

THE QUIET TIME

Introduction: The plant requires air, sunlight and water to grow. Our physical body requires food, air, water, shelter and exercise. Our spiritual body also needs nourishment not spasmodically (irregularly) but everyday. Quiet time is the secret of a successful Christian life.

What is Quiet time? Quiet time is being alone with the Lord in the morning.

Purpose of the Quiet time:

- To know - about god more and more
- To grow -in our spiritual life
- To get strength - to battle against sin, world, devil (Eph : 6:12)
- To tell - tell about God to others

What will happen to a person who takes Quiet time? (in persons life)

1. Regenerate -Psm:19:7
2. Convicts -Heb :4:12
3. Cleanses -Psm119:9
4. Breaks -Jer 23:29
5. Consumes -Jer23:29
6. Illuminates - Psm 119:105
7. Warns -Psm19:11

Examples from the Bible: Abraham, David (Gen: 19: 27)

Abraham:

1. *He got up early in the morning*
2. *He got a special place to meet*
3. *He stood before the Lord*
4. *He did this daily*

David did the same thing (Ps 5:3)

How to do Quiet time?

- Choose a Quiet place with out disturbance
- Quiet time (First 30 or 45 minuets)
- Materials for the Quiet time -Bible, note book, pen

Method: (ASPECT)

1. Choose a passage from the Bible. Read it for 4 to 6 times.
2. Ask questions:

About god

Sin to forsake

Promise to claim

Examples to follow

Commands to obey

Theme of the passage

3. Meditate on the passage
4. Take notes
5. Decide to follow

6. Pray - (ACTS)

Adoration (Praise and worship of the soul to God - Ps. 95:6)

Confession (Repentance from every known sin - Ps.32:5)

Thanksgiving (Be thankful for anything, everything - Phil: 4:6)

Supplication (Intercession, request, petitions and desires - 1 Tim 2:1)

Prayer is talking with Jesus. Prayer is the slender nerve that moves muscles of Omnipotence. Prayer is the vision of the believers. It gives eyes to our faith. Only in prayer we surrender our problems completely to god and ask for Divine intervention.

Where to pray?

i) 1 Tim 2:6 -Every where

ii) Matt 6:6 -in the closet

iii) Luke18:10 -in the church

- Private prayer-will be made in the secret place
- Family prayer- will be made with a small group
- Public prayer- will be made before the congregation

When to pray?

Always: in the morning , afternoon and in the evening, daily
Daniel prays three times a day Dan 6:10

How to pray?

- with humility
- with faith

Hindrances to prayer:

1. avoid late night chit -chat - inform others politely your prayer time
2. get up early in the morning - brush & be fresh
3. change position if feeling drowsy
4. get up of the bed - don't lean on bed while praying
5. choose calm place
6. use prayer diary / cards
7. do not mourn if you fail

Varieties of individual prayer:

1. Daily prayer - have regular time
2. Flash prayer - sudden prayer for somebody or some problem
3. Shooting prayer -for immediate occasion / need
4. OMNI prayer -One Minute Need Intercession
5. Prayer walk - prayer while walking / driving
6. **Finger method** - 5 points 5 fingers
 - Thumb - *Self*
 - Index finger - *Preachers*
 - Middle finger - *Authorities*
 - Ring finger - *Rich*
 - Little finger - *Weak & sick*

Week method 7 points 7days in a week:

1. Sunday - *Servants of God*
2. Monday - *Medical professionals, Missionaries*
3. Tuesday - *Teachers*
4. Wednesday - *Weak & sick*
5. Friday - *Friends & Family*
6. Saturday - *Self*

Some Prayer Promises:

John 15:7, Phil. 4:6, Matthew 7:7,8, Heb 4:16

Conclusion:

What answer does God give to prayer? God gives one of three answers:

- (1) Yes
 - (2) No
 - (3) Wait
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