

## Overview:

Another name for a Quiet Time is a Devotional. According to Webster's, it means "A short worship service." A Quiet Time is a period of time set aside for personal prayer, Bible study, meditation and worship of the Lord. During these times, God is able develop a relationship with you and reveal Himself to you in a personal way.

## Outline:

### I. Why?

- A. Provides our spiritual food  
1 Peter 2:2 "Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation."
- B. To be of more "noble" character  
Acts 17:11 "Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so."
- C. Jesus expected it  
Matthew 21:42 "Jesus said to them, 'Have you never read in the Scriptures.'"
- D. Paul expected it  
2 Timothy 3:14 "But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it 15 and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus."

### II. When?

- A. Morning is good. You are undistracted and your mind is clear  
Psalm 143:8 "Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul."
- B. Any time you can fit it in. Before bed
- C. Have a consistent time. Don't catch up

### III. Where?

- A. Find a private place. Home, office, etc.  
Mark 1:35 "And rising very early in the morning, while it was still dark, [Jesus] departed and went out to a desolate place, and there he prayed."
- B. A place where you can sing and pray out loud. Outside (if the weather permits)

### C. Minimize distractions

### IV. What to do?

- A. One-year Bible
- B. One book for months
- C. Proverb-a-day
- D. Canned Bible studies (Wiersbe, MacDonald, etc.)
- E. Word studies.
  - 1. Ex. "Humility", "Fear of the Lord"
  - 2. biblegateway.com, biblehub.com
- F. Character studies
  - 1. David
  - 2. Moses
  - 3. Etc.
- G. Read both the Old and New Testaments

### V. How?

- A. Have a plan (ex. 30-minute plan):
  - 1. Study the Bible for 10 minutes
  - 2. Meditate on the verses and journal your verse and thought for 5 minutes
  - 3. Pray through a prayer list for 10 minutes
  - 4. Sing a worship song for 5 minutes.
  - 5. Obey it throughout the rest of the day
- B. Be accountable. Share what you learned with others
  - 1. Spouse
  - 2. Those you are discipling
  - 3. Accountability partners
- C. Just do it!

## Conclusion:

Quiet times are a necessary part of every Christian's spiritual growth. Having a consistent, daily time of worship, prayer, Bible reading and meditation will help build a strong and healthy relationship with God.

## Supporting Material:

---

### Important Verses:

#### Importance of knowing the Word

Acts 18:24 "Now a Jew named Apollos, a native of Alexandria, came to Ephesus. He was an eloquent man, competent in the Scriptures."

Romans 15:4 "For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope."

Hebrews 5:12 "For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food."

2 Timothy 3:16 "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work."

2 Peter 1:21 For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

#### Seeking God in the morning

2 Samuel 24:11 "And when David arose in the morning, the word of the Lord came to the prophet Gad, David's seer, saying."

Psalms 143:8 "Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul."

Isaiah 50:4 "The Lord God has given me the tongue of

those who are taught, that I may know how to sustain with a word him who is weary. Morning by morning he awakens; he awakens my ear to hear as those who are taught."

Ezekiel 12:8 "In the morning the word of the Lord came to me."

Psalms 119:62 "At midnight I rise to praise you, because of your righteous rules."

---

#### Quotes:

"Nothing will so enlarge the intellect, nothing so magnifies the whole soul of man, as a devout, earnest, continued investigation of the great subject of the Deity." – Charles Spurgeon

"God would not be God if he could be fully known to us, and God would not be God if he could not be known at all." - H. G. Wood

"Don't pray when you feel like it. Have an appointment with the Lord and keep it. A man is powerful on his knees." - Corrie Ten Boom

"Every Christian needs a half hour of prayer each day, except when he is busy, then he needs an hour." - Saint Francis of Sales

"I don't think God has anything big for you if you can't take 1/48th of your day to be alone with your almighty God and Father. I rather doubt whether He is going to do very much for you." - Dawson Trotman

"I ought to pray before seeing anyone. I feel it is better to begin with God, to see His face first, to get my soul near Him before it is near another." - Robert Murray McChyne

"No man gets God who does not follow hard after him, and no man follows hard after God who is not after him early in the morning." - E. M. Bounds

"Luther spent his best three hours in prayer." - Robert Murray McChyne

---

#### References:

Power Through Prayer by E. M. Bounds

Praying with Paul by D. A. Carson

Tyndale Bible Dictionary by Walter Elwell and Philip Comfort

ESV Study Bible by Crossway Bibles

Believer's Bible Commentary by William MacDonald

Life Application Study Bible by Tyndale

Systematic Theology by Wayne Grudem

MacArthur Study Bible by John MacArthur

Taking God at His Word by Kevin DeYoung

---

#### Discussion Question:

"What is one Quiet Time idea you would like to implement?"