

# Source night

Topic-  
The Quiet Time

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

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|--|--------------------------|
| 1. Jesus Matthew 14 :22-23, Mark 1 :35, Luke 6 :12 | 2. Moses Exodus 19 :3    |
| 3. David 1 Samuel 17 :18                           | 4. Daniel 6 :10          |
| 5. Peter Acts 10 :9                                | 6. John Revelation 1 :10 |

## Why should we spend time alone with God?

1. In love relationships you want to be with ones you love. In fellowship with him 1 Corinthians 1 :9  
John 15:15
2. We need changing Ephesians 1 :3-4 1 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.

**Bible Reading** 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

## **Prayer**

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) Praise 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 1 John 1 :9 Psalm 51:1-7

E) Telling the Lord how you feel, asking for yourself Phillipians 4 :6 James 1:5

F) Interceding for others Ephesians 1:15-18 Phillipians 1 :3-5 1 Timothy 2 :1

Sometimes a one off prayer, others with persistence

## What Jesus taught about prayer

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

However don't think of God as a dispensing machine I John 5:14-15 Get our will in line with his!

2. Be persistent Luke 18:1-8

3. The Disciples/Lord's Prayer

<p><b>The Lord's Prayer</b></p> <p>Our Father Who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth, As it is in heaven.</p> <p>Give us this day our daily bread, And forgive us our trespasses, As we forgive those Who trespass against us. And lead us not into temptation, But deliver us from evil;</p> <p>For Thine is the Kingdom, And the Power. And the Glory, forever. Amen</p>	<p>Starts with a relationship. Intimate prayer is based on our understanding of our relationship. By 'Father' we understand Him.</p> <p>Recognising where God is, the fact God is above everything</p> <p>Link between honouring name &amp; honour to the person- Worship</p> <p>Firstly the need to accept this in our own life &amp; situations, then broadened out to situations in our town, country and World.</p> <p>Ask for our daily provision, similar to Exodus -people in desert.</p> <p>Confession. We are already legally forgiven, but restores bond.</p> <p>Get our attitude to others right Matthew 7 :1-5</p> <p>Make us alert to dangers, also prayer to be free from Devil's influence in our lives</p> <p>The Doxology This adjusts our attitude, to seeing God as the source of power for our lives, when we come to him. I Peter 5:7</p> <p>Amen means 'so be it', or truly. Hebrew root is in word 'truth'.</p>
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## Practical issues

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

Where? Place away from distractions

How long? From 5 minutes to hours!

Our discipline If we have a regular time and place we are more likely to keep it up. Be organised Prov 21:5

Posture Loads of different in the Bible I Kings 8:22, 2 Samuel 7:18, 1 Timothy 2:8, Genesis 24:26, Micah 6:8

Questions 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?

## Structure


There is NO prescribed formulas, so experiment, There are no rules. People's relationships are different!

Who you spend time with, is more important than the ways you do. It up to you to develop your own QT

<b>Examples of a 20 minute Quiet Time, not a formula</b> (EA survey 10-20 mins average)		
A	B	C
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

**Discussion questions for Life Group**



Where is your best place and time to spend time with God?


How does not spending time with God affect us?      How useful are Bible study notes?

How do we deal with times when we don't feel in the mood?      Describe some of your closest times with God.

Which bits of The Lord's Prayer do we find or don't find, in our own prayer life?

What do we find the biggest challenge in spending time with God? How can we overcome the difficulties?

What advice and tips would you give a brand new Christian?



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