

## HOW TO HAVE A QUIET TIME

---

A "quiet time" is a time that you set aside each day to read your Bible and to pray. It is an essential part of abiding in Christ or remaining plugged into the life-giving resources of the Vine, Jesus Christ (John 15:4-5).

### ***When should I read my Bible and pray?***

- **Every day** (Acts 17:11; Joshua 1:8; Psalm 1:2; 2 Tim 1:3). Prayer is both an ongoing conversation with God (1 Thess 5:17) and something we do at specific times during the day (Ps 62:1; Col 4:2).
- **At the same time every day.** Schedule your quiet time into your daily routine so that it does not get pushed farther and farther back into the day until it is forgotten all together.
- **At a time when you are alert.** It is important to be able to read *and* understand the Bible (2 Tim 2:15). It is important to be physically alert when we pray (Col 4:2). Give your best time to God.
- **At a time when you can be undistracted.** Plan your quiet time so that you will have undisturbed time to read and pray. Husbands and wives must help each other to make sure this happens, especially if they have small children. Note: children can be trained to respect their parents' time with the Lord.
- **Morning is usually best.** Few of us struggle with sin while we are sleeping. We need to fill our mind with God's word and prayerful thoughts at the beginning of the day to help us walk in godliness through day. If you have trouble getting up early, consider going to bed earlier. Usually the last hour of the day is your *least* productive one. Use that hour to sleep. Then spend the time you gain in the morning with God.

### ***The importance of planning:***

As with almost everything in life, a successful quiet time takes **planning**. Schedule your time so you are certain to have a *regular* quiet time. Plan what you will do in your quiet time so that you don't waste time each day deciding what to do.

## **SUGGESTIONS FOR PERSONAL BIBLE STUDY**

### **◆ Acts 17:11 The Berean Method:**

Review during the week the material covered in Sunday's sermons, Sunday school class, or week night Bible studies.

◆ **Proverbs:**

Read one chapter of Proverbs each day for a month. Write down and review all the verses on a certain topics, such as: anger, speech, money, family, relationships, etc.). Next month start over! The Psalms can also be read on this basis – one per day.

◆ **The "John MacArthur" Method:**

Read the same book or portion of a book fifteen to thirty days in a row, picking out key words, themes, and noting the flow of the author's argument. This increases and cements your knowledge of where things are at in the Scripture.

◆ **Old Testament and New Testament in a year:**

Read the entire Bible in a year by following the OT and NT reading course.

◆ **Topical Study:**

Use a Bible concordance to look up every use of a word or theological concept of interest (e.g., grace, love, election, faithfulness, etc.). Write down what you observe from each use of the word or concept.

◆ **Block Diagramming:**

Obtain a copy of *Expository Studying* by Joel James at the Grace Fellowship-Pretoria website. Work through this manual and learn how to analyse passages of Scripture the same way an expository preacher does. It's not as hard as you might imagine!

## **KEEPING YOUR BIBLE READING FRESH AND PRODUCTIVE**

⇒ Read to follow the flow of what the author is communicating.

⇒ Ask questions of the text:

- What is the author's purpose?
- Is there a command for me to follow in this text?
- What does this text teach me about *God*?
- What does this text teach me about *Christ*?
- What does this text teach me about the *Holy Spirit*?
- What does this text teach me about myself?
- What does this text teach me about how I should relate to others?
- Is there anything in this text I should pray about for others and myself?
- Is there anything in this text for which I should thank or praise God?

⇒ Always read with a pen and paper at hand so you can write down what you learn or questions you want to ask or look up later.

⇒ Meditate (i.e. think carefully) on what you read. *Read* less, if necessary, and *think* more about what it means and how it applies to life.

⇒ Share what you are learning with someone else on a regular basis.

⇒ Vary what you read in your Bible (OT, NT, epistles, gospels, Psalms, prophets).