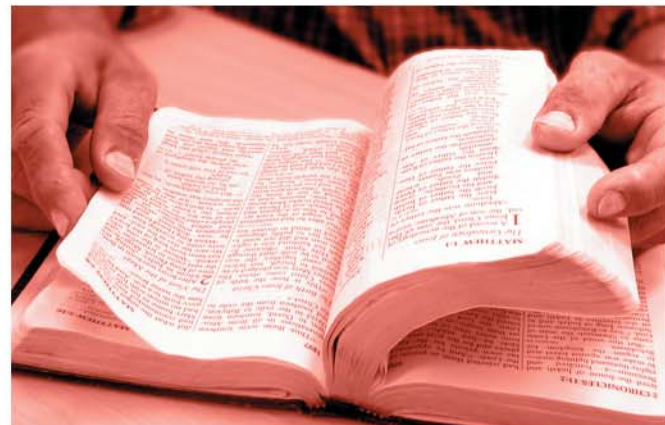




WHY SHOULD I HAVE QUIET TIME?

1. **To give devotion to God.**
"Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness." Psalm 29:2
2. **To get direction from God.**
"Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long." Psalm 25:4-5
3. **To gain delight in God.**
"Delight yourself in the Lord and he will give you the desires of your heart." Psalm 37:4
4. **To grow daily in godliness.**
"When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus." Acts 4:13



TWO THINGS TO DO IN A QUIET TIME

1. **Consider your ways:**
"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24
2. **Commit your day:**
"Commit to the LORD whatever you do, and your plans will succeed." Proverbs 16:3

A PERSONAL PRAYER COMMITMENT

"Father, I realize that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death. I know that daily fellowship with you is to be the most important thing in my life. I now want to commit myself to spending at least 15-30 minutes every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength for help in being consistent. In Jesus' name, Amen."



17741 FAIRLAWN AVE.
PRIOR LAKE, MN 55372

12800 MARYSTOWN RD.
SHAKOPEE, MN 55379

952-447-8282

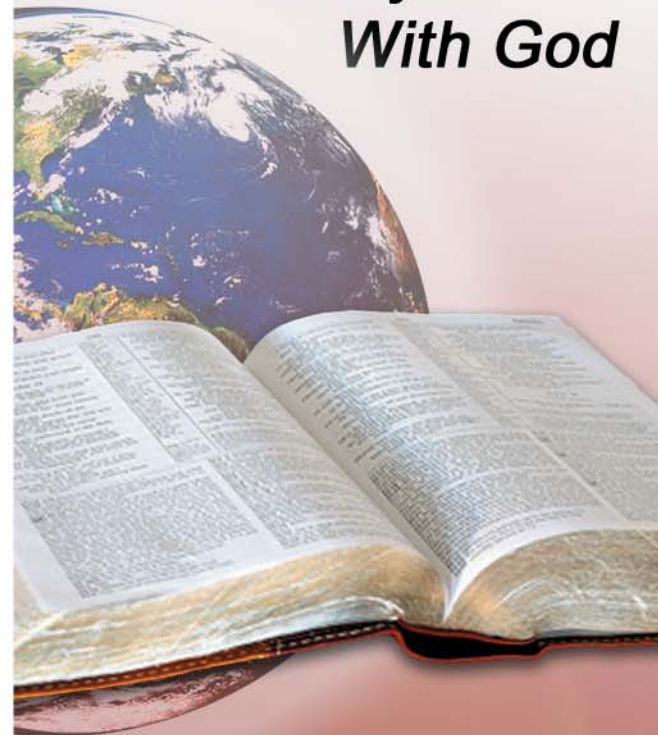
www.friendship-church.org

*Service Times: Sunday 9:00 & 10:30 am

www.friendship-church.org

A Quiet Time

Your Daily Time With God



"Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."

Psalm 25:4-5

Friendship Church

WHAT DOES A 15 - 30 MINUTE QUIET TIME LOOK LIKE?

1. **Relax** (1-2 minutes)
Be still, quiet, and slow down! This is very difficult to do in our world. Prepare your heart and take a few deep breaths - you are about to experience God and His Word. Ask Him to work in your heart.
2. **Read** (4-8 minutes)
Begin reading where you left off the day before. Use study guides to aid in your reading and studying. Remember not to place the primary focus on your study guide, but keep it on God's Word. If you need help choosing a devotional guide, please talk with one of the pastors who will advise you on current resources.
3. **Reflect** (4-8 minutes)
Think about what the passage means to your life. Write down your thoughts. As part of your reflection and meditation, you may consider memorizing any verses that touch your heart in a special way.
4. **Record** (2-4 minutes)
Write out a personal application statement based upon your reflection time. Be sure your applications are SMART (Specific, Measurable, Attainable, Reasonable and Time-oriented.) Be sure to check your progress regularly.
5. **Request** (4-8 minutes)
Conclude your quiet time by talking to God about what he has shown you and make your requests. You may follow the ACTS (Adoration, Confession, Thanksgiving and Supplication) acronym in your prayers.

HOW DO I BEGIN A QUIET TIME?

1. **Select a specific time.**
"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."
Mark 1:35
The best time to do your quiet time is when you are at your best. Are you a morning person or an afternoon person? Perhaps the best time for you is in the middle of the day when the children are at school or maybe right after work. Whatever time you choose, be consistent. If you've never had a quiet time, start by scheduling a 15 - 30 minute quiet time today.
2. **Choose a special place.**
"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."
Mark 1:35
The best place to do your quiet time is where you will not be interrupted. Be discerning regarding the environment. You probably will not want to choose your bed or your favorite chair. Try numerous locations to find what's right for you: outdoors, indoors, public settings, a library, personal study, etc.
3. **Gather the right resources.**
 - **A Readable and Reliable Bible**
 - **A Notebook** - *To keep a prayer log and write down what God says to you through His Word.*

- **A Devotional Guide** (*Always keep in mind that an author's comments are always second to the Word of God.*)
- **A Song Book** (*If you choose to sing.*)
- **A Pen, Pencil, and/or a Highlighter**
Be sure to keep your resources handy and together. You do not want to spend 5 minutes each day searching for your quiet time material.

4. **Have the right attitude.**
 - **Reverence:** *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."* Psalm 46:10
 - **Expectancy:** *"Open my eyes that I may see wonderful things in your law."* Psalm 119:18
 - **Willingness to Obey:** *"But seek first his kingdom and his righteousness..."* Matthew 6:33a
 - **Be Prepared to Change:** *"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind."* Romans 12:2a

