



# ***THE ART OF A DAILY QUIET TIME***

*Life Group Study*

1. Have I ever experienced what this passage is describing? Share an example.

*“The law of the Lord is perfect, reviving the soul.  
The testimony of the Lord is sure, making wise the simple.  
The precepts of the Lord are right, rejoicing the heart.  
The commandment of the Lord is pure, enlightening the eyes.”  
Psalm 19:7-8*

2. When we talk about a “quiet time”, what are we talking about? *We’re talking about...*

Meeting with God.

*“Now Moses used to take the tent and pitch it outside the camp, far off from the camp, and he called it the tent of meeting. And everyone who sought the Lord would go out to the tent of meeting... Whenever Moses went out to the tent [of meeting], all the people would rise up, and each would stand at his tent door.” – Exodus 33:7-8*

Seeking God.

*“You have said, ‘Seek my face.’ My heart says to you, ‘Your face, Lord, do I seek. Hide not your face from me.” – Psalm 27:8-9*

*“You will seek me and find me when you seek me with all your heart.” – Jeremiah 29:13*

Abiding / Connecting with Christ.

*“If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.” – John 15:7*

Enjoying fellowship and being filled with the Holy Spirit.

*“The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.” – 2 Corinthians 13:14*

*“Be filled with the Spirit.” – Ephesians 5:18*

Why do you think it’s important to remember these things?

### 3. “But I already talk to God off and on throughout the day!”

If that’s you, then good for you! It’s a sign you’re starting to grow in spiritual maturity.

*“Seek the Lord and his strength; seek his presence continually.” – 1 Chronicles 16:11*

“Practicing the presence of God”, or observing frequent “daily offices” is critical to our spiritual health.

*“Seven times a day I praise you for your righteous rules.” – Psalm 119:164*

*“Be to me a rock of refuge to which I may continually come.” – Psalm 71:3*

How do you think a “quiet time” is meant to be different from this?

## **A SUGGESTED ROADMAP: 30 MINUTES WITH GOD**

### 1. Relax – Prepare and Pray (3-5 Minutes)

Be still and quiet. Slow down. Prepare your heart. Take a few deep breaths and wait on God. Ask God to open his word to your heart.

### 2. Read. (Or Hear) (10-15 Minutes)

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

### 3. Reflect. (3-5 Minutes)

To help you deepen your thinking, you can use a variety of meditation methods, such as *SPACEPETS*. Or the DBS Method. Or the OIA Method.

*Is there a Sin to confess?*

*Is there a Promise to claim?*

*Is there an Attitude to adjust?*

*Is there a Commandment to keep?*

*Is there an Example to follow?*

*Is there a Prayer to pray?*

*Is there an Error to avoid?*

*Is there a Truth to believe?*

*Is there a Scripture to learn?*

#### 4. Record (Write). (3-5 Minutes)

Write out things you have learned in this time of meditation. Or jot down an important verse that has spoken to you. Or write out a personal application statement that is practical, doable, and measurable.

#### 5. Request (Pray). (3-5 Minutes)

Conclude your Quiet Time by talking to God about what He has shown you. Commit your *way* to the Lord, and commit your *day* to the Lord. Thank him and worship him. Ask for him to help you be mindful of his presence throughout the day.

#### 4. Some fundamental questions:

- Does it have to be 20 to 30 minutes? Thoughts?
- Does it have to be “daily”? Read, then discuss the following points.

Over and over Scripture summons us to this daily discipline.

*Joshua 1:8 – “This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night.” – Joshua 1:8*

*“...On his law he mediates day and night.” – Psalm 1:2*

*The first Christians “devoted themselves to the apostles’ teaching...every day they continued to meet together.” – Acts 2:42*

Every great Bible hero practiced regular communion with God. Even Jesus.

*“At daybreak Jesus went out to a solitary place.” – Luke 4:42*

*“But Jesus often withdrew to lonely places and prayed.” – Luke 5:16*

How long can you go without food and rest? Yet Scripture is more important than these.

*“I have treasured the words of his mouth more than my daily bread.” – Job 23:12*

*“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me...and you will find rest for your souls.” – Matthew 11:28-29*

- The focus of your quiet time should always be Scripture. Of course we encourage everyone to regularly read other spiritual books. But that should be done outside of your devotions. Why do you think the Bible should be your primary reading material?

*“You have exalted above all things your name and your word.” – Psalm 138:2*

➤ **Tips for reading the Bible:**

Most of the time (75% of the time) we encourage you to read Bible books straight through, every chapter and verse. Some of the time (25%) it's beneficial to study topics, or themes, or biographies. Why do you think reading books gets the nod over topics?

Especially when first starting out, *DO NOT* read the Bible straight through, beginning to end. Since you presumably follow Christ, begin by studying one of the gospels. Then move around from there. Below is a plan we recommend, but there are other good ones.

Also when first reading the Bible, we encourage you to do a "flyover". In other words, read big chunks of material at a time. You don't have to take a whole month to read Luke, for example. If you sat down and read it straight you, it would take you on average three hours. Since as a Christian you will be nourishing your soul on Scripture the rest of your life (and so will read it through multiple times), later on you can try different approaches, and a different order, in your reading.



### **Sample 3-Year Bible Reading Plan**

There are numerous Bible plans available to use, varying in length and arrangement of books. The following plan is a good one, especially for new believers, because it prioritizes some of the "key" books to read at the start of your Christian journey, and also provides a helpful balance between Old and New Testaments.

#### **Year One:**

Month 1: Luke  
 Month 2: Proverbs-James  
 Month 3: Acts  
 Month 4: Genesis  
 Month 5: Romans  
 Month 6: Exodus  
 Month 7: Galatians-Ephesians  
 Philippians-Colossians  
 Month 8: 1 Samuel  
 Month 9: 2 Samuel  
 Month 10: John  
 Month 11: 1 Kings  
 Month 12: 2 Kings  
 Month Twelve: Revelation  
 Nightly Readings: Psalms

#### **Year Two:**

Month 1: Isaiah  
 Month 2: Revelation  
 Month 3: Hebrews  
 Month 4: Deuteronomy  
 Month 5: Joshua  
 Month 6: 1 & 2 Corinthians  
 Month 7: Ezra & Nehemiah  
 Month 8: Job  
 Month 9: The T-Books (1 & 2  
 Thess./ 1 & 2 Timothy/Titus)  
 Month 10: Judges, Ruth, Esther  
 Month 11: Matthew  
 Month 12: The Minor Prophets,  
 Hosea through Micah  
 Nightly Readings: Psalms

#### **Year Three:**

Month 1: The Minor Prophets:  
 Nahum through Malachi  
 Month 2: Philemon, 1-2 Peter,  
 1-3 John, Jude  
 Month 3: Leviticus  
 Month 4: Numbers  
 Month 5: 1 Chronicles  
 Month 6: 2 Chronicles

Month 7: Ecclesiastes, Song of  
 Solomon  
 Month 8: Jeremiah  
 Month 9: Jeremiah &  
 Lamentations  
 Month 10: Ezekiel  
 Month 11: Daniel  
 Month 12: Mark  
 Nightly Readings: Psalms

➤ When should I have my quiet time?

*Answer: When it can be for you a quiet time! Experiment with different times, but to develop it as a habit, it would be good to eventually find a set time that works best for you.*

5. A final indispensable tip: Master some tried and true “Meditation Methods” to get the most out of your quiet time. For the rest of your time (if you have time) practice one of these methods with a favorite Scripture passage. Or here are some suggested ones:

Genesis 4:1-16 / Joshua 1:1-9 / Nehemiah 1 / Psalm 23 / Matthew 5:1-12 / John 3:16-21 / Acts 1:1-11 / 1 Corinthians 13 / Philemon / Revelation 21:1-8

Approach #1: SPACEPETS (see page 2 of this study guide)

Approach #2: The Discovery Bible Study Method

1. Read The passage.
2. Rewrite, retell, recite the passage – The purpose of this exercise is to begin to plant the passage deeper into your heart.
3. Unpack The Passage Using 3 Questions
  - a. What does the passage teach me about God?
  - b. What does the passage teach me about humans? About me?
  - c. If what I learned is true, how should I change? Complete the following sentence:
  - d.

*In light of this Scripture, this week with God’s grace I will...*

## Approach #3: The OIA Method

### Step One: Observation ~ *What do I see?*

- A. Scripture Text: \_\_\_\_\_
- B. Observations: Any detail, however small, might open the door to useful insights. A word, a phrase, an action, the context, who/what/when/where/why – all may be worthwhile. Jot some down.



### Step Two: Interpretation ~ *What does it mean?*

Ask questions! – *What was the author saying to his original readers? Is there anything difficult to understand? What would I like to know more about? Can the passage be interpreted in different ways?*

### Step Three: Application ~ *What should I do about it?*

- A. What timeless principles does the passage teach?
- B. What truths does this passage teach me about God? About me?
- C. What do I sense the Lord wants me to do in response?



*“Blessed is the one who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers, but his delight is in the law of the Lord. And on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.” – Psalm 1:1-3*