

How to have a Quiet Time with God

1. Prepare your attitude

- Read Daniel 10:12. What attitudes did Daniel have before God?

2. Prepare a place

- Read Daniel 6:10. What place did Daniel choose? Can you think of a good place for you?

3. Prepare a plan

- Read Daniel 6:10 and Ezra 7:10. What can you learn from Daniel and Ezra to include in your time alone with God?

4. Prepare a schedule

- Read Daniel 6:10 and Mark 1:35. What schedule could work for you?

A Guide

1. Come before Him

God wants you to know Him. Read Psalm 119:18.

Ask God to guide you into His presence.

2. Be attentive

As you read the Bible, realize that you are “listening” to God. Read 2 Timothy 3:16.

- a) Read slowly: do not hurry and do not read long portions.
- b) Read repeatedly: read a passage over and over again until you have a clear understanding. Underline key words.
- c) Read systematically: one book at a time and in an orderly form.
- d) Preferably, use a Bible without commentary notes.
(We recommend the English Standard Version.)

3. Think

Meditate and memorize.

Psalm 1:1-2 ^(ESV) *Blessed is the man...his delight is in the law of the Lord, and on His law he meditates day and night.*

To meditate is “to seriously contemplate a principle in your mind over and over again until you know how to apply it in your life.”

Choose, memorize and apply a verse that is meaningful to you.

4. Write it out

Write important details about what God is teaching you.

Deuteronomy 6:6, 9 ^(ESV) *And these words that I command you today shall be on your heart...you shall write them...*

- Write what you understand God is telling you in His Word.
- Use a notebook, a mobile device or a computer.



5. Pray

Once God has spoken to you through His Word, you can talk to Him. Tell Him what you have learned and how you are planning to obey Him. Thank Him for His instruction and His love.

Develop the habit of spending time alone with God. Start by setting aside 15 minutes daily. Later on, you can increase it.

Are you determined to discipline yourself in having a daily appointment with the Person who saved you, adopted you as His son, and longs to have a close relationship with you?

I COMMIT TO...

- Seek God daily.
- Find an appropriate time in my schedule.
- Start immediately: TODAY.
- Be accountable to others, sharing what I have learned.

Once we get to know Jesus Christ as our personal Savior, having a daily appointment with God is one of the most important habits to develop and maintain in our lives.

The Christian life has many aspects: meeting with the church, sharing with other believers, serving in the church, sharing the gospel and many more.

The most important things in the Christian life happen during our time alone with God.

Having that daily meeting with God will help you know Him more, grow in maturity and receive the guidance you need to live in this world according to His will.

Jesus' example

Read Luke 22:39 and Mark 1:35

- What did Jesus do and what example did He give us?

The Psalms' example

- God wants our heart to desire what is expressed in Psalm 27:4.
Write this verse in your own words

- According to Psalm 51:6, what do we learn when we are alone with God?