



EQUIPPING THE SAINTS

THE QUIET TIME

NOTES

Introduction

Every Christian—young or old in the Lord—needs to know God in a personal way. The only way we can get to know God is by spending personal time with Him. As we do this on a regular basis, we establish a growing relationship with Him. This pleases the heart of God, since He loves us and wants to spend time with us. We often call this time with God a **quiet time** or a **daily devotional time**.

The Purpose of a Quiet Time

Developing a personal relationship with God is the major purpose of the quiet time. Just as we grow in our relationships with people, we can grow the same way in our love for the Father. In John we are told:

John 1:12 But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

When we receive Jesus as our Lord and Savior, God makes us His sons and daughters. Then, just like a parent who loves to have his children in his presence, God desires us to spend daily time with Him. God's purpose in this is to help us grow to maturity. In 2 Corinthians we are reminded:

2 Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

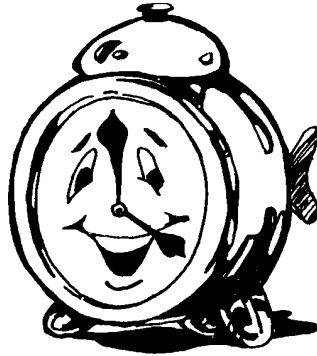
As we spend time **beholding Him** through the Word of God, we are being changed. We mature from children in Christ to adults who have the likeness of the Son of God.

1 Peter 2:2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

Basic Elements for Developing a Relationship

Time

Any type of growth requires time. If you want to get to know someone you must spend time together in developing the relationship. Time spent alone with God will water our roots, strengthen our stem and nurture our leaves.



Colossians 2:7 Rooted and built up in him, and established in the faith, as ye have been taught, abounding therein with thanksgiving.

Communication

The key to a developed relationship is the presence of clear lines of communication. We cannot understand one another unless we talk to one another. True communication involves not only facts and ideas but also feelings and attitudes. We must know what is on God's heart and then we can share our hearts with Him. God communicates with us through His Word, and we communicate back to Him through our prayers.



Circumstances

Understanding one another comes from observing one another in different circumstances. Through the circumstances of life God will mold us. The Quiet Time helps us see God in our daily lives, how He is at work, how He is in control, how He is responding to us and how we are responding to Him.

Attitudes

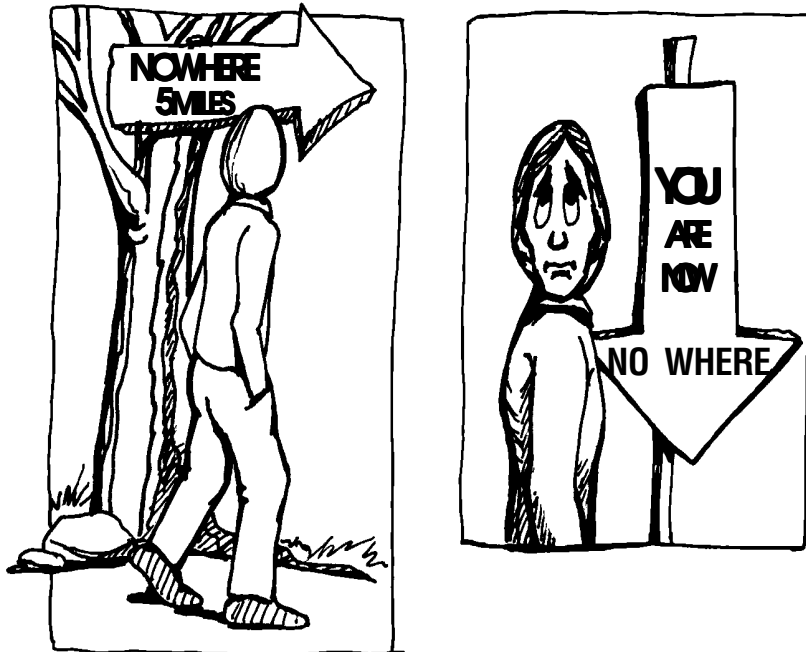
Our attitudes toward a relationship will determine the priority of developing that relationship. If I am not interested or think it is not worthwhile, then I am not prepared to spend time and effort in cultivating that relationship. A positive mental attitude will invari-

ably determine the success of the development of the relationship. We must have the correct attitude in our Quiet Time. We must be willing to be both hearers and doers of God's Word as well as His Will.

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Objectives

Going nowhere will get you nowhere. Without objectives, relationships will remain stagnant or will flounder when difficulties or conflicts come. Clearly defined objectives help us get where we are going.



Convictions from Scripture

The Need for a Quiet Time

- Jesus' Example:

Mark tells us that Jesus started His days in a quiet place with God.

Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

- God's Command to Joshua:

Joshua 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

This was not Moses' command to Joshua; this was God Himself commanding Joshua to be daily in the Word of God. If Joshua was to be God's man, there was only one way to do it—to meditate on and obey God's Word daily.

- **David's Example:**

Psalms 143:8 Cause me to hear thy lovingkindness 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.

David (like Jesus) found it necessary to come to God in the morning before the day's activities began. If we are to know "the way wherein I should walk" during the day, we must approach God in the morning.

- **Jesus' Instruction:**

John 15:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Whatever else one does in a day's time, it is considered **nothing** from Christ's viewpoint if it does not include Him.

Worship and Prayer

Prayer is the way we communicate to God. Part of this communication should include worship. Revelation 4:11 tells us that Christ is worthy to receive our praise, and it is important that we do not neglect to offer our personal adoration to Him. During our prayer time we should also review our own lives before God to see if there is any blockage of sin between ourselves and the Father. If some sin comes to mind, we need to confess and ask forgiveness for that sin and purpose to make right any wrong which we have done to another. Prayer also should include thanks for both the blessings and the testings of our lives, for the Bible commands:

1 Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Finally, we should share our own personal needs with God in supplication.

These four parts of prayer can be summed up by a simple acrostic—

ACTS

Adoration

1 Chronicles 29:11 Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all.

Confession

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Thanksgiving

Philippians 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (7) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Supplication

John 16:24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

Reading God's Word

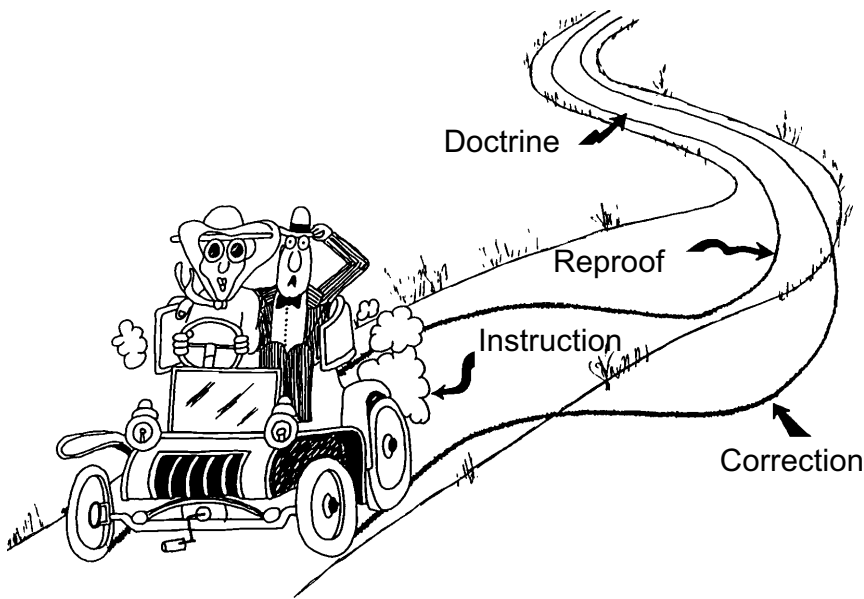
The Word of God is God's way of communicating with us. As we read, we should expect God to speak to us personally. When a verse of Scripture especially impresses you, you should mark it in your Bible or jot it down in a notebook with a note about how it speaks to you.

God's Word does many things for the growing Christian.

2 Timothy 3:16 tells us that the Word is profitable for the following:

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.

- **Doctrine**—tells us what to believe
- **Reproof**—shows where we are wrong
- **Correction**—helps us get back on track
- **Instruction in righteousness**—guidance and direction for our lives so that we do not stumble.

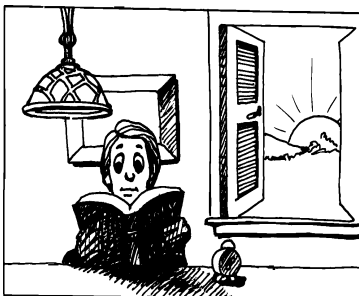


- Peter says that the Word of God is spiritual food to help us grow in Christ.

1 Peter 2:2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

- Daily time in the Word of God is essential if we hope to be equipped to witness the truth to others.

Proverbs 22:17-18 Bow down thine ear, and hear the words of the wise, and apply thine heart unto my knowledge. (18) For it is a pleasant thing if thou keep them within thee; they shall withal be fitted in thy lips.



Isaiah 50:4 The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.

Application

Where are you concerning your Quiet Time? If you are not doing it already, the thing to do is **start now!**

- Read *Appointment With God*.
- Schedule a time every morning.
- Set yourself a minimal standard.

If you are having difficulty maintaining a regular and fruitful Quiet Time, try these suggestions.

- **Begin by reviewing** your own convictions about your need for regularity.
- **Start immediately to set a time** tomorrow morning.

Time _____ Place _____

- **Set a standard** for yourself.

HELPFUL HINTS

- Go to bed on time in order to be awake and alert for your appointment with God.
- Choose a quiet place.
- Don't rush through God's Word.
- Continue to experience the presence of God for the rest of the day.
- Define some objectives concerning your program for reading.
- Aim at not missing any appointment.
- Correct attitudes will bring about correct actions.
- It is rude to be late for an appointment or to miss one.
- Make it the top priority of every day.
- Every 3-4 weeks evaluate how you are doing in terms of the basic elements in developing a relationship with God.

Conclusion

Jesus said:

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Before a person receives Christ into his life, he is spiritually dead. When Christ enters his life at conversion he becomes spiritually alive. The Holy Spirit comes to take up residence in the new believer at conversion. Now a person has a new spiritual nature and must take care of it like he does his physical nature in order for it to remain strong.

The Bible is the food which we must feed our spiritual nature. Daily we must nurture it if we are to grow to maturity. It is a shame that so many Christians try to live spiritually by one or perhaps two spiritual meals per week. It is no wonder so many of God's children never grow up.

If you study the lives of the great men of the Bible, you soon realize that their secret of success was feeding daily from God's Word.

Job 23:12 Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food.

Ezra 7:10 For Ezra had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments.

Psalms 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

Jeremiah 15:16 Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.

*The men who have most fully illustrated
Christ in their character
and have most powerfully affected the world for Him
have been men who spend so much time with God
as to make it a notable feature in their lives...
to be little with God is to be little for God.*

—E. M. Bounds