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Step 3: How can I develop my personal relationshp with Christ through a Quiet Time?

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Daily Devotional Time

1 Peter 2:2
Psalm 1:1, 2
2 Tim. 2:15
2 Tim. 3:16,17
Mark 7:35

S

The Process

1. Prayer
2. Bible Reading
   a. Chapter or paragraph
   b. Be systematic: read an entire book.

The Plan

1. The place
2. The time

Ask Questions

1. Is there a sin to leave?
2. Are there promises to make?
3. Are there examples to follow?
4. Is there a warning to consider?
5. Is there a teaching about God in this passage?
6. Are there other important truths to apply to my life?

Prayer Log

1. Make a list
2. Example:

Date	Petition	Answer
	1.	
	2.	
	3.	
	4.	

KEEP A RECORD OF YOUR QUIET TIME

Your Quiet Time

The only way to build up a relationship is to spend time with the person. Therefore, to know God in a significant way, we must spend valuable time with Him. This time is called "***the Daily Devotional Time***" or my "**Quiet Time**." During these moments of open and intimate communion with God, we learn much about Him, His will for our life, His direction and His nature, that is what we can expect of Him. These moments will become an essential part of our day.

1 What did David say about his devotional time?
(Psalm 119:147, 148) _____
_____

Read also Psalm 1:1, 2 _____
_____

It seems that David took very seriously his two times a day to meet alone with God. Do you sense that it was a drudgery or obligation to have devotions?

2. Why is the quiet time so important?
Was it a boring time for David? Read Psalm 42:1-2 _____
_____

Are you hungry for communion with God? Even Jesus found His joy in His daily times with His Father. Write what Jesus did in order to make time for His "Quiet Time."

Mark 1:35 _____

Luke 5:16_____

Matthew 14:23 _____

When we enjoy our time alone with God, meditation on His Word and His Person, and permit Him to speak to us through His Word and the Holy Spirit this daily time becomes refreshing and precious. Soon others will note that we have changed. The changes will be seen in our attitudes, and will begin to be seen in our lives. We will become more like Christ in our appearance and in the way we do things just because we spent time with Him daily.

During the Quiet Time we learn to experience what it means to "*rejoice in the Lord*." The joy from our daily time with Christ carries over into daily life.

3. What do we receive from this time?

In **Hebrews 4:16** the author encourages us not to be timid, lacking confidence with the Lord, but that we should come "*boldly*" or "with confidence." The word means "outspokenness, frankness, plainness of speech."

There are two benefits in the verse to coming before God. Write them out.

a. _____

b. _____

The "*mercy*" is obtained when we repent of our sins in confession to Him and "*grace*" is a power given to the "*inward man*" (**2 Co 4:16,** "…though our outward man is perish [*is wearing away*] our inner man is renewed day by day"). This is a result of the daily devotional time that circumstances cannot affect.

In **Ephesians 3:16,** what did Paul ask in prayer for each individual in the church of Ephesus with respect to the "*inward man*?"

_____

Paul knew that we need to be "*strengthened*" with power in the "*inward man*." We are strengthened when we spend daily time with Jesus.

Sometimes we become discouraged and hopeless. What did Jeremiah do when he felt this way? (**Jeremiah 15:16**)

_____

It is a joy and pleasure to meet daily with the Lord and His Word. It is a good idea to begin with at least **10-15 minutes**, as a goal for your "quiet time". It will require **planning and discipline**. There is no "correct" time, but there is a correct place. The place must **permit** maximum **concentration** in the Word of God, free of distractions and interruptions.

In **Mark 1:35**, where was Jesus?

_____

4. What do we do in the Quiet Time?

A. **First**, we should pray and ask God to speak to us because our purpose is to have communion with Him.

B. **Secondly**, we read a portion of Scripture planned for the day. Here, also, the purpose is for God to speak to us through His Word. A second, and most important purpose, is that we learn Who He is through His Word.

En **Psalm 119:105, 130,** David tells us several things that we can receive from the Word. Write two of them:

1. _____

2. _____

While we read, meditating on the Word of God, He gives us direction and understanding. God will provide for us just the light that we need for each day.

We should study a chapter or a paragraph of the Bible at a time., reading the passage several times to get an understanding of what the text is saying. Here are several questions we should ask ourselves:

1. Does this passage show me some sin I should get rid of or quit doing?
2. Is there a promise in which I should trust?
3. Is there an example for me to imitate?
4. Is there a warning that I should consider?
5. What does it teach me about the Father, Son and Holy Spirit?
6. Are there other truths that I should understand and apply to my life?
7. How can I form a PRINCIPLE from this passage to apply to my life?

It is very important to evaluate these questions and use the Quiet Time pages in a Journal to **record our thoughts**, daily findings and the areas of our lives that must be changed. The pages of the Quiet Time Journal are very important as they stimulate us to be consistent and responsible. This is the **most important factor** for our growth in Christ. Choose **someone to be accountable to** for being faithful to the Lord in your quiet time. Ask each other daily what they learned in their devotions that morning. It won't take long until a habit is formed.

A recommended plan or order for beginning reading and study in the New Testament could be the following:

1. John
2. Philippians'
3. Mark
4. 1 John
5. Romans
6. Acts
7. 1 Corinthians

C. **Thirdly**, in our quiet time is **a time of PRAYER**. In **1 Peter 5:7** what should we bring to God? _____

,He does not want us to be frustrated in our lives, therefore, He wants to carry our burdens to Him. So, we share with Him our "*cares"* because He "*cares"* for us. Knowing that He is with us through all our problems and understands how we feel is a great comfort.

When we claim the promises we have discovered in His Word, applying them to our daily needs, God responds. God answers prayer, but **ONLY SPECIFIC PETITIONS**.

In the Quite Time journal write our specific petitions.
In **John 15:7** Jesus taught us **THREE REQUIREMENTS** of people to whom God responds. (Write them here).

1. _____

2. _____

3. _____

The following FOUR-STEP plan can be used as we pray:

Worship: Recognizing His greatness
Confession: Asking God to reveal our sins and agreeing with Him about how awful they are (1 John 1:9).
Thanksgiving: Thanking God for all that He allows in our lives.
Supplications, petitions: Asking god to supply the needs of others (intercession) and for our own needs (petitions) as well.

D. Fourthly, we should **record any THOUGHTS** God may have given us during our Quiet Time. These thoughts can become our ***meditation during the entire day*** as we go over them in our minds.. Always end your writing on the pages answering "How can I apply this to my, life?" Under this title, we should write specifically what God is teaching us.

In **Psalm 119:11** Why is it so necessary to do this every day?

_____

Psalm 119:103 What should be our daily joy?

_____

When we spend time alone with God each day, we grow in our new life as Christians and others will begin recognize that we have been with Him.

REVIEW #3: THE DEVOTIONAL OR QUIET TIME

1. Write in your own words the significance of the Quite Time.

_____
_____

2. In Psalm 119:147-148, when did David spend his special Quiet Time with the Lord?_____

3. In Hebrews 4:16, what two things do we receive by spending time with the Lord?
a. _____
b. _____

4. According to Ephesians 3:16, what happens to the "inward man" as he spends daily time with Jesus? _____
_____

5. Write the **four SUGGESTED steps in the Quiet Time**:

a. We should **P**_____
b. Then R_____ a portion of the Bible.
c. A time of **P**_____
d. We should write our **T**_____ about the applications to our lives.

6. Write the **four suggested steps for prayer** in the Quiet Time.

W_____
C_____
T_____
S_____ and P_____

Congratulations! You are progressing well in the first steps of your new life in Christ.
The concept of being "faithful" means to develop these daily habits that transform your life.

Our next lesson is on the Power of God to live for Christ.

Step 3: Daily Devotions

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