
Quiet Time With God



The subject of a quiet time came up in one of our discipleship teams. First off, what is a quiet time and is it biblical?

A quiet time is simply one-on-one time with God. It's finding a place free from distractions so we can speak with and hear from God. The Bible, which of course is God's word to us, is a natural part of our quiet time.

When I go to bed at night, I can hardly wait until it's morning to spend this time with God.

I have a room in our home that's divided by a four-panel screen into space for an office and space for my quiet time. For the office, I have a desk and for my quiet place, I have a wing-backed chair. Next to the chair I have an end table where I keep my Bible on top and in the drawers—notebooks, pens, Scripture verses, and other things that help me in praying to and listening to God.

When I get up each day, I make a pot of tea, greet my husband, and go directly to my special place. I close the door, leaving my phone turned off and in the kitchen. I want to show God that He is the most important Person in the world—because He is.

This is my uninterrupted, one-on-one time to listen and be encouraged by my Lord who loves and cherishes me.

It's also a time of worship and thanksgiving to my Lord whom I love and treasure. This is also the time Jesus instructs me on my path for the day. I write down what I sense He is asking me to do and work on those things first.

When I read the Bible, I anticipate God's voice, His instructions, His counsel, and support. He never beats me up, like life or the devil. No, He encourages me and pours out His love into my heart. He understands me like no other. Plus, He is the only one who can mend my broken heart, dreams, and spirit. Who wouldn't want to spend time with such a compassionate and comforting Father?

It's also a time to confess my sins and clear my conscious as well as make requests. The Holy Spirit is always good to convict me of my self-centered and self-focused ways. I'm grateful.

This time is not a chore to check-off or a duty to perform.

It's a rare privilege and delight to be in our triune God's presence each morning. I love it!!! Although God's Spirit is present with believers all the time, we have responsibilities, tasks, and disruptions in this world. Simply, we don't always allow the Holy Spirit full access unless we settle ourselves into an "alone space."

Jesus didn't have the luxury of a special chair or even a place to lay His head (Matthew 8:20). But He still found time to be alone with His Father—and was creative about it—going to lonely places.

But Jesus often withdrew to lonely places and prayed. Luke 5:16

We, too, can be creative in having our quiet times—both day and night—as the psalmist encourages us below. Anytime during the day or night can work for a quiet time, however, if we don't meet with God first thing, we may miss it altogether. Then, after we meet with God in the morning, we can continually communicate with God and think about His Word, again as the psalmist counsels.

. . . but whose delight is in the law of the LORD, and who meditates on his law day and night. Psalm 1:2

We pray for a vibrant, loving, fruitful, and joyful quiet time for you with our one, true, living, God. Amen.

Want to Know More

Protestants began calling this part of the day a quiet time in the late 19th century. No matter what you call it, this is how we get to know God

better and grow our relationship with Him—giving Him our undivided attention. And it's simply glorious!

Check-out these links if you're looking for more information:

<https://www.gotquestions.org/quiet-time.html>

<https://bible.org/article/quiet-time-what-why-and-how>

https://en.wikipedia.org/wiki/Quiet_Time#:~:text=The%20quiet%20time%2C%20i%20contrast,thanksgiving%20and%20listening%20to%20God.

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In Jesus Steps is a ministry whose purpose is to share the gospel of Jesus Christ and make disciples worldwide. Jesus modeled the way for discipleship with a small group who practiced accountability, transparency, obedience, and total surrender to God. *In Jesus Steps* follows this model with 3–7 enthusiastic believers forming teams to follow in His steps daily. Please visit our website to start your own discipleship team. <https://injesussteps.org/>

How to Know God Personally

If you'd like to understand and have a personal relationship with God, please click the link and read the steps to knowing God.

[Steps to knowing God](#)