WHAT IS A QUIET TIME/ DEVOTION TIME?

1.   A time of personal **_fellowship_** with God.
   "Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks".   John 4:23

2.   A time when God speaks to you about your **_own_** **_life._**
   "Search me, O God, and know my heart; test me and know my anxious thoughts."
                                                                                    Psalm 139:23

3.   A time to commit your **_day_** to the Lord.
   "In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation."   Psalm 5:3

   "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

PRACTICAL SUGGESTIONS:

1.   Pick a **_consistent_** **_time_**!

2.   Establish a **_place_**

3.   Be **_still_**

4.   Strive for **_consistency_** but don't become **_legalistic_**

QUIET TIME INGREDIENTS:

 1.   **The Bible.**

              Pick a **_favorite_** translation.
              Options:
- New International Version
- New American Standard
- English Standard Version
- New King James
- Good News Bible
- Revised Standard Version
- Holman Christian Standard
- Amplified

- Read for **_quality_**, not merely **_quantity_**

- Use devotional *guides.*

2. Prayer

A *doration*   Scripture, songs

C *onfession*
"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."   1 John 1:9

T *hanksgiving*
"...give thanks in all circumstances, for this is God's will for you in Christ Jesus."
1 Thessalonians 5:18

S *upplication*
"If you remain in me and my words remain in you, ask whatever you wish, and it will be given you."   John 15:7

TIMES FOR "ARROW" PRAYERS:

1.   As you *wait*

2.   As you *travel*.

3.   When *someone* comes to mind.

4.   Using *reminders*.

5.   *Phone* and *e-mail.*

6.   During *mindless* tasks.

7.   In others' *crises*

PERSONAL COMMITMENT:

I desire to have a personal quiet time with God. I will strive to meet Him regularly

at _____ (time) at _____ (place).

_____
Signature

_____
Date