**HOW TO HAVE A QUIET TIME**

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” - **Mark 1:35**

SPIRITUAL BATTLE- Anytime you begin your Quiet Time will be a time where you have overcome a spiritual battle. The enemy does not want you to commune with Christ, he wants to distract you and have you do anything other than BEING WITH JESUS. **Galatians 5:16-17**

Having a Quiet Time is more listening than talking. It is a meeting WITH Jesus to HEAR His voice. As you read God’s Word, listen and pray “in accordance with the Will of God.” Choose a place and time where you will not be interrupted and where you are not rushed for time. Be inaccessible.  Have a notebook and pen ready to jot down anything that comes to you. **Hebrews 4:12-13**

1. **Sit in 2 minutes of silence** in order to center yourself. Remember you have just come out of a Spiritual Battle.
2. **Read a “Call to worship” Psalm.**  (PS 23, 24, 40, 67, 95, 100 are examples) Read them slowly and let them speak to you.  Relate your relationship with God, to the Psalmist’s. (Many of the Psalms give us a glimpse of David’s intimate relationship with God.)
3. **Prayer of invitation:**  Pray a very short prayer inviting Jesus to meet with you in your quiet place, to speak to you so you can focus on Him, and withdraw from distracting thoughts.
4. **Choose a Book of the Bible and Read One Chapter a Day. (LISTEN)**  When having your quiet time, read for *quality, not quantity*. Read slowly.  Let God’s Word speak to you and if you do not get past one verse, that is ok.  The goal is for Jesus to speak to you through Scripture.  If something arrests your attention, dwell there.  Write it down.  That is usually the Holy Spirit impressing something upon you.  We suggest you begin with the book of John or Matthew if you are looking to begin somewhere.  If you come across something you do not understand, go past it or find a Study Bible to help.
5. **Pray it back.** **(PRAY)** Pray about whatever God has shown you, what has grabbed your attention or what is on your heart.  Invite Jesus to “help you overcome” those places He has identified and together you two will embark on that journey.  Notice that up to this point you have been *listening*rather than speaking.  Now when you do speak, it will be informed by what God has given you and not what YOU think is best.
	* + - **The Romans 8:26-27 Prayer Mindset:** “The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the Will of God.”
			- Pray “in accordance with the Will of God.”

**JOURNALING YOUR QUIET TIME**

Journaling during this time will make this time more meaningful.  Write down what you believe God is saying to you from the scriptures. (HEAR- Highlight, Explain, Apply, Respond)

* + Journal Outline. (Write this in the front of your journal so that you can refer to it every time you have your prayer time.)
		- 2-3 Minutes of Silence (WAR)
		- Call to Worship (Psalm 23, 24, 40, 67, 95, 100 are examples)
		- Prayer (Invitation to the Holy Spirit)
		- Scripture Reading (HEAR)
			* Highlight the passage of scripture that speaks to you.
			* Explain what the author is writing in summary.
			* Apply what the text is saying to your own life.
			* Respond back to God in prayer what you hear him saying to you.

Sample Quiet Time Journal Entry from John 1:1-18

(Note: If it is a long chapter like John 1 you can find a natural break and divide it into 2 days.)

Title: Children of God Date: 1/1/2025

Psalm 23:6 - Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

H - John 1:12- Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.

E - In this passage of scripture, John is introducing Jesus’ coming into the world. John says that Jesus is the Word made flesh, and he has come down to earth. John also says that he came to his own people, but his own people didn’t receive him. However, John also says that whoever does receive him and believe in him as God’s Son, has the right to become his Children.

A - John says that anyone who receives him, and believes in him can become a child of God. It is an amazing thing to be called a child of God. As a child of God, I know that I have an inheritance with God’s family for eternity. I also know that I have a responsibility as a child of God to represent the family well.

R - God thank you for sending Jesus to make a way for me to be part of your family. Father, help me to live in such a way that I represent our family well to others who don’t know you, so that they might receive and believe and become part of the family too. Help me Lord to live for you. Amen.