

Lesson 9: Quiet Time

When we separate ourselves from the busy, noisy and distracting elements of our lives to take time with God we can listen. King David wrote about this in Psalms 131:2. It is easier to focus on God and wean ourselves away from the noise of the world around us. Jesus commanded us to get away when we wanted to seek the Lord in prayer. Read Matthew 6:6. What did Jesus say to do and what did he say would come of it?

By following Jesus' example, we should look to separate our selves in order to have time with God. In Matthew, Mark and Luke each tell us that Jesus withdrew himself away from even His disciples and prayed. Even when he was facing death on the cross, Jesus separated himself from them and sought God.

But when should you take time to have your quiet time? The answer is whenever you are able to. Many people are able to spend time in the morning hours. King David talked in Psalms about his method of quiet time. In Psalm 5:3 is says, "In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation."

Notice that in the verse above that not only does he talk to God, he waits to hear from God as well. Notice he waits with expectation. That means he trusts he will hear from God.

Memory Verse:

Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

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LESSONS

1. God the Father
2. The Bible
3. God the Son
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6. God the Holy Spirit
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Quiet Time

I. Introduction

II Timothy 1:7 "For God did not give us a spirit of fear, but power and love and Self Control."

From the beginning of the World Changer program we have asked you to take time each day and spend time in the Word of God. This is the start of what is hoped will be a life long commitment to spending time with God on a daily basis.

II. Week 1

Key Concepts: What is Quiet Time?

Mark 1:35 "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."

Quiet time is a daily appointment that we have with our God. Time where the rest of the world is shut out of our hearts and minds. We should focus on God and his desires.

While that sounds great, how do you do it? Ideally you should get away from other people to a quiet place. Seek a place with no outside noises or distractions.

When we read scripture we see examples of men and women of God who are blessed because of their devotion and dedication to the Lord. In Acts 17 we see a people that are eager to know the Lord. They are mentioned in just this one chapter and a few verses. But just think, they will remember for forever in scripture. Read Acts 17:11. Write below what the Bereans did that earned their place in scripture.
