

How to Have a Quiet Time

Just as a child needs food to grow physically, so we need food to grow spiritually. We can miss a meal now and then and not feel any ill effects, but if we don't eat for a week, we begin to weaken physically. So it is in our spiritual lives. The study of the Word of God and the practice of prayer are vitally important for spiritual growth. We may miss a day without feeding on the Word or praying and not feel any apparent ill effects in our lives, but if we continue this practice we'll lose the power to live the victorious Christian life. Consequently it's important to maintain a regular and balanced devotional time or "Quiet Time". Being consistent is perhaps the most important addition toward making this successful time. The following are some suggestions to help you begin and continue your times with Him!

1. Set a definite Time.

Although everybody's schedule is different, many have found that the morning hours are best, before you start to face your daily responsibilities. No one can say he doesn't have the time, for you can do anything that you really want to, and you can always make the time. Put the time you have set aside in your daily schedule.

2. Decide on a definite Place.

Avoid distractions by finding a quiet, private place. If you can't have uninterrupted time alone in your room, maybe you could go to the library or another quiet spot on campus.

3. Quiet Times will be the most beneficial if they are unhurried.

Anticipate meeting the Lord, and focus upon your relationship with Him! An air of expectancy in your quiet times will grow as you become consistent and as you concentrate increasingly upon your fellowship with the Lord. Try not to think about the next thing you have to do. Remember that concentration for a brief period of time is better than a long QT with your mind on many other things.

4. The goal of a Quiet Time.

Our goal is to seek to know the Lord better and to deepen our relationship with Him. During your time with the Lord, seek to determine God's purpose for your life—even down to your daily needs and schedule—through the study of his Word and a deepening understanding of how this special relationship grows. Thousands of specific commands and promises are found in the Bible to help you understand and apply God's plan for your life. Confirm these plans and goals through prayer as you commit them and their results to the Lord and trust in Him to supply the results.

Basically this is a significant time of interacting with the Lord and His Word. As you read the Word, you aren't just reading about way back then, but learning because it still speaks to our lives today.

5. Some practical How-To's.

- a. Pray and ask God to speak to you from his Word.
- b. Read the passage (say, one chapter or 10-15 verses) slowly and thoughtfully.
- c. Write out the main truths you discover.
- d. Identify the need in your life to which the truth applies.
- e. Write out a specific application of what you will do to apply this truth to your life.
- f. Go the Lord again in prayer, asking him to help you in this application. Also thank him for his blessings, and *pray* for friends and family.