

How To Have A Daily Quiet Time

Missionary and author, Avery Willis has written some helpful thoughts about having a daily personal time with God. “Having a Quiet Time “is more than just a discipline. It is an appointment at the beginning of the day with Jesus Christ who is the center of our lives.” It is a time to worship and praise God. It is a time to get to know the Father better. It is a time to seek God’s will for our lives and for those that we care about as we lift up those needs to Him who loves us so much.

Tips to having a consistent Quiet Time:

1. Make a personal Quiet Time the first *priority* of your day. Select a time to spend with God that fits your schedule. The morning hours are usually preferable, but pick a time that you can keep consistently.
2. Make *preparation* the night before. Set the alarm earlier to allow for the time that you have set. If it is difficult for you to wake up in the morning, you may plan to eat or shower before having you Quiet Time.
3. Develop a balanced *plan* of Bible reading and prayer.
 - Pray for guidance during the Quiet Time.
 - Follow a systematic plan to read you Bible. (For example, read book by book, read the Bible through in a year program, or devotional books like *Open Windows*.) Select the plan that best fits your needs.
 - Make notes of what God is saying to you through his Word
 - Pray in relation to the Scriptures that you have read.
 - Remember the various elements of prayer, like “ACTS.”
Adoration
Confession
Thanksgiving
Supplication
4. Be *persistent* until you are consistent.
 - Aim for consistency rather than for length of time spent. It is better to have a Quiet Time for a few minutes every day than to have long devotional time periods every other day. You are laying a foundation for a lifelong habit.
 - Expect interruptions. More than any other one thing, Satan seems to try to prevent us from spending time with God. He fears the weakest Christian on his knees. Do not get frustrated at the persons or events that interrupt your Quiet Time. Plan around interruptions to your Quiet Time rather than becoming frustrated by them.
5. Focus on the *Person* (Jesus) you are meeting rather than on the habit of the Quiet time.
 - If you were meeting the president of the country at that time, you would not let anything stand in your way. What about meeting God? Your fellowship with God is important to Him as well as to you. He created you with a capacity for fellowship with Him; and He saved you to restore that fellowship.