

**See 5 Steps for a Daily Quiet Time**

1. Find quiet place where you can be alone.
2. Praying for a right heart and attitude.

Expectant

*“and if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the LORD and find the knowledge of God. For the LORD gives wisdom, and from his mouth come knowledge and understanding.” Proverbs 2:2-6*

Hungry

*“Blessed are those who hunger and thirst for righteousness, for they will be filled.”*  
Matthew 5:6

*“Like newborn babies, crave pure spiritual **milk**, so that by it you may grow up in your salvation,”* 1 Peter 2:2

Teachable

*“Open my eyes that I may see wonderful things in your law.”* Psalm 119:18

Obedient

*“Give me understanding, and I will keep your law and obey it with all my heart.”*  
Psalm 119:34

3. Let God speak to you through His Word.  
See Getting a Grasp on God's Word
  - Read, study or meditate on a portion of God's Word – small chunks are easier to digest.
  - If it is a smaller portion, read it several times.
  - Have an objective in mind by asking questions. Expect or look for God to:
    - give you one thought,
    - point out a promise to claim,
    - give you a command to obey,
    - give you a reason to praise Him,
    - give you a prayer thought,
    - give you a key verse to underline, meditate on or memorize,
    - give you guidance in a specific situation you are going through,
    - give you encouragement that strengthens you for the day.
  - Use a devotional book or sermon to help inspire you as a supplement.
  - Where do I start?
    - 1st Level– John, Philippians, Psalms, Proverbs
    - 2nd Level– Two-week overview passages, Gospels, Epistles, Genesis
    - 3rd Level– Through the Bible (year or three)
4. Talk to God through prayer.  
See Prayer Habit
5. Share what you heard with others.
  - Expression deepens impression.
  - It may be just what they needed to hear to learn about God or be encouraged.
  - Ask others what God is teaching them during their quiet times.

**Remember...**

1. To be prepared for the battle of the [blankets & blahs](#).

Practical Ideas: Take care of your body; fall asleep thinking spiritual thoughts; open your Bible to the spot you will be reading the next day; read and pray out loud; keep a journal; pray as you walk.

2. Consistency is more important than the amount of time you spend or having a perfect plan (5 minutes).

Takes 3 weeks to develop a habit and another 3 to get comfortable.

3. When you miss a day, just pick up where you left off. Avoid shame and guilt.
4. This is a relationship with God and not a ritual.