

Rivers of Life Church – 1st Steps of Faith

Lesson 2 – Practical Guidelines for a Quiet Time

1. Set aside a specific time of the day.

a. The best time is when I am most fresh and alert.

- Most probably, the morning time will be the preferred time.
- Most Bible characters met God in the morning. Eg: Abraham, David, Moses, Jesus... etc.

b. Whatever time you have decided upon, stick with it consistently.

- Aim for quality, not merely quantity.
- Start setting aside 30 minutes and let it grow progressively.

c. As far as possible, find a quiet place where you will be undisturbed.

- Mk 1:35 (NLT)

2. Organize and gather the resources you will need for your quiet time.

- Personal Bible
- Notebook and stationery
- Songbook

3. Have the right attitudes.

- Respect – Psa 100:3 (NLT)
- Expectancy – Psa 62:5
- Willing to obey – Jn 7:17; Isa 1:19 (NIV)

4. Follow a simple plan

- Relax

- Quieten and settle yourself before God.
- Invite the Holy Spirit to empower this time.
- Confess your sins and receive cleansing.
- Verbalise your thanksgiving to God.
- Pray in tongues for a few minutes

b. Read

- Choose a devotional plan and appropriate materials.
- Ask the Holy Spirit for understanding as you read the scriptures – Psa 119:18 (NIV)

c. Reflect

- It's commonly termed "meditation".
- It's thinking and speaking God's Word to yourself.
- Pointers to aid meditation:

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| <u>S</u> n to confess | <u>P</u> rayer to pray |
| <u>P</u> romise to claim | <u>E</u> rror to avoid |
| <u>A</u> ttitude to change | <u>T</u> ruth to learn |
| <u>C</u> ommand to obey | |
| <u>E</u> xample to follow | |
- Write down truths you learned and thoughts you received.

d. Request

- Talk to God about what you learned from His Word.
- Pray in tongues and let the Holy Spirit guide you in prayer.

5. Receive The Benefits – Psa 62:5-8 (NIV)

a. Revelation

b. Rest