## **Lesson # 2 HOW TO SPEND A QUIET TIME WITH GOD**

I. Give the Lord the BEST PART OF YOUR DAY.

 A. Come to Him in the morning.

*And Abraham got up early in the morning to the place where he stood before the Lord (Gen. 19:27)*

 *And in the morning came the word of the Lord unto me (Ezek. 12:8).*

*Satisfy us in the morning with thy steadfast love, that we may rejoice and be glad all our days (Ps. 90:14, RSV).*

B. Spend your time in prayer and adoration.

*My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee (Ps. 5:3).*

C. Get your direction. A good soldier likes to get his orders before he goes into battle.

*Cause me to hear thy loving kindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee (Ps. 143:8).*

D. We need our nourishment for growth and strength. What is the first thing a baby desires in the morning? Milk!

*As newborn babes, desire the sincere milk of the word, that ye may grow thereby (1 Pet. 2:2).*

II. Be PRACTICAL and CONSISTENT.

 A. Pick a quiet place, indoors and out.

B. Meet the Lord faithfully. He will not stand you up or be late. He desires your fellowship.

III. Always bring your BIBLE and your SPIRITUAL NOTEBOOK OR SPIRITUAL JOURNAL to the place where you spend your "quiet time".

A. Read to meet with Christ personally; seek to know Him! The better you know Him, the more you will value His Word. The desire of Paul's heart was to know Christ at the deepest possible level of personal relationship. Unlike the other apostles, Paul never had the privilege of knowing Christ in the flesh. He knew Him like we know Him. Their relationship was a spiritual union based on faith.

That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death (Phil. 3:10).

B. Come to your "quiet time" in faith. God is seeking your fellowship and wants to give you an abundant life.

*But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and truth; for the Father seeketh such to worship him (John 4:23).*

I am come that they might have life, and…have it more abundantly (John 10:10).

 C. Come to your "quiet time" expecting a blessing!

*And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened (Luke 11:9-10)*

IV. Read with your mind OPEN TO GOD.

 A. Desire content more than mileage.

B. A "quiet time" is brief. It is time for inspiration and fellowship rather than serious Bible study. Plan to begin reading at least one psalm, proverb or chapter per day.

C. Note areas of interest and give them special attention in your Bible studies later in the day or week.

D. As you read, you will find verses you want to memorize. Mark them, and add them to the list of verses in the SCRIPTURE MEMORY section of your Spiritual Notebook.

V. Walk by FAITH---expecting some dry days.

A. Remember your body gets physically tired and when it does you will normally need to stop and rest. Unless you are lazy by nature, the most spiritual thing you can do when you are tired is to sleep!

*It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep (Ps. 127.2, RSV).*

*And he said to them, "Come away by yourselves to a lonely place, and rest a while". For many were coming and going, and they had no leisure even to eat (Mark 6:31, RSV).*

 B. Plan ahead.

1. Your "quiet time" really begins the night before. Plan to go to bed early enough to be alert the next morning.

2. Build your day around your "quiet time". The devil will see to it that there is no convenient time to build it into your day.

3. Anticipate challenge! If you miss a day, do not be discouraged, and do not decide that your "quiet time" was a bad idea. Discipleship is a way of life. It is steady and dependable. If you drop the ball, simply pick it up and continue on.

*And let us not be weary in well doing: for in due season we shall reap, if we faint not (Gal. 6:9).*

VI. RECORD the insights that the Lord teaches you. WRITE THEM DOWN in this section of you Spiritual Notebook.

VII. PRAISE THE LORD for the divine opportunities of the new day! Thank Him for being in you and for giving you His full provision for each need and challenge of the day.

A SUGGESTED QUIET TIME PLAN

(15 Minutes each morning minimum., 25 minutes max.)

**I. MEDITATE in the Psalms.**

A. Perhaps no portion of God's Word has been more widely read for inspiration than the Psalms. Reading one psalm each morning is an ideal way to begin having daily "quiet time".

 1. Fellowship is your objective. Start the day with the Lord!

 2. Be consistent! He will never fail to meet you for your "quiet time".

B. Use the "Day of the Month Plan"!

1. The Book of Psalms has 150 individual psalms. If you read thirty psalms each month you will complete the book in five months.
2. A few longer psalms may require additional reading during the day.
3. Some months do not have thirty days. If you have an extra morning read elsewhere in the Bible.
4. The advantage of this plan is that you know exactly where you are to read each day. It is simple, effective, and enjoyable.
5. If you miss a morning, do not go back. Keep on schedule with your calendar. You will come to enjoy the psalm you missed the next time you read through the book.
6. The Bible, unlike most other books, is not intended for one reading. You may read it through 100 times in your life, but it will never be drained of its freshness, power, or truth.
7. You can read the Book of Psalms approximately two and one-third times during the year reading by calendar; so, plan to start this exciting devotional practice soon. (What psalm will you read tomorrow morning?)
8. You do not need to wait until the first of the month to begin. Simply start reading between Psalms 1 and 30 according to the day of the month.
9. As you read, pray! Let the Lord know how much you love him. Seek His direction. Entrust him with each problem and opportunity of the day.

**II. STUDY the Proverbs**.

A. The Book of Proverbs contains practical wisdom, which we need to live effective Christian lives. It has been a devotional favorite of millions of Christians through the years.

**B. Use the "Day of the Month Plan"**

1. After you have been faithful in reading one psalm each morning for a month, you can add Proverbs to your daily "Quiet Time".

2. There are thirty-one proverbs in the book -- one for each day in the month. Reading by the calendar, you can enjoy the entire book six times in only six months.

3. Covering the proverbs repeatedly will saturate your heart and mind with important principles needed for effective Christian living.

C. Pray before you read, as you read, and all during the day! Meditate on the truths God taught you during the morning. The real joy and benefit of your "quiet time" will come all day along as you apply what God showed you. An effective "quiet time" changes your attitudes and builds a Christ-like character.

**III REFLECT on the Gospels.**

A. The Gospels are filled with passages which God has used to transform, instruct, and inspire the lives of devotional readers. Its real-life stories, parables, and vivid illustrations were inspired by the Holy Spirit to show us the fullness of Christ. One could not select a more rewarding area of the Bible to read morning by morning during his “quiet time”.

Serious Study: During your “quiet time” simply note the chapters or passages that need serious study. List the references you want to study under the heading “Special Studies from My Quiet Time” found in this section of your Spiritual Notebook.

If you are reading from Psalms and Proverbs in your daily “quiet time”, you may want to add the Gospels. One or two chapters in the Gospels each will probably be all you can adequately cover.

**IV Begin reading from the beginning of the Bible.**

 The Old Testament provides an important foundation for your faith. It also gives you history, character qualities both good and bad and it will help you see as God sees.

God inspires all Scripture; so, the entire Bible is potential material for devotional reading. However, some books in the Old Testament will obviously lend themselves to study rather than “quiet time” read.

Many books in the Old Testament are excellent for “quiet time” reading. A paraphrase version, such as The Living Bible, will be especially helpful in making the Old Testament come alive.

**V. REMEMBER a few general suggestions.**

Remember to keep your “quiet time” fresh! If your reading becomes dull after an extended period of devotions in one area of the Bible, move on to a new area.

Inspiration: Remember that a “quiet time” is brief and intended for inspiration.

A modern translation of the Bible is suggested for your reading of the Psalms and the Proverbs. It is rewarding to build your own paraphrases as you read and re-read two wonderful books. In the Psalms, learn to feel with the psalmist. In the Proverbs learn to think with the wise author. You can always rely on outside help for verses that you cannot understand.

Expect your “quiet time” to grow better and deeper! As you mature in your Christian life, your “quiet time” will mature too. Like a child that grows to manhood, your capacity to take in spiritual food will increase with the years. It is said that Martin Luther felt he needed three hours with the Lord at the start of each day. The busier he became, the more he sensed his need and total dependence on Christ. He spent more time with the Lord because he needed greater strength and guidance.

Satan does not want you to establish a time of vital daily fellowship with Christ, so beware of his desire to interfere with your plans. When you miss a day, he will often condemn you. He will try to make you feel guilty and undependable. Romans 8:1 says, “There is therefore now no condemnation for those who are in Christ Jesus” (RSV). Be encouraged by the fact that as a born-again child of God, you are not owned by Satan (1 Cor. 6:19-20). He has no right to criticize or condemn you. Guilt is a weapon he uses to discourage Christians who want to be faithful in having a “quiet time”.

God encourages and challenges! He wants to give us His best food – the Word of God. If we procrastinate and skip spiritual meals through negligence, we will suffer from “spiritual malnutrition”. When He allows us to see our mediocre lives, we are convicted of our need to re-establish our times of spiritual fellowship and feeding with Him.

Our spiritual intake is exactly like our physical intake. Our strength and well being are directly related to nourishment. When we miss a meal physically, we know it and usually we feel it, but we do not say, “I am too undisciplined to eat! I am going to give up the idea and never eat again”. Instead we compensate for the loss at our next meal. We simply take the loss in stride and keep on moving. The “quiet time” is a life commitment. It is best understood in the natural context of eating (1 Pet. 2:2). If you miss a spiritual meal, eat heartily the next day and press on!

If missing your “quiet time” involves a direct act of omission then confess your spiritual failure, claiming God’s promise of forgiveness and cleansing in 1 John 1:9.

If you were doing His will when you missed your “quiet time”, rest in that fact. Thank Him for His adequacy and do not feel guilty. Remember, Satan wants you to get discouraged so resist the devil and he will flee from you” (James 4:7).

Enjoy your “quiet time” and share its inspiration all through the day. Your “quiet time” is part of a natural way of life not intended to become legalistic. Like the Sabbath, it was made for man, not vice versa.

**SAMPLE QUIET TIMES**

**OLD TESTAMENT**

Daniel 4:1 - 37 5/26/82

V1 - 3 The king wanted to share his news about God. He wanted to tell others of Gods wonders. We should tell of the wonders that God has done in our lives.

V4 - 9 God reveals his signs to whom he chooses. Although the King knew and had faith in Daniel, he still called his other wise men. May times we try everything first and God last. I will try to go to God first, not forsaking to do that which he has given me the ability to do.

V10 - 17 the Kings Dream

V18 the king again recognizes that the Spirit of God is with Daniel.

V19 Daniel seemed to like the king and was astonished at the dream and the interpretation of it. No matter how much we love someone in our way, we cannot go against the judgment of God. God gives us signs, wisdom and His Word to warn us. We must heed the warnings. Daniel warned the King through the interpretation and advised him as to how he may avoid these happenings. (V27)

V28 God delayed judgement for 12 months. The king became prouder. We often think because God is patient and willing for us to turn from our wicked way and delays His judgement that He doesn’t mean what He says. The King found out differently. God's judgment was as he said it would be. After the sentence was over for the King, he gave all honor and glory to God and I assume he did this to the end of his days.

Key thought: God has told us the sentence for those who die in their sin is eternal torment, but through accepting Christ we can have eternal life with Him. Just because it has not happened yet does not mean it won’t happen. Our great God is a long-suffering God.

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**NEW TESTAMENT**

1 Thess 2:1 - 9 3/13/96

V1 I believe this chapter is reminding the Thessolonians about his visits. He is about to give instructions and wants to set the foundation on his authority to do so. V2 Paul and the others suffered abuse and insults, but still in spite of opposition, delivered the gospel. How quickly do we change or stop when we face opposition? No one said that the road would be easy, quite the contrary. Paul could tell them that he spoke the truth and did no try to trick them into believing anything. V4 they were men approved by God, not pleasing other men or themselves with greed. They were not seeking praises. I do believe that God does not approve everyone who preaches the gospel. God tests the heart. Paul could say these things because he left a history, a record and memories if his actions and his words matched what he did. He did not seek to be served but worked in order not to be a burden. Paul was within his right to expect to be cared for but he did not accept it. These points Paul talks about are still relevant. Many of today’s “preachers” cannot say them. I pray that when God looks into my heart, He is pleased.