

Ten Steps for having a quiet time

Step 1: Have a vision and appetite to be close to God.

- Cultivate a hunger and thirst for God and his truth.
- Matthew 5:9; Hosea 6:3; Philippians 3:12-14

Step 2: Develop a routine.

- Same time of day, same length of time, same chair.
- Daily, if possible.
- Luke 5:16; Psalm 5:3

Step 3: Start with prayer.

- Still your body. Take a few centering breaths.
- Acknowledge that you are in the presence of God. Be attentive to Him. Know that he is present with you.
- Ask him to bless the time you spend together.
- Psalm 131; Psalm 95:6-7

Step 4: Read a portion of scripture.

- Many of the newer Bible translations put breaks to show where passages begin and end.
- Start with one of the gospels.
- If you want to read more, consider adding a psalm.
- You can expand over time, but start slow.
- Don't be afraid to mark up the margins of your Bible.
- 2 Timothy 2:15, 3:14-17

Step 5: Reflect on what you read.

- Two questions
 - What truth do I learn today that I can carry with me?
 - How can I live this out today?
- Consider a daily journal to record your answers to these questions.
- Psalm 25:4-5; Psalm 143:10

Step 6: Pray.

- Start with silence.
 - Listen to what the Holy Spirit is saying to your heart.
 - Hold these things loosely. The things that are really from God will be confirmed.
 - Be patient with yourself. Stretch to 4-5 minutes with practice.
- Ecclesiastes 5:1-3

Step 7: Present your requests to God.

- Be specific.
- Write them down. You will be amazed when you look back later.
- Whom do you want God to bless? How do you want him to bless them?
- What are you asking God to develop in your life? Take away?
- Philippians 4:4-7; Matthew 7:9-13

Step 8: End with a posture of openness.

- Live beyond the 'amen'.
- Offer yourself as part of the answer to your prayer.
- Move into your days expecting God to keep working in and through you.
- Romans 12:1-2; I Thessalonians 5:16-18; Isaiah 6:8

Step 9: Do it!

- This is where the power is.
- James 1:22-25

Step 10: Process what you are learning in community

- Talk about your learning in your Bible study.
- Ask your questions to your elder, pastor, or someone you trust.
- Deuteronomy 6:4-9

Know God's *love, power, and grace* and stick with it!

A Model for Prayer

P: Praise
A: Admit
R: Request
T: Thank