



## Quiet Time

The Quiet Time life skill is a spiritual habit or discipline that will equip you for a lifetime of walking closely with Christ and growing in your union with Him.

Meeting regularly with Christ is like using a compass. A compass has been standard equipment for travelers for centuries. A compass is especially critical for anyone climbing in the mountains because it gives a reliable point of reference. It allows a climber to keep on track no matter what the conditions are around him. Likewise, your Quiet Time will allow you to check your spiritual position, get your bearings and chart your course as you keep your eyes and heart on Christ.



A Quiet Time is a regular, daily time when you relate with Christ through his Word and prayer. This spiritual discipline has been called by many names, but it has proven essential throughout Christian history in every age and culture.

We are accustomed to making appointments for just about everything. We agree that spending time with God is important but until we get it on our appointment calendar it remains just a good intention. Establishing the habit of meeting with God on a regular basis is foundational to developing a deeper relationship with Christ. Meeting in corporate worship is no substitute for individual interaction with God. Periodic time with God is not as effective as consistent time with him.

Learning a new skill or habit is awkward initially. It usually takes a number of tries and a few falls to learn to ride a bike. Initially you may find that 10 to 15 minutes a day is adequate for your Quiet Time. But as you develop your relationship with Christ, your desire to spend time in his presence will increase. On the other hand, some days you may find it tough to get even 10 minutes. Don't make the mistake of measuring your relationship with Christ based on the performance of the discipline. Disciplines are necessary but they are not a merit system with God.

Keep your eyes and heart on Christ and let the disciplines and skills become like the sails on a ship. In the same way the sails catch the wind and power the ship, so also

the spiritual disciplines catch the wind of the Spirit of God. He is the power behind our quest to follow Christ.

## **Strategy**

In order to establish a consistent Quiet Time, you need to establish a realistic time, place, and plan.

## **Time**

Identify a consistent time during the day when you can get alone with God. There is no time that is right or wrong but there is a time that will work best for you. It needs to be a time when you are alert, which may be the first thing in the day for some or at the end of the day for others. The best time for you may be over lunch or before work.

The length of time spent each day in a Quiet Time is not as critical as the habit of doing it consistently. Begin with 15 minutes until it becomes a habit. Once you have developed the habit, it is easy to expand it as needed.

My Time: \_\_\_\_\_

## **Place**

You need to identify a place where you can meet with God privately, regularly and free from distractions. It may be a special room or a favorite chair in your home or office. You will need to be flexible because the best place will often change as circumstances change.

My Place: \_\_\_\_\_

## **Plan**

It is important to develop a simple plan that will allow an effective dialogue with Christ and promote consistency. You can enhance and modify your plan as you gain confidence. There are numerous bible reading plans available, some can be found at: <https://www.newcityweb.org/bible>

My Plan: \_\_\_\_\_

## **Step 1: Read**

Begin your Quiet Time by reading a passage of Scripture. It can be a few verses or a whole chapter. Usually it is best to limit the reading to a few verses in order to have

time to reflect over them. The purpose of a Quiet Time is to meet with God not to gain a lot of information. As you read over the passage several times, mark keywords and ideas that stand out to you. The goal is for you to be consistent in your Quiet Time for at least 5 days a week. You may read more than suggested or not as much. It is not designed to be a comprehensive Bible study. Rather it is designed to help you connect with Christ on a regular and personal basis; to sit at his feet and listen to him.

### **Step 2: Record**

Once you have read the passage a few times note the verse(s) that God seems to emphasize to you. It may be a complete verse, a statement, or a phrase. You may wish to write it out, word for word, which will help you focus your thoughts and listen to God. Selecting one verse helps to corral a wandering mind and sharpen your focus.

### **Step 3: Reflect**

Stop and think about what God is saying to you based on what you have recorded in Step 2. Ask questions to gain insight and understanding into God's truth. For example ask "what, why, how or when" type questions. You are looking not only for what the passage says but what it means. You first record the facts (what does it say?) and then reflect to understand the implications (what does it say to me?). Remember you are putting your heart in a position to listen to God. Don't be afraid to be silent and tune in to the quiet voice of the Holy Spirit. When God gives you something specific that you need to apply to your life, write it down.

### **Step 4: Respond**

You must apply God's word into your life. God speaks to us through Scripture in a variety of ways. You must apply God's word in ways that are specific, timely, and measurable. You will notice an acronym that will guide your application: S.P.E.C.K.

S - is there a **sin** to avoid?

P - a **promise** to claim?

E - an **example** to follow?

C - a **command** to obey?

K - **knowledge** to believe?

Once you have reflected on God's Word, it is important to pray over what you have just read and thought about. Spend time in Worship-Based Prayer and/or write out a short 1-2 sentence prayer that expresses back to God what you heard him say in the passage. Allow what you've read to guide your prayer time.

## **SAMPLE**

**Step 1: READ** John 15:1-8

### **Step 2: RECORD**

*"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit: apart from me you can do nothing." John 15:5*

### **Step 3: REFLECT**

*Jesus is like a vine and the source of nutrients. I am like a branch that needs to be connected continually to that divine source of spiritual life.*

*Fruit, spiritual fruit, can only come if I remain in Christ. What does "remain" mean in practical terms in my life?*

*Jesus is leaving no options... it seems it is either fruit or nothing. I cannot bear fruit on my own. My will power or good intentions will not produce the fruit that Jesus is talking about. Remaining in the vine is something that I am to do. It must involve keeping my heart and mind listening and sensitive to what God says.*

### **Step 4: RESPOND**

*Command to obey: I must stay connected to Jesus daily. I will spend time praying to God during my lunch breaks this week.*

*Knowledge to believe: God is "pruning" me of my daily habits that take my focus away from Christ. Instead of feeling frustration at my struggles, I will rely on God's grace to act like Jesus would during my week.*

*My Prayer: Father, I can easily get my heart wrapped around other things and lose my focus on You. I want to remain in you today not just at the beginning but all day long. Help me see you in the routine events of my day and to humbly accept your will for my life.*