

WHAT DOES A 15 MINUTE QUIET TIME LOOK LIKE?

1. Relax (1 Minute)

Be still & quiet! Slow down! This is very difficult to do in our world! Prepare your heart and take a few deep breaths—you are about to experience God & his Word! Ask him to work in your heart!

2. Read (4 Minutes)

Begin reading where you left off the day before. Use study guides to aid in your reading & studying! Remember not to place the primary focus on your study guide, but to keep it on God's Word! FBCA offers two free devotional aids: Our Journey & Our Daily bread (both available in the foyer).

3. Reflect (4 Minutes)

Think about what the passage means to your life. Right down your thoughts. As part of reflection, you may memorize any verses that touch your heart in a special way!

4. Record (2 Minutes)

Write out a personal application statement based upon your reflection time. Be sure your applications are **SMART**—Specific, Measurable, Attainable, Reasonable, & Time-oriented. Be sure to check your progress regularly!

5. Request (4 Minutes)

Conclude your quiet time by talking to God about what he has shown you and make your requests. You may follow the **ACTS** acronym in your prayer—Adoration, Confession, Thanksgiving, & Supplication.

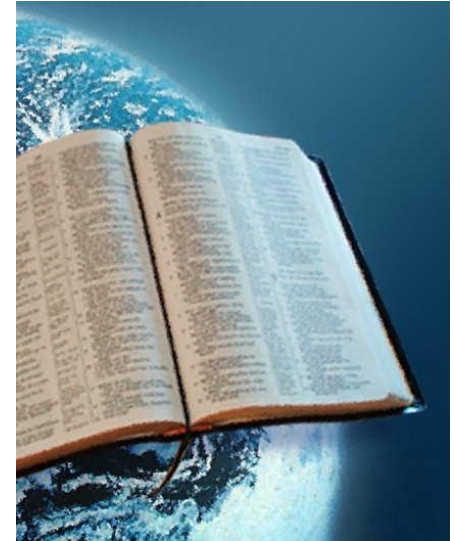
A PERSONAL PRAYER OF COMMITMENT

"Father, I realize that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death. I know that daily fellowship with you is to be the most important thing in my life. I now want to commit myself to spending at least 15 minutes every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength for help in being consistent. In Jesus' name, Amen."



A Quiet Time

Your Daily Time with God



*"SHOW ME YOUR WAYS, O LORD, TEACH ME YOUR PATHS, GUIDE ME IN YOUR TRUTH AND TEACH ME."
PSALM 25:4-5*



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WHY SHOULD I HAVE A QUIET TIME?

1. TO GIVE **DEVOTION** TO GOD.

"Give to the Lord the glory due to his name. Worship the Lord in the splendor of his holiness." Psalm 29:2

2. TO GET **DIRECTION** FROM GOD.

"Show me your ways, O Lord, teach me your paths, guide me in your truth and teach me." Psalm 25:4-5



2 Things to Do in a Quiet Time

1. Consider Your Ways: "Search Me, O God, and know my heart, test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting." Psalm 139:23-24

2. Commit Your Day: "Commit to the Lord whatever you do, and your plans will succeed." Proverbs 16:3

3. TO GAIN **DELIGHT** IN GOD.

"Delight yourself in the Lord; and he will give you the desires of your heart." Psalm 37:4

4. TO GROW **DAILY** IN GODLINESS.

"When the council saw the boldness of Peter and John... they were amazed and realized what being with Jesus had done for them." Acts 4:13 (LB)

HOW DO I BEGIN A QUIET TIME?

1. SELECT A **SPECIFIC** TIME.

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35

The best time to do your quiet time is when you are at your best. Perhaps you are a morning person or an afternoon person.

Perhaps the best time for you is in the middle of the day when the children are at school or maybe right after work. Whatever time you choose, be consistent! If you've never had a quiet time, start by scheduling a fifteen minute quiet time!

2. CHOOSE A **SPECIAL** PLACE.

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35

The best place to do your quiet time starts by with a place where you will not be interrupted. You will also want to make sure that the temperature is not too hot (so you don't fall asleep) or too cold (so you don't shiver). You probably will not want to choose your bed or your favorite chair! Try numerous locations to find the best for you: the outdoors, the indoors, public settings, a library, etc.



3. GATHER THE **RIGHT** REOURCES.

- A Readable & Reliable Bible
- A Notebook—To keep a prayer log & to write down what God says to you through his Word.
- A Devotional Guide (Always keep in mind that an authors comments are always second to the Word of God!)
- A Song Book (If you choose to sing)
- A pen, pencil, and/or a highlighter

Be sure to keep your resources handy & together. You do not want to spend 5 minutes each day searching for your quiet time materials!

4. HAVE THE **RIGHT** ATTITUDE.

- **Reverence:** "Be Still & know that I am God." Psalm 46:10
- **Expectancy:** "Open my eyes to see wonderful things in your Word." Psalm 119:18
- **Willingness to Obey:** "But seek first his kingdom and his righteousness..." Matthew 6:33
- **Be Prepared to Change:** "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2a