# Source night

What is a Quiet Time? Spending time alone with God Aim tonight to inspire, not condemn

Prayer with others has it's important place, however time alone is vital Matthew 6 :5-6

## **Examples**

- I. Jesus Matthew 14 :22-23, Mark I :35, Luke 6 :12
- 3. David I Samuel 17:18
- 5. Peter Acts 10:9

### Why should we spend time alone with God?

- In love relationships you want to be with ones you love. In fellowship with him I Corinthians I :9 John 15:15
- 2. We need changing Ephesians I :3-4 I Peter 2:11 We need to get our hearts in line with His
- 3. We need strengthening Isaiah 40:31 Hebrews 4:16
- 4. We need to draw near to God James 4:8 John 15:7

### The main ingredients of a Quiet Time is Bible reading and prayer.

**<u>Bible Reading</u>** Psalm 119:97 We can meditate on the words (Not Eastern meditation – Where aim to empty our minds, but rather to fill our minds with Gods words)

Options a) Bible study notes b) Go through a book c) Go through Bible chronologically

Some find a note pad, pen or highlighter useful tools http://www.biblestudytools.com/bible-reading-plan/chronological.html

Questions to ask ourselves, What is God saying to me? Which verses jump out?

Tip- Listen and follow the passage via app on your phone. Most popular-YouVersion, Daily Bible, Bible.is

### <u>Prayer</u>

When you pray, pour out your soul. Be natural and honest with God. Tell Him how you feel. Hab 1:2-3

Tip - Praying out loud, may help to keep your mind on track and enables you to stay focused.

**Elements of prayer** Prayer on the simplest level is just talking to God, don't get tied to formulas that become empty and meaningless Matthew 6:7 However be aware of the different elements of prayer. Ephesians 6:18 – 'all kinds' Some people use ACTS -Adoration, Confession, Thanksgiving, Supplication

A) Stillness Psalm 46 :10

B) <u>Praise</u> Psalm 100 When you praise you recognise the good. It also means we focus on God

C) Thanksgiving Jesus did-John 11:41, 1 Thessalonians 5:16-18

When we are thankful, harder to be 'down', or full of self pity

D) Confession | John | :9 Psalm 51:1-7

- E) <u>Telling the Lord how you feel, asking for <u>yourself</u> Phillipians 4 :6 James 1:5</u>
- F) Interceding for others Ephesians 1:15-18 Philippians 1 :3-5 1 Timothy 2 :1

Sometimes a one off prayer, others with persistence

- 2. Moses Exodus 19:3
- 4. Daniel 6 :10

The Quiet Time

**Topic-**

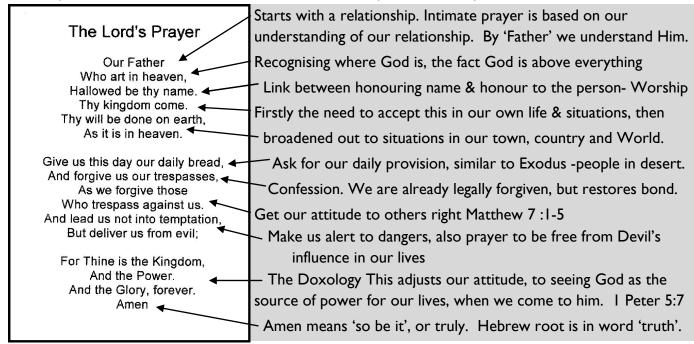
6. John Revelation I :10

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#### What Jesus taught about prayer

I. Ask Matthew 7 :7-11 John 15:7

However don't think of God as a dispensing machine 1 John 5:14-15 Get our will in line with his! 2. Be persistent Luke 18:1-8 3. The Disciples/Lord's Prayer



### Practical issues

<u>When?</u> Best time or leftovers? Many find mornings the best Psalm 5 :3 But not a sin to fall asleep in the arms of God!

<u>Where?</u> Place away from distractions

How long? From 5 minutes to hours!

<u>Our discipline</u> If we have a regular time and place we are more likely to keep it up. Be organised Prov 21:5 <u>Posture</u> Loads of different in the Bible I Kings 8:22, 2 Samuel 7:18, I Timothy 2:8, Genesis 24:26, Micah 6:8 <u>Questions</u> We can ask ourselves questions. What is God saying to me today? Is there a new truth to learn? Is there something I should do today? Is there a sin to avoid?

#### <u>Structure</u>

There is NO prescribed formulas, so experiment, There are no rules. People's relationships are different! <u>Who</u> you spend time with, is more important than the <u>ways</u> you do. It up to you to develop your own QT

A Examples of a 20 r	ninute Quiet Time, not a formula	(EA survey 10-20 mins average	e) <b>c</b>
Bible Reading 6 mins	Listen to Worship songs 6 mins	Sit quietly 2 mins	
Prayer 8 min	Bible Reading 6 min	Time of praise & Thanks	4 mins
Quiet listening 3 mins	Prayer 8 mins	Read Bible make notes	8 min
Jot thoughts down 3 mins		Prayer for situations	6 mins

Prayer isn't just for our Quiet Times, we can chat to our Father throughout the day! I Thessalonians 5:17

