



*diving deeper  
into intimate  
relationship  
with God* **Quiet  
Time**

How can we come to know God in more real and intimate ways so that we are able to live out His purpose for our lives? The answer: by diving into His Word and unearthing the beautiful Truths He reveals about Himself.

*What exactly is a  
quiet time?*

Very simply, it is **a daily time of personal fellowship with God through His Word and prayer.**

*Why should we have a  
quiet time?*

**I. We need fellowship with God;** it's what we were created for. Adam and Eve experienced a perfect relationship with God in the Garden, walking and talking with Him daily, that is until they sinned causing their perfect fellowship with Him to be no more. Sin caused there to be separation between man and God (*Genesis 2 & 3*). But, Praise the Lord, Christ died on the cross, bridging the gap between man and God so that our fellowship with Him could be restored. (*1 Corinthians 1:9; 1 John 1:3-4*)

**2. Jesus set the example for us to follow.**

Scripture tells us that Jesus, in His humanity, needed time with the Father. Especially in times of busyness, Christ made it a priority to spend time with God. He knew that the more He'd be giving out, the more He had to be allowing God to fill Him up. (*Mark 1:35; Luke 5:16*)

**3. We can't be healthy, growing Christians without daily fellowship with God.** Time with God is an absolute necessity for the growth and maturity of every believer. We can go without food for several days, but if we go for too long we'll eventually become weak and sick. The same is true in our spiritual life; if we aren't feeding on God's Word, allowing it to fill us up, we will become weak, sick, ineffective Christians. God's Word is food for our souls. (*Deuteronomy 8:3; Matthew 4:4; 1 Peter 2:2; Hebrews 5:14*)

**4. We are cleansed when we spend time with God in the Word.** (*Psalms 119:9; John 15:3; Ephesians 5:26*) Spending time with God sheds light on our sin, giving us opportunity to confess and repent.

*Preparation for daily  
quiet time:*

**Be open, be real, be you.** God doesn't require nor does He expect us to come to Him all put together. God knows our hearts and He sees our pain. If you're having a bad day, tell Him. If your heart hurts, share those feelings. If you're angry or numb or just flat out blah, it's ok. Sit with God a while, rest in His presence and allow Him to love on you. The more time we spend with God, in the good times and the bad, the more we'll come to experience and trust in His faithfulness and His promises.

**Set aside a specific time each day** to spend with God. Don't give God your leftover time; give Him your best. Spending time with God first thing in the morning prepares us for the day ahead.

Throughout Scripture we are given examples of men and women who rose early to spend time

with God: Jesus (*Mark 1:35*), Abraham (*Genesis 19:27*), Hannah and Elkanah (*1 Samuel 1:19*), Job (*Job 1:5*), and David (*Psalms 5:3, Psalm 119:147*). I do understand that mornings don't always work; the point is to set aside **a specific time** to be with God. Pray and ask Him to show you a time that the two of you can meet together. He's always available, are you?

**Choose a special place.** Jesus had a special place He often went to that was away from the "busyness" of everyday life (*Luke 22:39*). Choose a place where you can pray out loud without disturbing others. Make sure the place you choose has good lighting so you can see what you are reading. You'll also want to make sure it's a comfortable place (not your bed, though, you might get too comfy and fall asleep).

**Follow a simple plan.** Don't make it complicated; if you do, you'll get frustrated and quit. You'll need a good study Bible, notebook for journaling, pens and highlighters, index cards for memorizing Scripture and a hymnbook or praise music if you'd like.

## *The Quiet Time Plan*

**1. Be still before God** (*Psalms 46:10*). Be quiet for a few minutes, allowing yourself to get in the proper mode and mindset of reverence.

**2. Pray.** Begin and end your time with God in prayer. Ask God to give you new insight into His Word and reveal to you new truths. (*Psalms 119:18; John 16:13*)

Here's a model prayer you might like to follow:

**P-** Praise the Lord. Praise God for who He is and what He's done. Pray His Word back to Him. (*1 Chronicles 16:25-29 & 29:10-13; Psalm 145-150*)

**R-** Repent. Confess your sins to God (*Isaiah 6:5*). Along with confession, comes repentance. Repentance involves turning from your sins and following God's way. (*Psalms 32 & 51; Proverbs 28:9, 13; 1 John 1:9*)

**A-** Ask for yourself and others. Make your petitions known to God and intercede on the behalf of others. God loves us, wants to bless us and give us what we need (*Matthew 7:7-9; Mark 11:22-24; John 14:13-14; Hebrews 4:16*). Be specific in your prayer time. It may be helpful to have a prayer journal and pray specific Scriptures based on the needs of those you are interceding for. (*1 Samuel 12:23; Job 42:10; Romans 15:30; Ephesians 1:15-16*)

**Y-** Yield yourself to God. End your prayer time with a time of personal recommitment to God. Reaffirm the Lordship of Christ in your life and pledge your submission and obedience to Him. (*Romans 14:8-9*)

**3. Read a section of Scripture.** Read slowly; don't get in a hurry or try to read too much at one time. Re-read the passage over and over until you get a clear picture of what's going on. It may help you to understand better what you are reading if you read the passage aloud. Reading aloud will also help you to stay focused.

**4. Meditate and memorize.** Stop and think about what you are reading. Ask questions of the text. Who is involved in this passage? What is going on? When is it happening? Where is it happening? Why is it happening? How does it apply to me? Use your index cards to write down verses that speak to you and begin memorizing them. (*Psalms 119:11*)

**5. Write down what God has shown you.** When God speaks, write it down. When you have questions, write them down. Write down what's going on in your life and how God is working. Later you can come back to these writings and reflect on what God has done for you. (*Psalms 102:18*)

This might all seem overwhelming to you right now. Please remember that **the main purpose in having a quiet time is getting to know Christ more.** We pray this will be a help to you as you dive deeper into intimate relationship with God and live the abundant life you were meant to live. We are here to help you, please let us know if you have any questions about how to have a quiet time. You can email us at [jenifer@jerniganjernigan.com](mailto:jenifer@jerniganjernigan.com)