

# My Time Alone with the Lord

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## What is quiet time?

Daily time alone spent with our Heavenly Father.

Simply put, a quiet time is daily time alone spent with God. A quiet time will look different for everyone. Whether it is done in the morning, during a lunch break, or in the evening, the purpose stays the same—to connect to our Heavenly Father.

- ⇒ “Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.” —Mark 1:35 CSB

## What do I need for a productive quiet time?

Five Main Things to Bring to a Quiet Time:

A: God’s Word

- ⇒ A print copy of God’s Word is preferred.
- ⇒ Choose a translation that is accurate yet readable.
  - Trustworthy Translations: CSB, ESV, NASB, NKJV
  - Good Translations: NIV, NLT

B: A pen/pencil and a highlighter

- ⇒ Underline, circle, highlight key phrases, things that stand out to you from the text.
  - Red: Quotes from Jesus/aspects of Jesus/The Gospel
  - Blue: Key places and geographical locations
  - Yellow: Key principles/verses you want to memorize
  - Green: Main characters
  - Pink: Concepts that don’t make sense/questions you have

## C: A Journal

- ⇒ Make a habit of journaling in your quiet time what God is teaching you.
  - Examples: How is God revealing Himself to me? What is God teaching me? Where am I struggling? What needs to change in my life?
- ⇒ When you write down what God is teaching you—include dates. One of the neatest things is when you go back and look at what God taught you during seasons of your life.

## D: A Bible reading plan

- ⇒ Key Helps:
  - Bible study app (You Version, Olive Tree, Dwell)
  - Devotional magazine/guide
- ⇒ Having a specific Bible reading plan will help you stay focused and see what God is teaching you.
  - Examples: Yearly plans, Chronological plans, OT/NT plans, 30 days with Jesus, etc.

## E: An Open Heart

- ⇒ God is moving...but are you missing it?

# What are some productive elements of a quiet time?

## A: Bible Reading and Intake

- ⇒ Four Elements of Bible Reading and Intake
  - Reading God's Word
  - Studying God's Word
  - Memorizing God's Word
  - Meditating on God's Word

## B: Prayer—Seven Things You Can Pray about in a Quiet Time:

- ⇒ Salvation: Pray for the lost to come to a saving knowledge of Jesus Christ.
- ⇒ Thankfulness: Thank the LORD for who He is and what He has done.
- ⇒ Wisdom: Seek the LORD's will and guidance for your life.
- ⇒ Repentance: Ask for forgiveness of sins.
- ⇒ People/Family: Pray for others and their needs.
- ⇒ Your City: Pray for the city, and that hearts would be stirred towards the Gospel of Jesus Christ. Pray for city officials, leadership, etc.
- ⇒ Your Local Church: Pray for your local church. Pray for the pastoral staff, ministry leaders, and Bible study leaders. Pray for their families. Pray that you and your local church would be in tune with the work and leading of the Holy Spirit.

## C: Music and Worship

- ⇒ Create a playlist and make listening to worship music a regular practice in your life.

# Three Benefits of a Quiet Time

### 1. Spiritual Connection

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity.” –2 Peter 3:18 CSB

- ⇒ Connecting with our Heavenly Father is an absolute in the life of a believer.

### 2. Spiritual Renewal

“God, create a clean heart for me and renew a steadfast spirit within me.” –Psalm 51:10 CSB

- ⇒ Renewal gives us time to reflect and process.

### 3. Spiritual Pursuit

“Seek the Lord and his strength; seek his face always.” –1 Chronicles 16:11 CSB

- ⇒ Pursuit equips us to live an intentional missional life,