

HOW TO BEGIN A DAILY QUIET TIME

1. **SELECT A SPECIFIC TIME.**

The best time to have a quiet time is when I am: At my best

Reasons for considering an early morning quiet time:

****The example of Biblical characters.**

(Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus, etc.)

****It seems logical to begin the day with it.**

“The best time to tune your instrument is before you play the concert, not after!”

****It demonstrates that meeting with God is your first priority. You gave Him the first part of your day.**

You are likely to be more rested, your mind is less cluttered, and it’s often the quietest time!

Whatever time you set, be consistent.

HOW LONG SHOULD A QUIET TIME BE:

3 Guidelines:

**** Start with 15 minutes and let it grow.**

**** Don’t watch the clock!**

**** Emphasize quality, not quantity!**

2. **CHOOSE A SPECIAL PLACE.**

“Jesus left the city and went, as he usually did, to the Mount of Olives . . . to pray.”

Luke 22:39 (GN)

The important factor:

“Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed.” Mark 1:35

3. **GATHER THE RESOURCES YOU’LL NEED.**

1. A Bible--with readable print.

2. A Notebook--to write down what the Lord speaks to you about, and to keep your prayer list.

3. A Songbook--if you want to sing.

4. BEGINNING WITH THE RIGHT ATTITUDE.

**** Reverence**

“Be still, and know that I am God.” Ps. 46:10

****Expectancy**

“Open my eyes to see wonderful things in your Word.” Ps. 119:18 (LB)

****Willingness to Obey**

“Whoever is willing to do what God wants will know . . .” John 7:17 (GN)

5. FOLLOW A SIMPLE PLAN.

“Fifteen Minutes With God”

(A Plan To Get You Started)

1. **RELAX** (1 minute)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

2. **READ** (4 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** (4 minutes)

Think about what the passage means to your life. Write down your thoughts. Part of reflecting is memorizing verses that speak to you in a special way.

4. **RECORD** (2 minutes)

Write out a personal application statement that is practical, possible and measurable.
“Thoughts disentangle themselves when they pass through the lips and fingertips.”

5. **REQUEST** (4 minutes)

Conclude your quiet time by talking to God about what He has shown you and making your requests from your prayer list.