Establishing a Quiet Time
a spiritual habits resource

Purpose of Quiet Times
Nourishment is essential for life and health. You could not expect to remain strong or healthy eating only one meal a week, and then choosing to skip that one meal occasionally. The same applies to your spiritual life; people simply can not survive if they are starving themselves to death.

The term “daily quiet time” simply refers to the commitment you are making to spend time with God daily, consistently, and intentionally. Choose a method that suits your personality. However, make sure to include scripture, prayer, reflection, and response. Your quiet time shouldn’t be a boring experience that you dread. Be creative with your routine and don’t let it become “routine.” For example, if you are an active person, sitting in a dimly lit room for an hour at a table facing the wall is probably not going to motivate you. Go outside, look around, and worship God in the fullness and beauty of His creation. Be consistent and dedicated. Just as physical training requires discipline and time to establish good habits, it is the same for creating good spiritual habits.

During Your Quiet Time...
1. Pray
Use your prayer journal to record your personal prayer needs and the needs of those around you. Write the need and the date in your journal, and don’t forget to update it when the prayer is answered. It is an important faith builder to see God answering prayer. Journaling reminds us that God is working in our lives. Too often God answers prayer and we just move on to the next one without giving Him the credit due, or taking time to reflect upon how faithful He is.

2. Read Scripture
But don’t read too much. Basically, you want to read a complete thought. It may be a story, it may be a paragraph or two, it may only be a couple of sentences. This is one instance where less is more. Read that one thought all the way through once, then go back and read it more slowly to understand what it is really saying. Write notes as you read, recording your observations as you read and reread it. Reading the scriptures will be a central part of your quiet time because it is one of the primary ways that God speaks. We should be anticipating that and looking for it.

3. Reflect
Think about what you are reading and ask yourself these questions:
   a. What does this say about God?
      (Who is He? What is He up to?)
   b. What is this saying about man?
      (What is he up to? What should he be up to?)
   c. If you were to sum it all up, what is the passage saying?
   d. Do you have any questions you need answered about this text? (Write them down)

4. Respond
What is the text telling you to do? Expecting of you? Warning you about? How could you apply this to your life in obedience? Write it down. Pray it. Do it. Share it.
By doing these things, we allow God to transform us. By being disciplined and consistent we allow Him to transform our habits. By being committed to read and understand the Scriptures we allow Him to transform our minds. By reflecting on who He is, who we are, and how we should live before Him we allow Him to transform our attitudes and our desires. And it is through our obedience that His principles are proven. In seeing God’s truths played out consistently in our lives our trust in Him will grow. As we continue to seek God and commit our time, our minds, our attitudes, and our wills to Him, we will be transformed just as He has promised.

Applying This Technique
Let’s look at a passage and practice this technique.

“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:7-8)

1. What does 1 Timothy 4:7-8 say about God?
   • Falsehoods are not of God.
   • God is concerned with truth.
   • What else can you find?

2. What is this saying about man?
   • We should stay away from deception, untruthfulness & dishonesty; even if people are professing them to be true.
   • We should always seek and be concerned with the truth and reality.
   • We must “train” ourselves to be godly.
   • The physical has temporary value.
   • We will live forever.
   • What more can you find?

3. To sum it up in your own words, what are these verses saying?
   Have nothing to do with false stories or beliefs, but in everything seek and know the truth. We must discipline ourselves to always pursue that which is good, that which is true, and that which is right; these things have eternal value.

4. Additional Questions to Consider: What more would you say? How does this speak into your own life and what is expected of you? Are you willing to meet that expectation? How could you do that?

Further Resources
Prayer Class
A 7 week class teaching the importance and power of prayer. This class will encourage powerful prayer as it transforms your prayer life. It is aided by the DVD series “When God’s People Pray.”

Our Daily Bread
A free publication of daily devotionals. You can view them online at www.rbc.org or have them mailed to your house (free of charge) by mailing a request to:
   Our daily bread Grand Rapids, MI 49555

Growing Your Faith by Jerry Bridges
This book explores the tools and spiritual disciplines that God uses to grow and mature your faith.

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