

Silence and Solitude...for the purpose of godliness

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Believer's Lifestyle: the Quiet Time

- Lessons by Herb Hodges. herbhodges.com
- If someone came to you and said that they just put their faith in Jesus Christ, what would you teach them?
- The spiritual disciplines. All the disciplines come together in our “quiet time” with God.

The secret of a powerful christian life

- A quiet time is your "daily appointment with God."
- It is simply the believer's daily devotional life, an absolutely indispensable aspect of spiritual life.

1. Priority

- The Biblical reason is found in Romans 11:16.
- “If the dough offered as firstfruits is holy, so is the whole lump, and if the root is holy, so are the branches.” (Romans 11:16)
- What is the principle here?

2. Place

- Make it a practice to have a regular place for your daily quiet time. Mark 6:6 refers to this as your “prayer closet.”
- What is the benefit of a “prayer closet” or regular place to spend time with God?
- Find a place private, undisturbed, and comfortable.

3. Period of time

- Set aside a given period of time that you honor everyday for this relationship with God. Early is best. (See Psalm 5:3)
- “You ought to have enough time to forget time.”
- "A believer's very first responsibility in each day is to bring his own soul into a happy condition before God." (Andrew Murray)

4. Parts of the quiet time

- 1). Use Scripture. (Ex: start with John)
- 2). Significant Planned Silence. (2 Sam.7:18)
- 3). Supplication or seeking God in conscious, even audible prayer.

5. Paraphernalia of the quiet time

- 1. Bible. Get several translations of the Bible. Examples: ESV, NIV, CSB, KJV or NKJV. Amplified Bible. Also the Message or Living Bible are good paraphrases to read (*note: they are not .
- 2. Prayer List. Creat a list and use it during the week to guide your prayers. Examples: people, ministry, thanksgiving, the church, etc..

5. Paraphernalia of the quiet time

- 3. Devotional Books. Examples: “The Valley of Vision” or “My Utmost for His Highest.” Also “Morning and Evening” by C.H. Spurgeon.
- 4. Hymnal or Music. (Psalm 59:16)
- 5. Materials. Examples: Notebook. Maps. Copy of “Operation World.”

6. Procedure to follow

- 1. Open your quiet time with a brief prayer.
- 2. Read your Bible (even audibly).
- 3. Then, pray -- pray throughout, even pausing in your Bible reading to echo back to God what God has said to you. Pray the Scriptures.
- 4. Use your prayer list everyday.

7. Principles behind the quiet time

- 1. The Bible world is the real world.
- 1 John 2:17 says this world is passing away, but 2 Corinthians 4:18 says the things which are seen are only temporary, it's the things that are unseen that are eternal.
- When a person spends time alone with God that means he or she is in constant contact with the ultimate reality that runs parallel with our world, which in reality is passing away.

7. Principles behind the quiet time

- 2. God ardently desires our daily fellowship.
- In John 4:23, Jesus said to the woman at the well “the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.”
- God wants fellowship with you! Will you take time to build a relationship with God?

7. Principles behind the quiet time

- 3. We need a quiet time as much as we need anything else in life.
- Daniel 6:10 “He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.”

8. Purpose of the quiet time

- The quiet time is not primarily for the purpose of gathering principles or gleaning information and blessings from the Bible or for an answer to prayer.
- It is to meet with and cultivate relationship with God. Having our heart occupied with God himself.
- It is to behold Jesus in his glory and to allow no distractions to keep us from seeing him.

9. Protection

- Quote: “If we have only ten minutes to give to God, most of us will say I can't get anything out of ten minutes with God, so we won't spend any time at all. This is the very root of our problem. Rather than seeing time with God as moments with a friend, we see it as time during which we accomplish something or get something only for ourselves. We need to give those minutes rather than say I can't get anything out of them. You see the most important thing God can give you is a relationship with himself through your quiet time. It must be deliberately reserved and it must be carefully kept or you will not have it at all or you will drift out of it.”

9. Protection

- How does having a quiet time protect us from the enemy's attacks?
- What can you do this week to spend time with God?
What changes do you need to make?
- How does a quiet time help us to be strong in the Lord; putting on the whole armor of God? (See: Ephesians 6:10-20)