

QUIET TIME POSTURE FOR LIFE

A. Slow Down – To step into His story for your life today. Move your mind and body to a place that enables you to connect to His presence.

To be with Him
To hear from Him
To see with Him
To feel with Him

B. Power Down – Press pause to remove or reorder possible distractions

Your phone, computer or other electronic devices
Your agenda or to do list for the day
Your self-interests - news, hobbies, social media
Your urgent matters causing pressure, stress, worry
Your limited earth-bound perspective of the day

C. Bow Down – Allow your heart to recognize and enter into His presence

Preparatory Prayer

Dear Father, I have come to have fellowship with you. (Pause) Increase my desire to know Jesus intimately. (Pause) Please speak to me through your word and enable me to grow in my love for you. (Pause) I am grateful that you will be guiding me during this time of prayer. (Pause) I come to you in Jesus' name. Amen

Pausing to ask for God's assistance demonstrates a humble dependence upon the Lord and reminds us that we are not in control, that we really do need God's grace in order to hear from Him, to meet with Him, and to receive the blessings he grants during our time with him.

D. Listen Up - Focus on Listening to His Words

ABC Quiet Time-Simple Start tool

E. Pray Up - Worship Him and Talk to Him about what you are hearing

Acts Prayer Model

Adoration
Confession
Thanksgiving
Supplication

F. Obey Up - Pay Attention to what He is saying to you and respond in loving obedience.

1. What do these verses tell me about God and man.
2. How is what I read today relevant to me becoming more like Jesus?
3. How should I respond out of loving obedience to what I hear Him saying to me today?