

# How to Have a Quiet Time:

*A Meaningful time with God*

## What does daily time with God involve?

1. Prayer
2. Scripture Study
3. Reflection/Meditation
4. Personal Commitment

## How should I begin?

1. Choose a time
  1. Earlier the better
  2. Free from distractions
  3. Schedule it or will never happen
2. Choose a place
  1. Somewhere different or out of the way
  2. Somewhere easy to get to and close
3. Choose a Bible
  1. Use a study bible: D.J.'s picks include *The MacArthur Study Bible* and *The NIV Study Bible*, *The ESV Study Bible*.
4. Choose a book of the Bible
  1. I highly recommend choosing a book rather than random readings. For example, read one chapter of John each day until you finish the book. Then choose a book from another section of the Bible. A study bible will help you understand the book's setting and original context.
  2. To take your study to the next level you can purchase a commentary on the book you are studying. My recommendation is the *The NIV Application Commentary* on which ever book you choose.

## What should I do?

**1<sup>st</sup>**-Open with a simple prayer thanking God for the day, confessing any sin and asking Him to guide you as you study His word and reflect on His being.

**2<sup>nd</sup>**-Read, re-read, and read again the passage for the day. Ask the *who, what, when, where, and why* questions of the text. This will allow you to understand the original meaning of the text. Once you grasp the original meaning then you look for the universal meaning. Once you grasp the universal meaning then you ask the Lord to reveal to your mind how it applies to your life specifically.

**3<sup>rd</sup>**-Write down your observation, thoughts, reactions, and questions.

**4<sup>th</sup>**-Meditate on the person of God by reflecting on the word you have just studied. Focus your mind on Him.

**5<sup>th</sup>**-Based on your reading and your reflection often the Holy Spirit will guide your mind into an area of your life where a special commitment is needed. If your time with God is a personal worship service then this would be invitation. Make heartfelt commitments and or decisions during this time and voice them to God then write them in your journal.

**6<sup>th</sup>**-Close your time with prayer. A great guide to prayer is our Lord's. With the Lord's Prayer one finds worship, submission, petition, confession, and affirmation.