

Discipline: Quiet Time – A Quiet Time is a time you set aside each day to grow in your relationship with Jesus Christ. There are two vital aspects of the quiet time: prayer and the Word of God. Prayer is our direct line to God and His Word is His direct line to us.

Biblical Support:

Prayer:

Jesus always led by example. Read the following passages and write out what you learn about Jesus' prayer life. How did He pray? When did He pray? What time of day? What were the occasions? Etc...

Mark 1:35

Luke 5:16

Luke 6:12-16

Luke 9:18

Luke 11:1-13

Matthew 26:36

After reading about Jesus' prayer life are there changes that you need to make to your own?

Jesus prayed to the Father often, in quiet places, alone, with friends, and on all sorts of occasions. If we learn anything from Jesus' prayer life we learn that we need to spend time alone with the Father in prayer often. One of the greatest ways a follower of Jesus can grow in their relationship with Him is to find time every day to get alone with Him in prayer. When you add reading the Word of God to this time alone with the Lord you have the makings of a great Quiet Time.

The Word:

There is a big difference between studying the Word of God and devotionally reading the Word of God. Studying the Word as a discipline will be talked about in a different study, however we need to know before we talk about devotional reading that we are not talking about an indepth study of the Word. With devotional readings we are talking about having a systematic Bible reading plan, consistently following this plan, and letting the Lord speak into our life as we read through this plan. The indepth study, in comparison, is taking a passage and studying it to learn its meaning.

Illustration: I have been to Haiti a few times since the disastrous quake took place in 2010. I love having the window seat as we fly in to Port-au-prince. Seeing the entire area from a bird's eye view gives me a greater perspective for the widespread devastation of the quake. However, when we get on the ground and see the devastation up close and personal I get a much better understanding for just how devastating the quake really was. Both perspectives are good and I believe both are needed to fully understand what has taken place in Haiti and how we might help.

The same is true when it comes to our understanding of the Bible. We need the bird's eye view of scripture to understand the overall picture of what is going on. But we also need the up close and personal interaction with the Word that helps us gain a much deeper understanding of all the fine details that make the Word and the Truth it contains so powerful. I believe the devotional reading is like the bird's eye view. This view can impact my life in many ways, but if I never progress beyond this to getting up close and personal I miss out on all the Lord has for me through His Word.

The Psalmist, David, is a good case study on someone who interacted on the Word of God at all levels. David had a love affair with the Lord that was deeply rooted in the Word of God.

Read Psalm 119.

After reading through Psalm 119 list all the ways David describes the Word of God and how he describes his personal interaction with it. How does David's love affair with the Lord through His Word compare with yours? How often do you interact with the Word? How deeply do you interact with the Word?

Read: Read through the passage prayerfully. You may want to underline key phrases and make note of things that stand out to you as you read through the passage.

Reflect: Go back over the passage you just read. Look at the key words you underlined. Why did you underline them? What were some of the things that stood out to you as you read? Why did they stand out to you? Maybe you were reading a passage on forgiving others as God has forgiven you and this stood out. Maybe it stood out because you are having a hard time forgiving someone who has done you wrong. Taking our time to reflect well helps us internalize the Word of God. Internalizing the Word of God is what allows it to transform our lives.

Respond: Our response to the Word may come in many forms. You may have read something about how awesome and amazing God is and you just need to take time to worship Him and tell Him how awesome and amazing He is. Write this prayer down if you like in your journal. You may have read something that convicted you and you need to work to change some things in your life or make some things right between you and another person. This is where you write the word “APPLICATION” (or APP for short). If you come across an application for your life it is highly recommended that you write it down in your journal. Writing down the things you believe the Lord, through His Spirit, is leading you to do will allow you to hold yourself accountable to doing them as you review your journal periodically.

END YOUR TIME WITH PRAYER. There is no magical formula to a quiet time, but if you follow the Armor of God passage just beyond all the pieces of armor you will see some important instructions that include prayer. I believe ending your quiet time with prayer can include prayers from the response section of your interaction with the Word, but I believe you can have a more holistic time with the Lord if you end your time interceding for others around the world. Your time of praying for others could include:

- friends or family who do not have a relationship with the Lord
- missionaries around the world
- a classmate who is going through a very difficult time
- a country/people who are experiencing some sort of natural disaster
- etc...

If you are looking for some help in praying systematically for the nations you can check out Operation World (www.operationworld.org). There are many resources out there to help pray for the nations (including ours). The important thing is that we are praying, in the Spirit, at all times, on every occasion, and for all people everywhere.