

Quiet Time

What is Quiet Time?

I will say what it is not first. It is not another Spiritual to- do list to check off in our busy schedules. We all have hectic and busy lives, but spending Quality Time with God is essential in our Faith Growth. Quiet Time is a description of what happens when we are with God.

Time can be a loud, chaotic, rushing –around companion that we have with us each day. But as we sit in the presence of GOD, He quiets our Time. There is a great value, beauty and rest to be found in spending time and being quiet with our Lord. The time spent deepens our relationship, and connection and gives us permission to rest in Him

To remain in Him means both to sit with Him and to walk with Him, to literally let the peace of Christ reduce the noise of worry and chaos, so we can receive the Truth as we let the Word of God Dwell richly in our hearts. As we spend more time with God meditating and reading His Word we develop more a Biblical World view which takes time.

We are Transformed - **ROMANS-: 12:2**

We seek God's wisdom – **PROVERBS 2:2-7**

We are not fooled – **COLOSSIANS 2:8**

We Fight Appropriately - **2 CORR 10:3-5**

We rely on God's guidance – **JAMES 15-6**

We get fit spiritually - **1 TIMOTHY 1:1, 7, 11**

We pay Attention: - **ISAIAH 55:8**

We fear God – **ECCLESIASTES 12:13-14**

We trust God – **PROVERBS 3:5-7**

Allow God to work in you and see yourself transformed, remember Quality is more important than Quantity. If you need to know how to begin please know that I am here and also your Prayer Leaders and other Bible Study Leaders.

Guidelines for Daily Prayer

Below are some ideas for how and what to pray when you have your quiet time. It is by no means exhaustive, and as you grow in your habit of praying, your petitions will change.

- Relationship with God
 - Praise/Thanksgiving
 - Personal petitions
 - Help making God the first priority
 - Wisdom/help discerning God's will
 - Increased trust in God's providence
 - Help discerning weaknesses and countering them
- Vocation
 - Spouse or fiancé (if applicable)
 - Ways to serve others in God's name/show God's love to others
- Children (if applicable)
 - Help to teach them to know, love, and serve God
 - Help to overcome weaknesses and grow in virtue
 - Protect them from ungodly cultural influences
- Home
 - That your environment is conducive to spiritual reflection
 - Always be ready to extend hospitality to others
 - Be open to performing acts of corporal and spiritual mercy
- Family & Friends
 - Intentions
 - Protection
- Personal Outside Activities
 - Work/Career
 - Church/Community Groups
- Community
 - Local concerns
 - Clergy
 - Government Leaders
 - Law enforcement/Military Personnel/First Responders

While these can help you decide on your petitions, the two other important parts of quiet time are reading Scripture and listening. If we want to grow in our relationship with Christ, we can't just spend all our time with him talking—we need to learn to listen for his answer. Your quiet time should include at least a few minutes of silence.