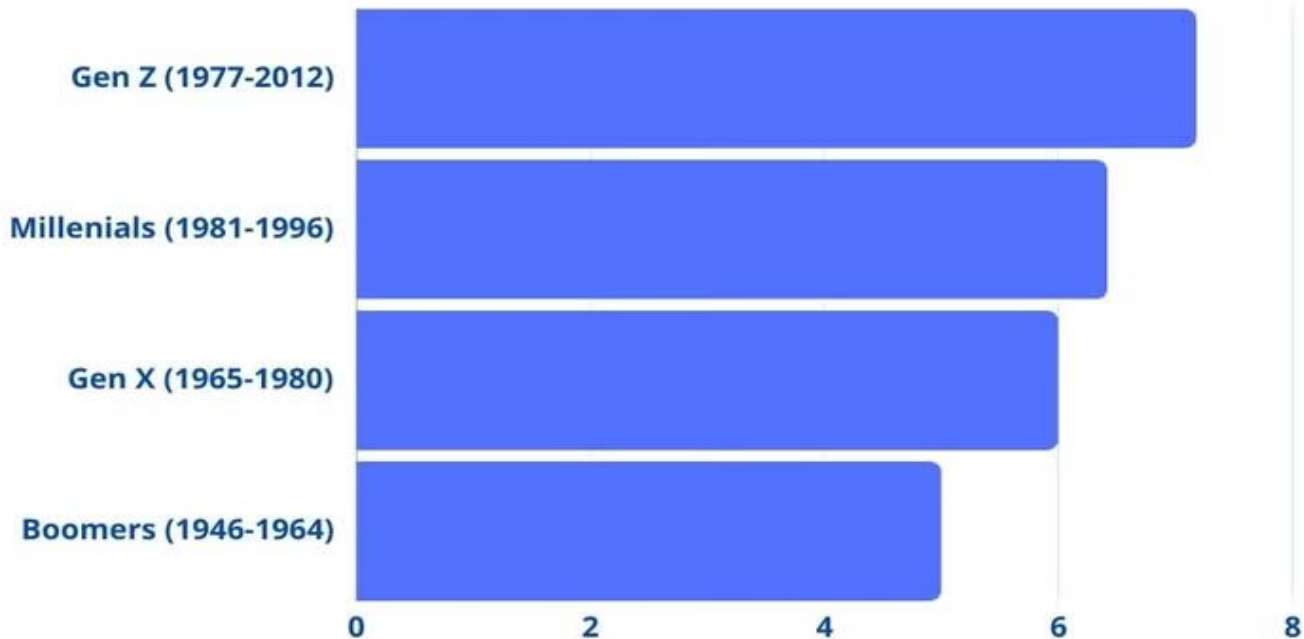
- On a scale of 1-10 how satisfied are you with your daily quiet time with God this past year?
- What is one area in your personal relationship to the Lord that you want to grow in during 2026?
- What distractions or busyness get in the way of hindering your daily quiet time?
- What is one step that you can take in 2026 to grow closer to God?
- Who is God calling you to pray for and reach/witness to during 2026?

What is Quiet Time?

- Quiet time is a focused time spent with God that nurtures our personal relationship with Jesus!
- The purpose of quiet time is to meet God, to experience God, to worship God, to commune with God. It is a time of personal fellowship with God!

Screen Time by Generation

(in hours)



Jesus had a Quiet Time!

- The divine son of God had a deep devotion and intimacy with His Father while He was on earth. The gospels tell us several times that Jesus went away to be alone with the Father!
- Mark 1:35
- Mark 6:46-47
- Luke 5:16
- Luke 6:12

David had a Quiet Time!

2 Samuel 7:18-29

- He sat before the Lord (vs. 18)
- Reviewing the past blessings of God. (vs. 18-21)
- Reflecting on the nature of God. (vs. 22-24)
- Remembering the promises of God. (vs. 25-28)
- He made request of God. (vs. 29)

Tips for Quiet Time:

1. Have an appointed time.
2. Have a regular place where you meet with God.
3. Spend time with God!

Spend Time with God!

- Start with a simple, short and sweet prayer asking the Holy Spirit to speak to me and bless my time with the Lord today!
- Spend time reading and meditating on the scriptures
- You can also use devotional books, materials and godly books to complement your time with God.
- Finish with ACTS prayers. (Adoration, Confession, Thanksgiving and Supplication)

Additional Tips

1. Give yourself grace
2. Start Small
3. Be Consistent
4. Make Quiet Time fun!!