

THE QUIET TIME

It is good to start the Day with God.

Exodus 16:21 (NIV) 21 Each morning everyone gathered as much as he needed, and when the sun grew hot, it melted away.

Exodus 29:39 (NIV) 39 Offer one in the morning and the other at twilight.

Ezekiel 12:8 (NIV) 8 In the morning the word of the Lord came to me:

1 Kings 17:6 (NIV) 6 The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook.

It is good to seek the Lord.

Hosea 10:12 (NIV) Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the Lord, until he comes and showers righteousness on you.

2 Chronicles 12:14 (NIV) He did evil because he had not set his heart on seeking the Lord

1 Chronicles 16:11 (NIV) Look to the Lord and his strength; seek his face always.

Deuteronomy 4:29 (NIV) But if from there you seek the Lord your God, you will find him if you look for him with all your heart and with all your soul.

It is good to read the word.

Exodus 24:7 (NIV) Then he took the Book of the Covenant and read it to the people. They responded, "We will do everything the Lord has said; we will obey."

2 Kings 22:8 (NIV) Hilkiyah the high priest said to Shaphan the secretary, "I have found the Book of the Law in the temple of the Lord." He gave it to Shaphan, who read it.

Nehemiah 8:3 (NIV) He read it aloud from daybreak till noon as he faced the square before the Water Gate in the presence of the men, women and others who could understand. And all the people listened attentively to the Book of the Law.

1 Thessalonians 5:27 (NIV) 27 I charge you before the Lord to have this letter read to all the brothers.

Revelation 1:3 (NIV) 3 Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near.

It is good to listen to the Lord.

James 1:22-23 (NIV) Do not merely listen to the word, and so deceive yourselves. Do what it says.

Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror

John 10:27 (NIV) My sheep listen to my voice; I know them, and they follow me.

It is good to open your eyes and ears.

Psalms 119:18 (NIV) 18 Open my eyes that I may see wonderful things in your law.

Psalms 119:148 (NIV) 148 My eyes stay open through the watches of the night, that I may meditate on your promises.

Psalms 40:6 (NIV) Sacrifice and offering you did not desire, but my ears you have pierced burnt offerings and sin offerings you did not require.

Isaiah 50:5 (NIV) The Sovereign Lord has opened my ears, and I have not been rebellious; I have not drawn back.

It is good to look at examples.

Isaac

Genesis 24:63 (NIV) 63 He went out to the field one evening to meditate, and as he looked up, he saw camels approaching

Joshua

Joshua 1:8 (NIV) 8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

David

Psalms 119:97 (NIV) 97 Oh, how I love your law! I meditate on it all day long.
Jesus

Mark 1:35 (NIV) 35 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.

Nehemiah

Nehemiah 1:3-4 (NIV) 3 They said to me, "Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire."

4 When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Daniel

Daniel 6:10 (NIV) 10 Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Jonah

Jonah 2:1 (NIV) 1 From inside the fish Jonah prayed to the Lord his God.

Nathaniel

John 1:47-48 (NIV) 47 When Jesus saw Nathanael approaching, he said of him, "Here is a true Israelite, in whom there is nothing false."

48 "How do you know me?" Nathanael asked. Jesus answered, "I saw you while you were still under the fig tree before Philip called you."

It is good to feed on the Word

1 Corinthians 3:2 (NIV) 2 I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready.

1 Peter 2:2 (NIV) 2 Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation,

Hebrews 5:12 (NIV) 12 In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!

Peter: feed others

John 21:15 (NIV) 15 When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs."

Jesus feeds us.

John 6:57-58 (NIV) 57 Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.

58 This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever."

It is good to get quiet before the Lord.

Luke 19:40 (NIV) 40 "I tell you," he replied, "if they keep quiet, the stones will cry out."

Zephaniah 3:17 (NIV) 17 The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

Ecclesiastes 9:17 (NIV) 17 The quiet words of the wise are more to be heeded than the shouts of a ruler of fools.

Psalms 131:2 (NIV) 2 But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me.

It is good to search your heart.

Psalms 4:4 (NIV) 4 In your anger do not sin; when you are on your beds, search your hearts and be silent. Selah

Some practical suggestions

Find a place to meet with God

Take your Bible

Pray before and after

Find a no notes Bible

Take something to write with and write on

Underline things in the Bible that the Lord gives you
Find something to share with others – call them, text them, write a letter to them, e-mail, Facebook
Read Proverbs 1 chapter a day
Read through the Bible in a year.

Questions to ask when reading.

Is there a Command to obey?

Is there a Example to follow?

Is there a Prayer to pray?

Is there a Song to sing?

Is there a Promise to claim?

Is there a Sin to avoid?

Is there a Habit to develop?

Is there an Attitude to have?

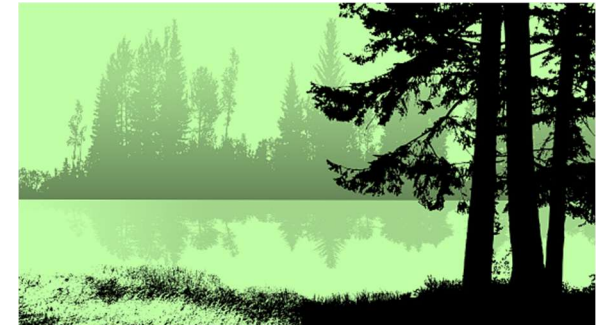
7 minutes with God.

1 minute to prepare your heart

5 minutes to read the Bible

1 minute to pray for others and needs.

"It is good to have a Quiet Time."



Biblical illustrations and practical examples on how to spend time with the Lord.