

How to Spend Time Alone With God

A Common law of life is that “you become like the people you spend time with.” As Christians, our greatest desire should be to become more and more like Jesus Christ our Lord (Romans 8:29). This being the case, we must make it a priority to spend quality time with God everyday in the Bible and in prayer. Here are some simple steps for having an effective Quiet Time.

1. Spend time adoring God, confessing sin, and asking Him to teach you from His Word.
2. Read over the verse(s) for that day several times and read the verse(s) right before and right after them.
3. As you read the verse(s) ask yourself, “What do these verses say?” and write down your observations to help you understand them. (Try to make at least 3 to 4 observations. Sometimes asking who, what, when, where, how questions are helpful).
4. Ask yourself “What does this mean to me?” Write down what you believe God is communicating through this passage.
5. Write down how you can practically and specifically apply the truth that you have seen to your life.
6. Think of a short phrase or word that summarizes what you have learned and meditate on it throughout the day.
7. Spend a few minutes in prayer before you get started. The following prayer guide can help you to have a effective prayer time. Pray through these areas.
 - a. P- praise (Thank God for what He has done for you; give Him glory)
 - b. R- repent (Confess your sin to God and claim you forgiveness in Christ. Then turn away from you sin)
 - c. A - asking (Ask God for the things that are on your heart)
 - d. Y- yield (Give God total control of your life for today by inviting the Holy Spirit to guide you)

The next page offers thoughtful questions and verses to guide you in the next five days with God.

Day 1

Matthew 22:34-40

Observation:

Interpretation: (What does this mean to me?)

Application:

Guided question(s):

The Pharisees had 613 laws they thought everyone should follow exactly in order to be right with God. Why do you think Jesus simplified all the laws (and prophets) to these two commandments?

How would I order my priorities? (i.e. money, family, relationships, God, job satisfaction etc.)
How can I practically live out these priorities?

Day 2

John 7:37-39 John 15:5-7

Observation:

Interpretation: (What does this mean to me?)

Application:

Guided question(s):

If you look at a computer it has the ability to many things, but if it is not hooked up to the right power source it can't be used the way it was intended. When a person accepts Jesus as their forgiver and life leader the Holy Spirit indwells (remains in) and will never leave us. Though the Holy Spirit lives in us, many Christians do not walk in step with the spirit (we do not stay plugged into the power source).

Why do think Jesus said it is better that He leave?

Day 3

Philippians 4:6-7

Observation:

Interpretation: (What does this mean to me?)

Application:

Guided question(s):

What do I think or feel when I try to pray?

~does it seem rigid, structured, forced?

~do I feel embarrassed because I can't pray beautiful prayers?

~Am I free to pray to God what is truly on my heart?

What is the purpose of prayer?

Day 4

Psalm 119:11 Joshua 1:8 Jeremiah 15:16

Observation:

Interpretation: (What does this mean to me?)

Application:

Guided question(s):

Why bother to learn exact words of a scripture verse? Let me suggest a couple reasons.

- It's easier to meditate on a verse when you can repeat it yourself.
- We don't always have bibles with us. When Temptation comes scripture memory allows us to fight that temptation

Can you add others?

What if you memorized just one of these verses this week? And one the next week...that's 52 verses a year of God's word in your heart!

Day 5

Matthew 4:1-11 Hebrews 2:18

Observation:

Interpretation: (What does this mean to me?)

Application:

Guided question(s):

What temptations am I most susceptible to?

Are there specific times or places these temptations occur?

How can I best try to avoid falling into temptation?

Below are some suggested verses to keep you going for the next 40 days.

40 Day Quiet Time

2Corinthians 5:17 Galatians 2:20-21 Romans 12:1-2 John 14:21 2 Timothy 3:16-17 Proverbs 3:5-6 John 15:5-7 Psalm 139:1-6 Matthew 4:19-22 Romans 1:16	Romans 3:23 Isaiah 53:6 Romans 6:23 Romans 5:8 Ephesians 2:8-9 Titus 3:5 John 1:12 1 John 5:11-13 John 5:24 Isaiah 41:10	Philippians 3:7-10 Lamentations 3:21-24 Isaiah 26:3 Psalm 119:9-11 1 Corinthians 10:12-13 Matthew 6:33-34 Luke 9:23-25 1 John 2:15-16 Hebrews 12:1-3 Mark 10:45	Acts 1:8 Matthew 28:18-20 John 13:34-35 1 John 3:18-20 Philippians 2:3-8 Ephesians 5:3 1 Peter 2:11 Hebrews 11:6 Matthew 5:16 Ephesians 1:13-14
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