

**What is a 'Quiet Time'?** Spending time alone with God.

The aim tonight to inspire, not condemn.

Prayer with others has its important place, however time alone is vital Matthew 6 :5-6

### Examples

1. Jesus Matthew 14 :22-23, Mark 1 :35, Luke 6 :12
2. Moses Exodus 19 :3
3. David 1 Samuel 17 :18
4. Daniel 6 :10
5. Peter Acts 10 :9
6. John Revelation 1 :10



### Why should we spend time alone with God?

1. In any loving relationship you want to be with ones you love. In fellowship with him 1 Corinthians 1 :9  
John 15:15 By spending time with God, we get to know him better. Let's just enjoy our God.
2. We need changing. Ephesians 1 :3-4 1 Peter 2:11 We need to get our hearts in line with His
3. We need strengthening Isaiah 40 :31 Hebrews 4:16 4. We need to draw near to God James 4:8 John 15:7
4. We need direction, and learn to rely on Him alone. 2 Chronicles ch 14-16 King Asa started off his reign looking to God for help 14:11, however in later life Asa forgot to rely on God, but looked to the foreign kings around him. 16:7-9 and it didn't end well for him.

## Questions

If we don't spend time with God, how does that affect us?

**A Quiet Time** The main ingredients of a Quiet Time are Bible reading and prayer.

**Bible Reading** Psalm 119 :97 We can meditate on the words. This is not Eastern meditation –Where the aim is to empty our minds, but rather to fill our minds with Gods words.



### Options

- a) Bible study notes e.g. Daily Bread, Every day with Jesus. Both have a passage with a daily devotional
- b) Go through a book at a time.
- c) Go through Bible chronologically.

[www.biblestudytools.com/bible-reading-plan/chronological.html](http://www.biblestudytools.com/bible-reading-plan/chronological.html)

d) Thematic Reading plan Study a topic e.g. Stress, Doubt [www.bible.com/reading-plans](http://www.bible.com/reading-plans)

**Questions to ask ourselves** What is God saying to me? Are there any verses jump out?

Tip– Listen and follow the passage via app on your phone. Most popular-YouVersion, Daily Bible, Bible.is

Some find a note pad, pen or highlighter useful tools

**Prayer** When you pray, pour out your soul. Be natural and honest with God. Tell Him how you feel. Habakkuk 1:2-3

Tip - Praying out loud, may help to keep your mind on track and enables you to stay focused.

**Elements of prayer** Prayer on the simplest level is just speaking to God, don't get tied to formulas that become empty and meaningless Matthew 6:7 Some people use ACTS -Adoration, Confession, Thanksgiving, Supplication but there are other helpful outlines.

Be aware of the different elements of prayer. Ephesians 6:18 – 'all kinds'

- a) Stillness Psalm 46 :10
- b) Praise Psalm 100 When you praise you recognise what's good. It also means we focus on God
- c) Thanksgiving Jesus for what he did- John 11:41, 1 Thessalonians 5:16-18 When we are thankful, harder to be 'down', or full of self pity
- d) Confession 1 John 1 :9, Psalm 51:1-7
- e) Sharing your own needs with God Phillipians 4:6, James 1:5
- f) Interceding for others Ephesians 1:15-18 Phillipians 1 :3-5, 1 Timothy 2 :1
- g) Telling the Lord honestly how you feel.

In some situations we pray a one off prayer, others are with persistence over a period of time.



## What Jesus taught about prayer

1. There's no need to ramble on when we are staying true in our prayers. Matthew 6:7
2. Ask. Matthew 7 :7-11 John 15:7 However don't think of God as a dispensing machine 1 John 5:14-15
3. We should be persistent Luke 18:1-8 3.
4. Prayer should always seeks His will. Luke 22:42-43 Get our will in line with his!  
Just adding the phrase "I ask this in Jesus name" doesn't in itself mean we are lined up with his will.
5. God gives us good things when we pray. Luke 11:11-13



The Lord's Prayer	
Our Father	Starts with a relationship. Intimate prayer is based on our understanding of our relationship. By 'Father' we understand Him.
Who art in heaven,	Recognising where God is, the fact God is above everything
Hallowed be thy name.	Link between honouring name & honour to the person- Worship
Thy kingdom come.	Firstly the need to accept this in our own life & situations, then
Thy will be done on earth,	broadened out to situations in our town, country and World.
As it is in heaven.	
Give us this day our daily bread,	Ask for our daily provision, similar to Exodus -people in desert.
And forgive us our trespasses,	Confession. We are already legally forgiven, but restores bond.
As we forgive those	
Who trespass against us.	Get our attitude to others right Matthew 7 :1-5
And lead us not into temptation,	Make us alert to dangers, also prayer to be free from Devil's influence in our lives
But deliver us from evil;	
For Thine is the Kingdom,	The Doxology This adjusts our attitude, to seeing God as the source of power for our lives, when we come to him. 1 Peter 5:7
And the Power.	
And the Glory, forever.	
Amen	Amen means 'so be it', or truly. Hebrew root is in word 'truth'.

## Questions

Where and when do you spend time with God?

**Practical issues** When? Best time or leftovers? Many find mornings the best Psalm 5 :3 But its not a sin to fall asleep in the arms of God!

**Where?** Place away from distractions

**How long?** From 5 minutes to hours! Our discipline If we have a regular time and place we are more likely to keep it up. Be organised Prov 21:5 Posture Loads of different in the Bible 1 Kings 8:22, 2 Samuel 7:18, 1 Timothy 2:8, Genesis 24:26, Micah 6:8 Questions We can ask ourselves questions. What is God saying to me today? Is there a new truth to learn? Is there something I should do today? Is there a sin to avoid? Ask God to reveal his ways to us.

**Structure** There are NO prescribed formulas, so experiment. There are no rules. People's relationships are different! Who you spend time with, is more important than how we spend time with.

<b>Examples of a 20 minute Quiet Time, not a formula</b> (EA survey 10-20 mins average)	
<b>A</b>	<b>C</b>
Bible Reading 6 mins	Listen to Worship songs 6 mins
Prayer 8 min	Bible Reading 6 min
Quiet listening 3 mins	Prayer 8 mins
Jot thoughts down 3 mins	
	Sit quietly 2 mins
	Time of praise & Thanks 4 mins
	Read Bible make notes 8 min
	Prayer for situations 6 mins

Prayer isn't just for our Quiet Times, we can chat to our Father throughout the day! 1 Thessalonians 5:17

## Questions

Questions and comments

Next time - The Reformation