

How to Have a Quiet Time

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1. Make a personal quiet time the top priority of your day.

Select a time to spend with God that fits your schedule. Usually, morning is preferable, but you may want or need to choose another time.

My quiet time is/will be _____ every day.

2. Prepare the night before.

If your quiet time is in the morning, set your alarm. If it is difficult for you to wake up, plan to exercise, bathe, dress, and eat before your quiet time.

Select a place where you can be alone. Gather materials, such as your Bible, notebook, and a pen or a pencil, and put them in the place selected so that you will not waste time in the morning.

The place for my quiet time is/will be _____.

3. Develop a balanced plan of Bible reading and prayer.

Pray for guidance during your quiet time.

Follow a systematic plan to read your Bible. You can read through a book, follow a devotional guide, study a character of the Bible, or study a topic, like forgiveness, to get you started.

Make notes of what God says to you through His Word. Is there an example to follow or avoid? Is there a promise to claim? Is there a truth that should influence your life?

Pray in response to the Scriptures you have read.

As you pray, use various components of prayer. Express your love for God. Thank Him for giving you His life through Christ. Share with God how you need His power in your life. Ask Him to live through you as you make decisions through out the day.

4. Be persistent until you are consistent.

Strive for consistency rather than for length of time spent. Try to have a few minutes of quiet time every day rather than long devotional periods every other day.

Expect interruptions. Ask family members to respect your quiet time and turn off any electronic devices that may distract you. Satan tries to prevent you from spending time with God. He fears even the weakest Christians who are on their knees. Plan around interruptions rather than being frustrated by them.

Use a calendar to mark that you have completed your quiet time for the day. Remember, God wants to spend quality time with you. Don't rush through your quiet time so that you can check off a 'to do' item.

5. Focus on the Person you are meeting.

View this as an opportunity to spend time with God rather than a habit of having the quiet time. If you scheduled a meeting with the person you admire most, you would not allow anything to stand in your way. Meeting God is even more important. He created you with a capacity for fellowship with Him, and He saved you to bring about that fellowship.