

## What Is A “Quiet Time”?

A “Quiet Time” is a time we set aside for the purpose of hearing from God’s word in private. Think of it like a husband and wife setting aside time to be together. In the same way, we want to set aside time for God— just Him and us. A Quiet Time is a time we have chosen to set aside to *meditate* (to think deeply about) on what scripture says, to learn more about God’s character, and to pursue God in prayer. The primary goal of a quiet time is to grow closer to God because we need Him. Our Quiet Times are meant to be **quality** time getting to know the character and story of our Creator. We are saved through a **relationship** with Christ, and Quiet Times are one of the most important ways our **relationship** with Jesus grows! We are called to look more and more like Jesus (1 John 2:6). **To look like Jesus, we must regularly spend time with Jesus.**

## Quality Time, Not Quantity Time

Quality time is the foundation of any relationship. A “timesheet” relationship is hardly ever a good one. Quality time means that communication is honest, the time is protected, and that your heart is humbled before God, that we are joyfully eager to be there, and confidently ready to listen. Jesus knows it isn’t always easy, yet He invites us in anyway (Hebrews 4:15). Jesus encourages us to bring to Him all of our weariness and all of our baggage and to lay all of it at His feet (Matt 11:28-30).

## How Do I Have A Quiet Time?

Find a place and time where you can be in private with just you and the word of God. When we are intentional in privacy in our time with God, it also allows us to be more real in our relationship with Him. We tend to show our true selves less and less the more public our situation becomes. Don’t rush it, but also know there isn’t a time requirement. There has never been a happy marriage whose health was measured by the timesheet. In the same way, we should view our time with God as an intentional pursuit, not punching a time clock. As a starting point, it would be a good goal for your quiet time to last 15 to 20 minutes at the start and as time goes on it can grow! Unplug. Go and find a quiet space where you are untethered by the world around you. Let the world exist in a separate space from you. Removing distractions like phones and screens isn’t just encouraged, it’s critical. Imagine if you loved someone dearly and asked them to go to dinner with you. Now imagine they show up late with several friends, constantly on their phones texting or changing music, and they’re more focused on complaining about their day than they are in talking with you. Don’t we do this to God? We set aside time to be with Him, but we come into his presence distracted, complaining, over-stimulated, and selfish. Jesus wants to spend time with us. Don’t hurry him along.

## The 5 Major Components of a Quiet Time

1. **Prepare Your Heart:** When we enter into the presence of God we should pursue a heart that is humble and sincere. We want a heart that wants Jesus. We are allowed to ask him to help us have one! Start your Quiet Time with a heart check.
2. **Confession:** Have you ever felt that you couldn’t go to God because you felt too weighed down by sin or shame? This is where confession comes in! Confession is uniquely important because sin creates a stumbling block for us as we attempt to approach God. Scripture tells us that Jesus is forever in the presence of God mediating for us (1 Timothy 2:5), and that Jesus is faithful to forgive us our sins when we confess them to Him (1 John 1:9). **Always.** When we have confessed, we are primed and ready to go into intimate time with The Lord.

3. **Scripture & Meditation:** When we spend time in God's word we are reading the story of God and learning about His character. Scripture is meant to be our "field guide" for our time here in this temporary life (Psalm 119:103-105). God's word is so important that Jesus said those who abide by His word are his true followers (John 8:31). **If you're wondering where to start when reading The Bible, check out our "Where Do I Start?" resource on our resource page!**

Each time you read scripture look for something that stands out to you and to **meditate** on it. To "**meditate**" on scripture simply means to reflect on it and consider it deeply. **For some tips and tools for meditating on scripture, take a look at our "Scripture Meditations" resource on our website.**

*Note: Journaling is an extremely helpful tool for having time with God and meditating on scripture. I would recommend using a journal so strongly that it would almost be foolish to not use a journal. They don't have to be fancy! You can grab one for 50 cents. **For more on journaling, check out the "Quiet Time Journaling" resource on our website.***

4. **Prayer:** Prayer is a priceless opportunity. God created a way for us to communicate with Him directly. How incredible! I can bring my biggest concerns, deepest confessions, and my most anxious or miniscule requests into the presence of the Lord with confidence knowing that God actually hears my prayers and cares for me (Matthew 10:29-31). I can come into his presence with these burdens because He **WANTS** me to (Psalm 142:1-2). How amazing it is that we can enter God's presence as his own children. We are welcomed, humble, confident, hopeful, and joyful in the throneroom of Jesus.

Never forget you are bringing your biggest concerns to the God of all creation, not just some local government. He's got it handled. All of creation has been and will continue to be operated seamlessly by our sovereign God. Trust Him with your requests!

Martin Luther phrased it best when he said: "Pray, and let God worry." After all, He has conquered the world— so I think our concerns are in the best hands possible (John 16:33). As you close your time in prayer, pray about the things you learned in scripture that day. Praise and Thank God for anything that comes to mind. Give him your concerns, fears, and hurts. Trust him to take care of you!

## **NEVER FORGET**

The fact that we are given such access to a relationship with a God so holy, beautiful, and beyond us is magnificent. We are sin. He is not. We are no longer sin because Jesus became sin in order to save us from its clutches (2 Corinthians 5:21). We have believed in His name declaring him LORD which has given us salvation. **Our time pursuing God in scripture and prayer will be just the same as every other holy pursuit we have in our flesh: flawed.** Lean into God's goodness, holiness, sovereignty, and grace. Drink deeply from the living water that pours out of the scriptures. Go into your Quiet Times with thanksgiving, praise, and a humble heart. Ask questions. Fail forward. Have a tender and sincere heart. Fight against complacency. Praise God that we get to know him and never stop discussing your growth and the growth of others with your faith family.