

## STUDY FOUR

### QUIET TIME

Quiet time is the time set regularly to meet with God. It is the time set aside to communicate with the Father through the living Word with the assistance of the Holy Spirit and also to bring our request to God in prayer. Through quite time, we cultivate a relationship with God. In this study, we shall discuss how to have effective quite time on a daily basis with God.

Why do we need quite time

1. We need God's power to cope with daily activities 1 Kings 19:7, Isa 40:31, Prov 3:5
2. We pattern our lives after our Lord Jesus Christ's life by following His steps, Matt 14:23, Mk 1:35,6:46, 1Peter 2:21
3. To cultivate a personal habit of worshiping the lord and thereby help our personal devotion. 1 Peter 2:2, Josh 1:8, Ps 1:1-3, Ps 95:6.
4. To create personal adjustment to the Bible i.e. living by the word, reacting positively to the Bible Jn 1:12-14, Matt 4:4, Phil 2:1, 1 Peter 2:2, James 1:21-25. Following its commandment.
5. Create right reactions to trials and temptations that befall us 1 Peter 1:3-7, Heb 12:10-11, James 1:2-4 .

#### What you require for quit time

- a) The Holy Bible ( it is advisable to have more than one version and a good reference of the Bible at your side)
- b) Hymn book/chorus book and dictionary.
- c) Notebook and biro.
- d) List of prayer points.

**Aid:** Daily power, Everyday with Jesus etc (Note: it is not compulsory you must use aid)

#### Time and place of quite time

- a) Frequency: At least once a day. Dan 6:10
- b) Place: a quiet place
- c) Duration: To be determined by the believer such that it does not encroach on another activity for the day and keeping in mind that God deserves our best, not our left over
- d) Period of the day: At an acceptable time, preferably early in the morning.

#### Benefits of using the morning.

- Waking thought is focused on God.
- Strength is received to meet the challenges of the day. Eph 6:10-12
- Great men of God including Jesus used early morning. Mk 1:35, Ps 53, Gen19:27
- God appreciates it Prov 8:17

Some suggestions on how to observe quite time

- a) Begin with a short prayer, asking the Author – the Holy Spirit to explain the Bible to you Ps 119:18
- b) You may sing a few songs/chorus as Eph 5:19
- c) Proceed to reading the Bible thoughtfully, repeatedly, patiently, prayerfully, meditatively, purposefully and telescopically providing answers to the following questions where applicable:
  - Is there an example for me to follow? Is there a sin to avoid?
  - Is there a promise to claim? Is there a prayer to repeat?
  - Is there a command to obey? Is there a verse to memorize?
  - Is there an error to mark? Is there a challenge to face?
- d) Prayer: List out areas in which the word of God has touched you and prays on each of them. Some of the different types of prayer that could be offered include: thanksgiving, adoration, supplication, intercession. Etc.
- e) Maintain a balance between the time spent and study of the Bible.

#### Methods of Bible Study during quite time

- By chapters; By Topics; By Paragraph – Through biography
- By verse – study outlines e.g. daily Bread; by books – Jesus, etc.

The methods suggested are not exhaustive. Use all the Bible study methods available at different times to avoid monotony

#### Benefit of quite times

- a) Provide an opportunity for the soul to linger in the presence of God, laying the innermost being before him
- b) Entering a reverence and affectionate yet fruitful conference with Him. It creates an atmosphere where God speaks to you and you speak back to Him
- c) You acquire a working knowledge of the Bible.
- d) We get to know God: His nature and ways.

#### How Does God speak to us?

- Through His word. Ps 119:105, Heb 1:1.
- Through dreams, Joel 2:28, Job 33:14-16, Gen 31:11.
- Through visions. Acts 10:3, Joel2:28, Isa 6:1-4.
- The still small voice 1 King 19:12
- In word witness. Prov 20:27, 1 Cor 2:11
- Audible voice. ACT 10:13, 1 Sam 3:4

#### Obstacles to effective quite time

Discuss the following obstacles to fruitful quite time:

- Haste
- Disturbance
- Bad planning
- Laziness
- Over eating etc.

**MEMORY VERSE:** "And in the morning, rising up a great while before day, He went out, and departed into a solitary place, and there prayed." Mark 1:35