

Topic: *Quiet Time*

Text: *Mark 1:35; Psalm. 57:8, 119: 147*

Memory verse: *Psalm. 42:2*

Introduction:

Our lives are not satisfied neither our ministries fulfilled without communion with our Heavenly Father; thus Quiet Time is very important and must be part and parcel of our daily living. It is a time of personal fellowship with God He desires our communion. The Christian life is a life of battle against sin, the world and the devil. (Eph. 6: 12). There is need therefore to draw spiritual strength and courage for the warfare. This spiritual strength comes from a well planned program of prayer and meditation in the presence of the Lord The Christian that perseveres in quiet time grow steadily day by day with the Lord The quiet time affords one an opportunity for systematic Bible study and prayer, It is advisable to use daily reading aids for quiet time

1. Examples of those who held quiet time in the Bible:

- (i) Jesus Christ. Mark 1 :35; Lurk. 6: 12.
- (ii) Abraham. Gen. 19:27.
- (iii) David. Ps. 5:3.

2. Preparation for Quiet Time:

We need to prepare for quiet time in the following ways:

- (i) There is need to select a quiet place where there is no disturbance.
- (ii) Try and avoid having your quiet time late nights when you are tired and Worn out.
- (iii) Make sure you are awake properly before reading your Bible or praying.
- (iv) Don't do all the talking in the presence of God but also listen to His voice. Psalms. 46: 10.
- (v) Come before Him with a cleansed heart, Ps. 51: 7, 66: 18; and with a surrendered Will and Faith. 2nd Chron. 7: 14; Heb. 4:2.

3. Materials for Quiet Time:

- (i) The Bible
- (ii) A note-book and a pen to jot down points
- (iii) A book with prayer requests and space to record the answers
- (iv) Bible reading aids.

4. Bible Study during the Quiet Time:

As we study our Bible, God speaks to us. For anyone to gain knowledge during his/her quiet time, he/she must be sensitive in spirit. The following questions are important as we study the Bible:

- (i) What is the topic of where I have read? Ps 119: 18
- (ii) What have I learnt today? Matt. 22:29.
- (iii) Is there any command for me to obey?
- (iv) Is there any example for me to follow?
- (v) Is there any error for me to avoid?
- (vi) Is there any sin for me to forsake?
- (vii) Is there a promise for me to claim?
- (viii) Is there a new thought about God Himself?

5. Heaven-touching-prayer must be part and parcel of our quiet time; Model your prayer according to Matt.6:9-13.

6. There are some problems one can encounter during their quiet time, such problems include: Sleeping and tiredness. Lk. 22:45-46, unbelief James 1:6-7, noise and disturbance.

Conclusion: A time with God everyday is necessary for every believer. It is the Christian life wire, and nothing should disrupt this communion