

HOW TO KEEP YOUR “QUIET TIME” FRESH

Mike Taylor

www.TaylorNotes.info



A quiet time is an important part of a Christian's everyday life, for this is when he goes to a comfortable and rather secluded place in (usually) his own home, where he can draw close to God with no distractions. It should be a place where there are no interruptions from TV, telephone, family member interactions or traffic noises, in other words, silence. A quiet time is a set-aside part of each day for a meeting between you and God.

5 REASONS WHY WE NEED A QUIET TIME

1. Because we have an inborn longing to fellowship with God.

“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?” (Ps. 42:1-2 NIV)

2. Because we need fellowship with God.

God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord. (1 Cor. 1:9 NIV)

- a) We were created to have fellowship with God (Gen. 1--2).
- b) Jesus Christ died on the cross so that fellowship could be restored (1 Cor. 1:9; 1 John 1:3-4).
- c) The regular quiet time during Jesus' ministry was a source of his strength (Mark 1:35; Luke 5:16; 22:39-44).
- d) Every great man or woman of God throughout history has spent much time alone with God (Moses, David, Daniel, Paul, Calvin, Wesley, Finney, Moody, Spurgeon, Billy Graham, et. al.).
- e) We cannot be healthy, growing Christians without daily fellowship with the Lord (Job 23:12; Matt. 4:4; 1 Pet. 2:2; Heb. 5:14).

3. Because it is our privilege as Christians.

Oh, the privilege of being a Christian. Can you imagine anything greater than this—that you have been loved from eternity; that “in Christ” you are loved right now?(Derek Thomas)

- a) We give devotion to God (Psa. 29:2; 95:6; John 4:23; Rev. 3:20; 4:11).
- b) We get direction from God (Psa. 25:4-5; 40:8; 73:24; 143:10; Isa. 42:16).
- c) We gain delight in God (Psa. 16:11; 34:8; 37:4; 42:1-2; 63:1; 73:25; Phil. 3:10).

d) We grow more like Jesus (Gen. 1:26-27; Rom. 8:29; 2 Cor. 3:18; 2 Tim. 3:16-17).

4. Because we gain tremendous benefits from it.

Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, (1 Pet. 2:2 NIV)

- a) Joy (Psa. 16:11; 119:47, 97, 162; Jer. 15:16).
- b) Strength (Isa. 40:29-31).
- c) Peace (Psa. 119:165; Isa. 26:3; 48:18; Rom. 8:6).
- d) Stability (Psa. 16:8-9; 46:1-3; 55:22; 57:7).
- e) Success (Josh 1:8).
- f) Answered prayer (John 15:7).
- g) Others will notice a difference in our lives (Acts 4:13).

5. Because we cannot bear fruit without it.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. (Jn. 15:5-7 NIV)

- a) John 15:5 states, "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."
- b) [Bearing fruit is what God produces in my life as I maintain a fresh, trusting relationship with Jesus Christ!]

5 THINGS THAT CAN MAKE YOUR QUIET TIME GO STALE

1. Not having a Bible study **goal**.

- a) Not just reading an incredibly large number of chapters and verses.
- b) Try setting goals such as developing a deeper understanding of spiritual gifts, or how God used ordinary people, or what does the Bible say about abortion, the environment, etc.

2. Doing it **the same old way**.

- a) Repetition avoids the need to break out of a routine.
- b) Repetition creates the "auto-pilot syndrome" (no need to think deeply about a text in the Bible).

3. Frequent **interruptions**.

- a) Turn off your phone.
- b) Remove distractions (noise, TV, etc.).

4. Unresolved **sin**.

- a) Like Adam and Eve, we tend to “hide” from God when we have unresolved sin.
 - b) Sin always damages.
5. Physical and mental **fatigue**.
- a) When tired you may need eat something and rest first.
 - b) 1 Kings 19:4-6: But he himself (Elijah) went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers. ⁵ And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. ⁶ And he looked, and, behold, *there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.* (1 Ki. 19:4-6 KJV)

5 WAYS TO KEEP YOUR PRAYER LIFE FRESH

1. Focus more on **praising God**.
 - a) Spend time in prayer expressing gratitude to God for His blessings and praising Him for who He is.
 - b) Cultivating a heart of gratitude can help keep your prayer life joyful and uplifting.
2. Pray the **scriptures**.
 - a) Use passages of scripture as prompts for prayer.
 - b) Meditate on a verse or passage and then pray about how it applies to your life or the world around you.
3. Have a **prayer partner**.
 - a) Find a prayer partner or join a prayer group where you can share prayer requests, support one another, and pray together.
 - b) This can provide accountability and encouragement in your prayer life.
4. Take **prayer walks**.
 - a) Take prayer walks in your neighborhood, in nature, or around your workplace or school.
 - b) Use this time to pray for the people and situations you encounter along the way.
5. Keep a **prayer list**.
 - a) Create lists of specific things to pray for, such as family, friends, community, global issues, etc.
 - b) Regularly update these lists to keep your prayers relevant and meaningful.

5 WAYS TO KEEP YOUR BIBLE STUDY FRESH

1. Vary your study **methods**.
 - a) Experiment with various study methods such as:
 - b) Study interesting Bible topics (money, anger, salvation, marriage, worship, etc.)
 - c) Study individual Bible books.
2. Stay **curious**.
 - a) Ask questions.
 - b) Explore topics in the Bible that pique your interest.
 - c) Is there a promise to claim?
 - d) Is there a lesson to learn?
3. Keep **notes**.
 - a) Since we tend to forget 90% of what we just read 90 minutes after we read something, jot down some key thoughts as you read God's Word.
4. Look for ways to **apply what you've read**.
 - a) Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. (Jas. 1:23-24 NIV)
5. Vary your **location**.
 - a) Get outside (porch, redwood forest, beach).
 - b) Just observe God's handiwork.

WHERE TO FIND MORE INFORMATION

"Why is it important to spend time alone with God?"

<<https://www.gotquestions.org/alone-with-God.html>>

