

HOW TO PLAN A DAILY QUIET TIME

One of the most encouraging results of the New Members' Orientation is the spiritual encouragement which comes from focusing our lives on spiritual matters. This is a great time to make a renewed commitment to God and yourself to begin to spend time with Him daily.

This "Quiet Time" can be a daily means of growth and maturity in your Christian walk.

Are you willing to start with 10 minutes a day? You might say to God, "Lord, I want to make an appointment with you, starting tomorrow morning. When the alarm goes off I will roll out of bed and give you the first 10 minutes of my day. I'll call it my appointment with you!"

How to start? Find a quiet place and there with your Bible enjoy a few minutes of solitude with God.

1 Minute: Invest the first minute preparing your heart. Thank him for a night's rest and the opportunities of a new day. "Lord, open my heart to the Scriptures. Make me alert, awaken my soul, and make me responsive to Your Word. Send your Holy Spirit to surround me with your presence."

5 Minutes: Now take five minutes to read the Bible. One of the Gospels is a good place to start. John's Gospel is a good book for getting to know the person of Christ. Read consecutively - verse after verse, chapter after chapter. Don't race, but avoid stopping to do a Bible study on some word, thought, or theological problem which presents itself. Read with a curious mind. Try a chapter or so at a time.

4 Minutes: After you have given God a chance to speak to you through His Word, you speak to him...through prayer. You have about four minutes left in which to talk to God. Remember, prayer is simply talking to God - nothing more - nothing less.

Use the following prayer guideline:

"A" doration - This is the purest kind of prayer. It is acknowledging who God is...His attributes...His characteristics... His mercy, love, goodness, power, and sovereignty. What is it about God you are learning?

"C" onfession - What is happening in your life which you need to confess to God? Have things happened recently to cause you to deny Christ? Are there relationships which need healing? Are there faults or weaknesses that need to be confessed? Talk to God about these things.

"T" hanksiving - This is a time to express your gratitude to God. Think of specific things in your life for which to thank God: your family, your work in the marketplace, your church and your ministry responsibilities, even thank him for the hard experiences which are causing you to grow.

"S" upplication - Now is the time to "humbly make your petitions known to God." Think of the needs of others around you and talk to God on their behalf. Include friends, people with less, friends in distant places, needs of the Faith Family. Think too, of your own needs and ask for God's guidance in your life.

Your time is up! But before you know it, ten minutes will turn to twenty minutes and then to thirty. Remember; don't become devoted to the habit...become devoted to the Savior. Covenant with God to make this "quiet time" a regular part of your life and experience the abundant life of which Christ speaks! Start today!