

Daily Quiet Time With God

Jesus had quiet time with God. (Mark 1:35)

If having a quiet time with God was important to Jesus, it should be important to us.

QUIET TIME: a private, one-on-one time with God that you do first thing in the morning. During that time, you pray, read your Bible, meditate on what you read, and listen to the voice of God.

No matter how busy Jesus was, He always took time to have a quiet time with God. (Matthew 14:14-25; 26:36-44)

3 reasons why we need to have a quiet time with God:

- 1. It's the only way to develop an intimate relationship with Him.*
You can't know God if you don't spend time with Him.
1 John 2:4: Whoever says, "I know him," but doesn't keep His commandments is a liar, and the truth is not in him. That word 'know' means to know intimately.
- 2. To increase your knowledge of Him and His Word.*
The more you know, the more you grow as a Christian. If you're not learning, you're not growing. (1 Corinthians 3:1-2, Hebrews 5:12-14; 6:1)
- 3. The process itself requires you to evaluate yourself on a daily basis.*
When we read and meditate on God's word it reveals the areas we need to improve in and work on. It causes us to personally evaluate whether or not we're living the way God's word tells us to and if not, it convicts us to repent and change. 2 Peter 1:12-13, 1 Corinthians 11:1

How to do a QUIET TIME with God:

1. Have a consistent time. (Mark 1:35)

Ideally, it needs to be first thing in the morning. (Psalm 5:1-3)

Principle of First Fruits: by virtue of who God is He deserves the best of everything and the first of everything.

Doing your quiet time in the morning means you have less chance of something happening that would keep you from doing it.

2. Prepare your heart to hear God speaking to you through His Word. (Psalm 119:18, 1 Corinthians 2:12)
3. Read the Bible.

When you read a devotional, you're reading the wonderful things God has shown someone else. But this is YOUR time with God and YOUR time to hear God speak to you!

Choose what you read from God's Word. If you've never done a quiet time, it's best to start with the New Testament.

Perspicuous: *clearly expressed and easily understood.*

Doctrine of Perspicuity: *the belief that the central message of the Bible is clear and understandable and as a result, it can be interpreted in a normal, literal sense.*

4. After you discover the meaning of the passage of scripture you're reading, then meditate on it. (Joshua 1:8, Psalm 19:14; 119:15-16)

We're NOT trying to achieve a mentally clear and emotionally calm state by emptying our mind.

Meditation in the Bible means "to engage in contemplation and reflection."

5. Pray.

