



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

1. When in college, I was finally taught how to read the Bible for myself, it changed my life.

*Have I ever experienced what this passage is describing?*

*“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...*

\_\_\_\_\_ 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*

\_\_\_\_\_ 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*

\_\_\_\_\_ 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 \_\_\_\_\_ and \_\_\_\_\_ 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*

### 3. "But I already talk to God off and on throughout the day. Why do I need this?!"

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

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

*1 Chronicles 16:11*

*"Where shall I go from your Spirit? Or where shall I flee from your presence?" – Psalm 139:7*

*"Pray without ceasing." – 1 Thessalonians 5:17*

"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 is a "quiet time" different from this?

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

1. R\_\_\_\_\_ – 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. \_\_\_\_\_. (Or \_\_\_\_\_) (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. R\_\_\_\_\_. (3-5 Minutes)

Think about what you have read. To help you deepen your thinking, use the word *SPACEPETS*.

*Is there a S\_\_\_\_\_ to confess?*

*Is there a P\_\_\_\_\_ to claim?*

*Is there an A\_\_\_\_\_ to adjust?*

*Is there a C\_\_\_\_\_ to keep?*

*Is there an E\_\_\_\_\_ to follow?*

*Is there a P\_\_\_\_\_ to pray?*

*Is there an E\_\_\_\_\_ to avoid?*

*Is there a T\_\_\_\_\_ to believe?*

*Is there a S\_\_\_\_\_ to learn?*

4. R \_\_\_\_\_ . (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. R \_\_\_\_\_ . (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?

➤ Does it have to be “daily”?

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*

➤ What do I read in my quiet time – the Bible or other books?

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

➤ Where should I read first in the Bible?

We recommend you generally read the Bible one \_\_\_\_\_ at a time. Why?

Here's a 3-Year Plan we recommend:



## **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?

5. A final indispensable tip: Master some tried and true Bible reading approaches to get the most out of your quiet time.

*Approach #1: The 5 R's (You already know four of them!)*

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

*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:

*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*