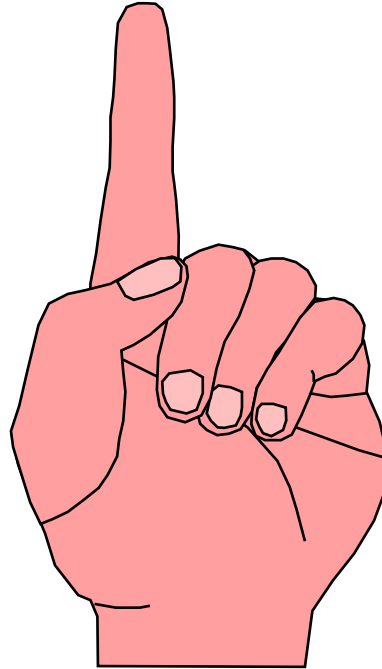


Why and How to have a Quiet Time



What is a quiet time? A quiet time is simply setting aside a few quiet minutes to meet with God. It generally consists of prayer, a selected scripture reading, and some more prayer. It is a key for you to grow in your relationship with Jesus Christ!

A fifteen to thirty minute time period works well, here's a suggested format for a fifteen minute quiet time:

1st five minutes Praise & Prayer!

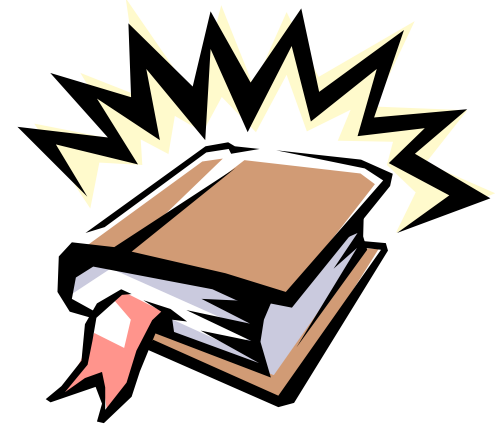
This is a time to draw you close to God thanking Him for His blessings and declaring His majesty, then asking for the Holy Spirit to speak to your heart through prayer and the scriptures. The Lord's Prayer (found in Matthew 6:9-13) provides a great outline: **"Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven..."** First acknowledging who God is and bringing yourself under His authority. **"Give us this day our daily bread...."** Next asking for His provision and acknowledging He is your provider. **"And forgive us our debts, As we forgive our debtors."**

Then confessing your sin to Him and asking for His help in living a life that honors Him by treating others with grace as you have been treated when Jesus redeemed you from sin. **"And do not lead us into temptation, But deliver us from the evil one...."** After that asking Him for help in avoiding the pitfalls of life as we battle against the wiles of the devil and seeking His wisdom in understanding what is going on in the world around us. **"For Yours is the kingdom and the power and the glory forever. Amen.** Again acknowledging that He is God Almighty and that victory is assured in and through the fact that His is the kingdom, power, and glory forever! All authority has been given to Jesus.

*Draw near to
God and He
will draw
near to you!*

2nd five minutes Reading the Bible. Read it, think about it, read it again, and think about it again. We call this meditating. What is God saying through the scriptures? Remember "***all scripture is inspired by God and profitable for teaching, reproof, correction and training in righteousness.***"

II Tim. 3:16. The Bible is your guide to understanding God's character, values, and plans. Make notes in the margins and underline key passages in your Bible. It helps to understand that the Bible is made up of 66 Books that the Holy Spirit inspired several men to record as **God's special revelation to man.**



39 books make up the Old Testament:

How God began relating to man (***Genesis - Deuteronomy***) The History of Israel (***Joshua - Esther***)
Wisdom Literature (***Job - Song of Solomon***) The Writings of the Prophets which chronologically coincide with the History of Israel (***Isaiah - Malachi*** note: ***Lamentations*** was written by ***Jeremiah***).

The Old Testament is the foundation for the New Testament message that Jesus is the Christ!

27 books make up the New Testament:

The Gospels or 4 records of Jesus' life (***Matthew - John***) The Beginning of the Church (***Acts***) Letters to early churches from the early apostles (***Romans - Jude***) The Revelation to John regarding Jesus' Return to Earth. (***Revelation***).

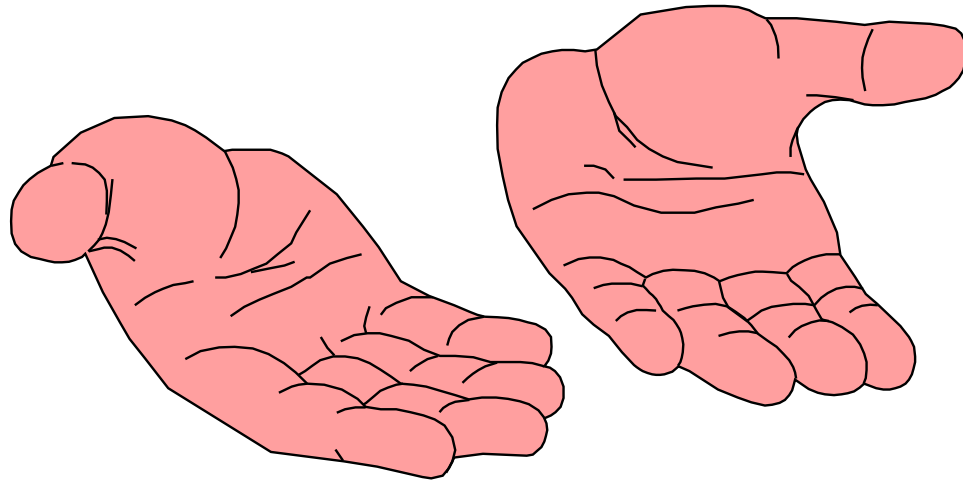
*When you ask
God to direct
your paths He
will!*

3rd five minutes Listen, Learn, Live.

Ask God to conform you to be like Jesus, lift up your requests to Him and thank Him for the answers that He has given you to previous prayers. This is the practical application regarding the Christian life. The Bible says **"But be doers of the word, not hearers only...."** When you ask God to direct your paths, He will. The key is to be able to differentiate His voice from the desires of your flesh and the tricks of the devil. The only way to be able to clearly know His voice is to spend time with Him, then to live in obedience to His commandments as you relate to other believers and a world that desperately needs to know Him and His ways. Most important take action and trust God to bring blessing out of your obedience.



Why have a quiet time? God is relational. He loves you and wants to be with you. If you love Him, you will want to be with Him too. A quiet time is simply a special appointment with your Heavenly Father. When you take time with Him He speaks to your heart and directs your life. He gives you His perspective on the world around you and how to deal with what life is throwing at you. Relating to Him through prayer, listening and meditating on the Bible builds your faith and helps you to see what God is doing around you even though you can't physically see or touch Him.



How do you have a quiet time? Find a time and place where you can meet regularly with God. Usually a quiet corner in the house a favorite chair a spot you really enjoy being is the best location. However, you can have a quiet time anywhere even in a noisy room if need be. You simply have to focus on Him and block out the distractions around you. Most people find that first thing in the morning works best, before your mind gets cluttered with the activities and challenges of the day.

The more you get into having a quiet time the more you'll desire to lengthen that time. Some people will be able to spend an hour or more, some will need to contain their quiet time to an allotted time period. Remember though, nothing can stop you from having fellowship with your Heavenly Father all through out the day!

***You can have fellowship
with your Heavenly
Father throughout the
entire day!!***

When asked what is most important, people who sell real estate will say there are three things of utmost importance that affect price, sell ability and resale they are: Location, Location, Location. Well, to piggy back on that idea, when it comes to walking consistently in obedience to Christ there are three things that matter, they are: Do it, Do it, Do it! The Bible says ***"draw near to God and He will draw near to you...."*** You can do so by developing a consistent Quiet Time!

Rod Lawrence
Luke 2:52 Ministries
400 Market Place
Benton Harbor, MI 49022
(574) 806-4445