

Discipleship Study 5

The Quiet Time

Having a 'quiet time' is the habit of spending a period of time with God, preferably daily. Do pray first before starting this study.

Section 1 — What is the believer instructed to do in Psalm 46:10?

The believer is commanded to be _____ and know that He is _____ .

This requires the laying aside of other activities for a period of time known as a quiet time. A daily quiet time spent in the presence of God is a great way of getting to know God and gaining spiritual strength for facing the trials and temptations of daily life.

If you take up this valuable spiritual habit, you will soon find it to be a great blessing and you will not want to miss it. But be warned, the devil will certainly seek to hinder you! It is doubtful if any Christian will attain real usefulness for God without the discipline of a daily quiet time. So stick at it!

Section 2 — Frequency

2a Matthew 6:9-11 gives a strong indication of the frequency that the Lord Jesus suggests for encounters with God.

How often does the Lord suggest?

He suggests a _____ time of prayer & fellowship with God.

2b See also Matthew 4:4. What is as important as your daily food?

Every _____ that proceeds from the mouth of God?

2c According to Daniel 6:10, what did Daniel do three times every day?

He _____ and _____ three times per day.

2d How many times per day did David seek to meet with God (Psalm 55:17)?

He met with God _____ times per day.

2e At what particular times did King David like to meet with God (Psalm 55:17)?

King David met with God at _____ , _____ , and at _____ .

To begin with, one good time spent with God every morning is a good aim for the new believer.

Section 3 — Location

Matthew 14:23 tells us of a location where the Lord Jesus' went to pray.

What was it? It was a _____. Such extreme steps will not normally be necessary, but you will need to find a place where you can have some quiet in order to meet with God! A quiet, reasonably comfortable place is the main requirement.

Section 4 — A suggested plan for a quiet time is as follows:

4a Read a portion of scripture. To start with, this would be best taken from the New Testament. Later on, a good plan is to read one Old Testament passage and one New Testament passage per day. This means you will cover the Bible regularly in your daily readings. Read just enough to find some heart warming and challenging truths from the Bible. Remember that this is not a Bible study time, so do not get too analytical or try to cover too much scripture! Look for a blessing to be thankful for, a truth to cherish, a command to obey, and a promise to claim.

4b Pray briefly about these truths, and about your various needs—personal; family; the day before you; your pastor; your church needs; salvation of lost people; special needs; health needs; missionaries; etc.

Use the “**ACTS**” outline (remember to address your Heavenly Father)—

Adoration—tell your Father how wonderful He is and How much you love Him.

Confession—tell your Father about your sins.

Thanksgiving—thank your Father for the many things He has given to you.

Supplication (asking)—ask your Father for things you need (John 16:23-24).

As you grow spiritually, you will find that you will want to extend this quiet time. However start off with a fairly brief period (suggested ten minutes), lest you get discouraged.

4c Sing a verse of praise from a spiritual song aloud or in your heart (optional).

Conclusion

God made you for fellowship with Him. To fail to set aside time for such divine fellowship is to rob God of the very thing He wishes from you! Remember God tells us that He is jealous, and He is certainly jealous of anything that would steal away time that should be spent on Him (see Exodus 20:5). Failure to spend time with God regularly breaks the first commandment, because this indicates that other things have taken His rightful place (Exodus 20:3). On occasions due to unforeseen events arising, you may miss your planned appointment with God. However be sure to fit it in later in the day, and try to get back to normal routine the next day.

An assignment sheet for Quiet Times is available to help you get started.

Memory verse —

‘Be still, and know that I am God.’ (Psalm 46:10)

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