

How to Have a Quiet Time

What?

A quiet time can take many forms, but at its simplest means stopping and pausing to be with God. The following will practically guide you on how to start having a regular quiet time.

Why?

“If we don’t maintain a quiet time each day, it’s not really because we are too busy; it’s because we do not feel it is important enough. Late nights kill the quiet time... Quiet time is not just a helpful idea, it is absolutely necessary for spiritual growth.”
George Sweeting

“Don’t pray when you feel like it. Have an appointment with the Lord and keep it. A man is powerful on his knees.” Corrie Ten Boom

Bible reference:

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness” 2 Timothy 3:16

A quick introduction to Quiet Time

It’s one thing to simply read scripture, but when you interact with it, when you learn to slow down to really read it, suddenly words start popping off the page. There is no fixed way to spend time alone with God, but it’s helpful to combine Bible reading with prayer and to do so at a regular time each day. There are many excellent devotional resources, but you don’t have to use anything at all, you can simply open up His Word and listen. It’s worth experimenting to see what works best for you.

“Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.” Matthew 6:6



Do it: How to have a quiet time

How to use the S.O.A.P method

S– The S stands for Scripture- you physically write out the scripture.....you'll be amazed at what God will reveal to you just by taking the time to slow down and actually write out a section of what you are reading!

O– The O stands for observation- what do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you?

A– The A stands for Application- this is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?

P– And finally P stands for Prayer. Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.

Studying God's Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

S.O.A.P Example:

Colossians 1:5-8

S– The faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel that has come to you. All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

O– (Many times I just bullet my observations.....what I'm seeing at first glance when looking at the verses)

When you combine faith and love, you get hope.

I have to remember that my hope is in heaven.....it is yet to come.

The gospel is the word of truth.

The gospel is continually bearing fruit and growing from the 1st day to the last.

It just takes one person to change a whole community.....Epaphras.

A-Something that stood out to me today was how God used one man, Epaphras to change a whole town! I was reminded that I am simply called to tell others about Christ.....it's God's job to spread the gospel....to grow it and have it bear fruit. This is super applicable to our current time in Covid-19. My job is to love my neighbors well and share the gospel with them and trust God is using those seeds to bear fruit and grow His Kingdom. "All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth."



P– Jesus, please help me to be a “Epaphras”.....to tell others about you and then leave the results in your loving hands. Please help me to understand and apply what I have read today to my life personally, thereby becoming more and more like you each and every day. Help me to live a life that bears the “fruit” of faith and love.....anchoring my hope in heaven, not here on earth.

The most important ingredients in the S.O.A.P. method is your interaction with God’s Word and your application of His Word for your life.

How to have a 30 minute quiet time (using The Lord’s Prayer)

(2 min) Our Father in Heaven: Be still. Sit quietly and ask “Where is the evidence of the Father’s love in my life right now?” Give thanks.

(3 min) Hallowed be your name: Read a Psalm or listen to a worship song.

(3 min) Your kingdom come, your will be done: What would it look like for God’s kingdom to come in the three circles of your life today:

1. Pray for your own needs
2. Pray for your friends and family
3. Pray for the wider world (perhaps focusing on situations in the news).

(15 min) Give us this day our daily bread: Using a bible reading guide, if you find it helpful, read from a Gospel, a New Testament epistle, and then from the Old Testament.

The emphasis here is on quality not quantity. When a phrase resonates with you, treat it as if God is starting a conversation by pausing to pray about it.

(5 min) Forgive us our sins as we forgive others: Review the last 24 hours, allowing the Holy Spirit to challenge any sinful thoughts, words and deeds. Are there people to whom you need to apologize, or others you need to forgive?

(2 min) Lead us not into temptation but deliver us from evil: Pray protection for yourself and for those you love, especially in areas of vulnerability. If you are under spiritual attack, take authority, standing on relevant promises from the bible.

Books on Quiet Times

- Quiet Time – InterVarsity Staff
- Divine Mentor - Wayne Cordeiro
- Utmost.org - Oswald Chambers “My Utmost for His Highest”

