

How To Have A Daily Quiet Time Alone With God

Consequential inconsequential decisions...

There are things we agonize about concerning life, when in reality turn out to be relatively inconsequential. I can remember as a university student agonizing over my degree plan when in reality current statistics tell us that less than 30% of college graduates remain in their chosen field of studies. I can remember friends who agonized over whether to call a girl for a date, a girl who they did not marry and whom they never even think about now that they have met God's will for their lives. The list goes on and on. Cars bought and sold and long forgotten, homes bought and sold and long forgotten. Jobs and careers begun and ended and long forgotten. The longer you live the more you realize that some of the decisions that you thought at the time were the most important you would make in your life were in reality relatively inconsequential.

Contrastingly a decision made on a whim may become one of the most important decisions you can make. I have a friend who was thinking of changing his insurance. He had not had a physical in five years and now they would require one. His company sent around an inter-office email saying that a medical van would be in the parking lot for the next few days and anyone who wanted a free physical was welcome to sign up. On a whim he took advantage of this free offer, was found to have the early stages of a very aggressive form of cancer and the long and short of it is that he has been told that if he had waited another month he would not be alive today.

This was my experience as a university student with the Daily Quiet Time Alone With God. I was agonizing about many decisions, courses of studies, living accommodations, relationships, work vs. studies and in the midst of all these important decisions on a whim I agreed to meet with an upperclassman in the morning before breakfast each day to learn how to have a Daily Quiet Time Alone With God. What was done on a whim turned out to be the single most important spiritual decision of my life after receiving Christ as my personal Lord and Savior.

There are some things we just do in life...

- A) When the alarm goes off we get out of bed. When we get out of bed we put on our clothes. We brush our teeth, take care of personal hygiene, eat, get to work on time – these are just things we do. Our Daily Quiet Time Alone With God needs to be moved up on our priority list to this level. Can you imagine someone showing up at work and saying, “Putting on clothes every morning is so legalistic, I have just been in a rut lately in my getting dressed. I am going to skip it for a while – after all, I don't live under the law!” Now think of this same statement as it has to do with bathing, brushing ones teeth or any other area of personal hygiene. What about eating – “Hey the Bible doesn't say I have to eat to go to heaven, so don't try to put me under the Law!” These statements are of course nonsensical but I hear them repeatedly as they pertain to our Daily Quiet Time Alone With God.

B) It is the same with our walk with God

1. We get up with the alarm and meet with God...

Palms 5:3 In the morning, O Lord, Thou wilt hear my voice; In the morning I will order my prayer to Thee and eagerly watch.

Palms 119:147 – 149 I rise before dawn and cry for help; I wait for Thy words. My eyes anticipate the night watches, That I may meditate on Thy word. Hear my voice according to Thy lovingkindness; Revive me, O Lord, according to Thine ordinances. Mark 1:35 And in the early morning, while it was still dark, He arose and went out and departed to a lonely place, and was praying there.

2. We cleanse ourselves with the Word of God

John 17:17 Sanctify them in the truth; Thy word is truth.

Ephesians 5:26 that He might sanctify her, having cleansed her by the washing of water with the word,

3. We feed ourselves spiritually from the Word of God

I Timothy 4:6; “In pointing out these things to the brethren, you will be a good servant of Christ Jesus, constantly nourished on the words of the faith and of the sound doctrine which you have been following.”

I Peter 2:2 “like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation,”

- a. There is nothing we eat during the day that we can say was especially essential. Yet if we do not eat we feel it immediately.
- b. It is the same with our Daily Quiet Time Alone With God. We may not see the instant results of meeting with God, but we will feel it when we do not meet with God.

4. Then the last thing we do before beginning our day - we take a look at ourselves in the mirror

James 1:22-25 But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. 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 shall be blessed in what he does.

I)

II) How To Use These Worksheets In Your Daily Quiet Time Alone With God

First you need a relatively quiet spot...

Turn off the TV, the CD, the IPOD or whatever, this is a time for listening to God. Your circumstances may not permit absolute solitude but you should work to have a quiet, intimate conversation with God. Picture yourself with your spouse, a close friend or someone who is sharing an intimate problem – what would be the environment you would choose to communicate both privacy and attention, that you are taking this person seriously. Now do the same for God. The Quiet Time is a time for God to speak and you to listen. (For instruction on how to integrate prayer into your Daily Quiet Time Alone With God – go to the gciweb.org and download the Workbook Entitled **Lord Teach Us To Pray** .

Next Ask God To Speak To You From God’s Word...

Take a moment to say a short prayer and ask God to speak to you from His inspired, holy,

eternal, inerrant, written Word. If you wish you can use *Palms 119:147 – 149* “*I rise before dawn and cry for help; I wait for Thy words. My eyes anticipate the night watches, That I may meditate on Thy word. Hear my voice according to Thy lovingkindness; Revive me, O Lord, according to Thine ordinances*” .as a guide to your opening prayer.

Be Sure To Read The Theme of The Quiet Time Sheet...

Each Quiet Time Sheet has a specific theme. Although the verse may contain many interesting points, remember you are asking God to speak to you along the lines of the theme of the QT and the passage. We all know the frustration of talking to someone along a specific line of thought, really trying to communicate with them the importance of what we are saying and then having them reply with some off the wall comment dealing with a minor subpoint of all that we were saying. We want to shout, “Were you even listening to anything I have been saying the last 15 minutes?” God is no different. In these quiet times the passages deal with a specific theme. Enjoy the Word of God but pay attention to what He is saying.

Now Turn To The Passage From God’s Word...

As you read listen carefully to what God is saying. Read the passages several times. Take time to look up in a dictionary any words which you do not understand. Continually ask God to give you clarity of mind and understanding in terms of what He is saying. Remember, God is speaking frankly and directly to you, you need not look for mystical meanings or double meanings. God the Holy Spirit is a very frank and forthright communicator. He Himself has assured us of this when He assures us in Deut 30:11-14 "For this commandment which I command you today is not too difficult for you, nor is it out of reach. It is not in heaven, that you should say, 'Who will go up to heaven for us to get it for us and make us hear it, that we may observe it?' Nor is it beyond the sea, that you should say, 'Who will cross the sea for us to get it for us and make us hear it, that we may observe it?' But the word is very near you, in your mouth and in your heart, that you may observe it." Approach the Word of God with confidence believing that God means just exactly what He is saying.

Fill In The Quiet Time Sheet

Each question is designed to lead you into the application of God’s Word to your life. Meditation for the Christian is not clearing his mind of all thoughts while he waits for God to speak, rather that is the definition of pagan meditation. Rather God the Holy Spirit tells us clearly that Christian meditation is filling our mind with the holy, eternal, inspired, inerrant, written Word of God and then seeking God’s help and empowerment in applying it to our daily lives. God the Holy Spirit could not be clearer about this fact when He teaches us in

Joshua 1:8 "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success." Fill your mind with God’s Word and then meditate upon it for the purpose of obedience, this is the will of God, this is the expectation of the Holy Spirit.

Close In Prayer Asking The Lord To Help You Obey His Commands...

Now close your time with God in prayer. Ask God to help you obey him throughout the day. Meditate especially on this truth and look for opportunities to put it into practice and to share it with other.