

# HOW TO HAVE A QUIET TIME

Engaging in a Healthy Spiritual Lifestyle



**My soul thirsts for God, for the living God.  
When can I go and meet with God?**

Psalm 42:2

Spirit-filled Christians crave for Christ — there is an insatiable desire for intimacy with their Savior. Activity and busyness (even for God), can taste like sawdust to the soul, but sitting at the feet of Jesus revives the spirit and satisfies the deepest longings to be known and loved by the Lord. Like water hydrates the body, so only heaven hydrates the heart.

Our innermost being hungers and thirsts for spiritual food, but do we take the time to shop at God's grocery store? Are we hunting for healthy soul food or we snacking at the world's table with a diet that is detrimental to the eternal? Our Master Jesus has a menu made up of spiritual nutrients that nourish the soul. His filling food is accessed by faith.

**“Then Jesus declared, “I am the bread of life.  
Whoever comes to me will never go hungry,  
and whoever believes in me will never be thirsty.”**

John 6:35

Just like the body routinely looks for three meals a day and multiple times in a day to drink refreshing liquids, so your soul yearns for spiritual sustenance. Without the required daily input of needed nutrition —the neglected soul starves for lack of attention. The diseases of discouragement, fear, unforgiveness and hopelessness attack and defeat the spiritual immune system of an intimate-less and sick soul.

However, you contribute to a healthy heart by designating a meeting place of prayer with God. Go there often and drink in the Lord's love, forgiveness and wisdom. Feed by faith at the feet of Jesus a smorgasbord with the secret sauce of a saved soul. Grace feeds the heart of a grateful soul that has been graced by God. Pain and conflict fatigue faith to the point of parched lips, but praise and worship

to Jesus drink from His deep well of glory.

Your God, the father of our Lord Jesus Christ is alive, ready and willing to fill your hungry heart with faith, and satisfy your thirsty soul with eternal security. Heaven always prepares a delicious meal that is beautifully presented in prayer. Wake up and worship the Lord — mid-morning snack on Scripture — listen to the Lord at lunch — mid-afternoon meditate on your blessings — at dinner discuss His faithfulness — and thank Him as you retire in the evening. A soul nourished by God meets with God and is eternally satisfied.

**“My soul yearns, even faints, for the courts of the LORD;  
my heart and my flesh cry out for the living God.”**

Psalm 84:2

***Below is an outline for developing a regular routine of getting quiet before the Lord:***

### **1. MAKE AN APPOINTMENT:**

***“But I cry to you for help, LORD; in the morning my prayer comes before you.”*** Psalm 88:13

Put Christ on your calendar and honor Him by keeping your appointment with Him. Determine a daily routine that fits your stage of life, morning is a good default time.

### **2. FIND A PLACE:**

***“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.”*** Mark 1:35

A familiar place allows you to feel comfortable, at peace and focused on loving and being loved by your heavenly Father. Create a sacred place for you and your savior Jesus.

### **3. BE PREPARED:**

***“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.”*** Colossians 3:1-3

Prepare your mind and heart to focus by faith on your heavenly Father. Be ready to approach the Lord in a variety of ways: play worship music, have a cup of tea or coffee, read a chapter in Proverbs or the Psalms. Or just sit quietly and rest in Lord’s presence.

### **4. PRAYER AND PRAISE:**

***“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.”*** James 5:13

Prayer is your pass seven days a week, twenty-four hours a day to God. You may call out to Him in fear and anger, or simply ask Him for wisdom. Feel free to confess and repent of sin and then celebrate His mercy and forgiveness. Or, perhaps you praise Him with a grateful heart full of joy and adoration for His great glory and grace.

### **5. STUDY THE BIBLE: “I have hidden your word in my heart that I might not sin against you.”**

Psalm 119:11

The Bible is worth a lifetime of study and application. Because we are all in the process of growing in

grace, the Holy Spirit is able to teach us at our own pace and perception. He reveals the truth, as we are able to live it out with grace and for God's glory.

## 6. LISTEN

***“For there is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out into the open. Therefore consider carefully how you listen....”*** Luke 8:17-19

Being in the focused presence of Jesus, means very little talk and much more listening on our part. The Spirit's still, small voice is clear and concise, but requires us to keep a humble and open heart to hearing His words. His words give faith, hope and love!

## 7. WRITE DOWN

***“Then the LORD replied: “Write down the revelation and make it plain on tablets so that a herald (or...whoever reads it) may run with it.”*** Habakkuk 2:2

A dull pencil is better than a sharp mind, plus writing down what we feel and think invites accountability and encouragement to follow through. Writing reminds us later of the Lord's faithfulness. Also, your example to journal will encourage others to journal.

## 8. OBEY

***“Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. <sup>7</sup>Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.”*** Joshua 1:6-7

Because we love the Lord, we obey the Lord. So, the fruit of our faithfulness to be with Jesus is to know better how to walk with and follow Jesus. Obedience brings clarity.



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