

The Powerful Secrets of a Daily Quiet Time

What's a daily quiet time? A quiet time is when you set a specific time in your day to connect with God. It's best to pick a daily time where you are rested and clear of distractions and open to God's word. Prayerfully ask the Holy Spirit to help you find a specific quiet place and time where you can be open to feel His presence, and peace. Pray a simple prayer for the Holy Spirit to clear your mind and align your attitude with His. Be like a child going to "*sit a spell*" with His Loving Father; to just BE alone in His presence. Then, ask God to order your day, giving God the "reigns" and direction for your day.

And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven."
Matthew 18:3-4 (NIV)

This is where you humbly and faithfully come daily before God "*one on one*" seeking a personal friendship with your creator. You will find more love than you can give away, and so much more peace than you ever thought possible. (Remember that minor annoying problems or distractions that may come along, are only challenges to take you off the FOCUS of God and His daily plan for you.) In addition to your quiet time, continue to seek-out God during your day, learning to thank Him throughout your day for everything. Each day has opportunities to GROW and MATURE on your journey.

This is a LIFE CHANGING habit of learning to have a daily alone time with God. Know this will forever change you and your life into an overflowing abundant life, full of all His good gifts, grace, and mercy, which He bestows on His children.

"This is what we speak, not in words taught us by human wisdom but in words taught by the spirit, explaining spiritual realities with Spirit taught words."
1 Cor. 2:13 (NIV)

"And pray in the spirit on all occasions and with all kinds of prayers."
Eph. 6:18 (NIV)

Starting steps with your bible open:

- 1) Prayerfully find a specific quiet location to begin your daily quiet time, (A good spot might be: a simple small desk, sitting up in a chair, in your car at lunch, or a local park table).
- 2) Perhaps slowly take a few deep breaths and quiet yourself first. Quietly or softly ask the Holy Spirit to FILL your mind, and to PUSH BACK or block out a few minutes of your day, so you can begin to just "be" in His presence. (QUIET and ALONE are KEY to begin to feel the peaceful presence of the Holy Spirit.) *"He says, be still, and know that I am God; ...* Psalms 46:10 (NIV)
- 3) If you're a new believer, a suggestion is to pray a simple prayer, ASKING God to SHOW you signs that He's REAL. Soon you will begin to see there are NO accidents, and that God is REAL and WORKING all around you. Our job is to stop, slow down, and block out some time to HEAR Him!
- 4) You may want to listen to praise and worship music (playing quietly in the background) as another simple tool to soften and open your heart to the Holy Spirit, (Maybe set alarm to wake up to Christian based music).

Talking Points

- 5) Read and marinate on a specific study of your choice. Suggestions would be; Our Daily Bread and or a Daily devotional, (or both).
- 6) Begin with your bible and your daily devotionals open to the suggested readings; (If you wish you may want to add different deeper studies, or read the bible throughout the year).
- 7) Five-Finger Prayer is a simple tool taking your hand, and *systematically use each finger as a reminder to pray for key areas of your life*. Examples:
 - 1) Use your thumb to pray for those closest to you.
 - 2) Your index finger to pray for your pastors or other church leaders or church groups.
 - 3) Your middle finger, the strongest, use to pray for those in authority over you, like our local, state, or national leaders.
 - 4) Your fourth finger, usually the weakest finger, to pray for those hurting or in need.
 - 5) The little finger, a suggestion is to pray for your daily needs.

This Five-Finger prayer tool is simple way to remind you to pray yourself and for others in your life. *“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”* Matt. 6:6 (NIV)

- 8) Whisper prayerful thanks to God for all he has done, doing, and in advance thank Him for His work in future areas of your life, as well as for your loved ones. God loves and blesses a thankful heart!
- 9) Tenderly, as a child goes to his Father, ask to hold God’s hand and never let go. Stand in simple wonder imagining the awesomeness of His POWER. To just “sit a spell” and listen... just “BE”. *“The Lord would speak to Moses’ face to face as a man speaks to his friend.”* Ex 33:11(NIV)
- 10) Ask God to ORDER UP your DAY in the way HE wants it to go. “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matt. 6:33 (NIV)
- 11) Challenge God to USE YOU as He sees fit in a powerful way today and in the days to follow.
- 12) Ask God to pour out his FAVOR and WISDOM on your life and your family.
- 13) Humbly and gently surrender to His plan, requesting strength and courage for your challenges.
- 14) Ask God to SOFTEN YOUR heart towards any CURRENT UNRESOVLED conflicts in your life, seeking forgivingness towards others who have wronged you. (Also, prayerfully ask God to SOFTEN OTHER'S HEARTS which may have an ISSUE with anything YOU have done or NOT done.)
- 15) Request that the Holy Spirit would help you to notice “interruptions” as “God appointments” for the day. To acknowledge that whoever God puts in front of you He would show you want to say so His love can flow through you to others. (Ask God to take and use your life to help others).
- 16) Request protection for your life and your loved one’s lives.

Talking Points

- 17) Take whatever might be on your heart and lay it before the throne of God. As your relationship with Him grows, you'll soon speak to Him as a friend shares with his best friend.
- 18) Write out your prayers and petitions to the Lord, dating and numbering them. Maybe in red pen write the answers to your prayers. Take note of how He's answered prayers. Soon you'll really begin to clearly see that He's really working ALL around you in your daily life.
- 19) Ask God out loud to release the POWER of the blood of Jesus Christ on your prayers and requests with the same POWER that raised Jesus Christ from the grave.
- 20) Learn to THANK God in ADVANCE for His answers to your prayers.

"Yes, when you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed."

Jer. 29:13 (MSG)

God loves to USE HUMBLE and BROKEN people who are earnestly SEEKING HIM OUT. These are people who have a humble teachable spirit and are willing to SURRENDER to His WAYS. Know these are choices along your pathway, choose to grow and become a more mature Christ-like person. As you absorb and marinate on his words, His ways will become more comfortable to you in your daily quiet time.

God also wants us to have PURE MOTIVES and a pure heart in all our dealings here on earth. Think of it like a "large classroom here on earth", where we are learning to be the very best in whatever our current situation is here on earth. Be reminded that God has so many hidden gifts, blessings and talents available for you. Our job as Christians is to prayerfully tap into His WAYS and ASK for His FAVOR and direction.

"If you are pleased with me teach me your ways so I may know you and continue to find favor with you."

Ex. 33:12(NIV)

"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him."

2 Cor. 7:14 (NIV)

Results of a healthy quiet time:

- 1) You will have a more peaceful relaxed attitude throughout your day.
- 2) You will experience the "fruits of the Spirit": love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (*Gal. 5:22-23*) (NIV)
- 3) Wisdom and discernment will be "spirit" lead.
- 4) You will be able to give/speak from an overflowing heart of love, with humility and compassion.
- 5) Your thought life will continue to be redirected to seeking a Holy God.
- 6) An abundant life will stem from a DEEP RELATIONSHIP with the One who created you and everything in the universe.
- 7) Knowing that you are accepted and loved beyond measure.
- 8) Knowing that your prayer requests are laid out before the "throne of God" and allowing them to "stay there" until they are answered prayers.
- 9) Focusing on God, and LETTING GO of trying to CONTROL the situation and others.
- 10) Being able to LET GO and TRUST God in the midst of the situation, even if you do not understand where He's working, or what He might be doing.

Talking Points

Rewards of Wisdom *“Blessed are those who find wisdom, those who gain understanding, for she is more profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who take hold of her; those who hold her fast will be blessed.”* Proverbs 3 13-18 (NIV)

“By wisdom the LORD laid the earth’s foundations, by understanding he set the heavens in place; by his knowledge the watery depths were divided, and the clouds let drop the dew. My son, do not let wisdom and understanding out of your sight, preserve sound judgment and discretion; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety, and your foot will not stumble.” Proverbs 3 19-23 (NIV)

As you create this daily habit of a healthy quiet time, you will learn it can become the most valuable DAILY TOOL in your life. Alone only with God, marinating on His words, zoning in on His presence, can become the most desired time of your day and life. God challenges us to ASK, SEEK, KNOCK, and the doors will be opened, if we seek Him out with honest, loving and pure motives to a healthier Godly life.

If my people who are called by my name, will humble themselves & pray and seek my face & Turn from their wicked ways, then I will hear from heaven & forgive their sins & will heal their land.” 2 Cor. 16:9 (NIV)

“However, solid food is for mature people, whose minds are trained by practice to know the difference between good and evil” Heb. 5:14 (NIV)

Learn to strive for: Less of you and more of GOD

Questions to ponder:

- 1) Do you feel you take charge of your day, or does your day take charge of you? (Explain)

- 2) What are some distractions, or challenges that you are faced with in relation to an alone daily quiet time?

- 3) List key items in this quiet time study you have just learned. _____

- 4) What will you commit to today to have a better daily quiet time? (Explain) Maybe commit to starting a quiet time today, or getting up earlier, or listen to Christian music prior to your alone time with God.

Additional study recommendations: 40 Days of Prayer by Pastor Rick Warren

Great men simply have great habits!

“Teach us to number our days aright, that we may gain a heart of wisdom” Psalms 90:12 (NIV)