

HABIT 2: HAVING DAILY QUIET TIMES

There is nothing in life more important than our relationship with God. Loving God is the first and greatest commandment (*Matthew 22:35-36*). Our time with God consists of both listening to the Word of God and talking to God through prayer. Like many aspects of Christianity, being with God is not complicated but it takes effort, authenticity, humility, and perseverance. This HABIT lays a foundation for every other life habit – let us spend time with the creator of the universe every day to “taste and see that the Lord is good” (*Psalms 34:8*).

Memory Verse: Matthew 4:4

Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’”

RELATIONSHIP WITH GOD – What does it look like?

- 1) To act justly and to love mercy and to walk humbly with your God. (*Micah 6:6-8*)
- 2) Your words... were my joy and my heart's delight. (*Jeremiah 15:16*) ENJOY GOD!
- 3) Don't assume everyone has great time with God – like any relationship, it takes work!
- 4) Communicate with God: Talk to God (Pray) | Listen to God's Word. (*Psalms 5:3*)
- 5) Call it prayer/closet time, meditation, quiet time, “loud cries and tears.” (*Psalms 119:148*)
- 6) Beware: Satan lures us with instant gratification to take advantage of our lazy, complacent human nature. (*2 Corinthians 2:11*)
- 7) Jesus withdrew to lonely places early, late, and often. (*Mark 1:35, Luke 5:16, Matthew 14:23*)
- 8) Meditate on God's Law day and night. (*Psalms 1:1-2, Joshua 1:7-8*)
- 9) Kings wrote their own copy of the Law to keep them humble. (*Deuteronomy 17:18-20*)

KEYS TO SUCCESS – What can I do to improve my relationship with God?

- 1) **Attitude**
 - Understand our privilege – our Dad is King of the Universe! (*1 John 3:1*)
 - We get to listen to God speak to us!
 - Use music to soften your heart. (*1 Samuel 16:16, Ephesians 5:18-20*)
- 2) **Consistency**
 - Establish a habit. We need spiritual/physical food/drink daily! (*Deuteronomy 8:3*)
 - Set a time, pick a quiet place each day and keep it sacred.
 - Do what you can – better short and consistent than long and inconsistent.
- 3) **Spontaneity**
 - Enjoy some unscheduled time: go to God when you feel the need.
 - Be flexible: don't be repetitive; morning, noon, and night. (*Psalms 42:1-2*)
- 4) **Perspective**
 - Give your heart: praise and worship the king through prayer, singing, listening to him.
 - Open your heart: there's no benefit to legalistically reading and praying.
 - Change your scenery: enjoy nature, be in your closet, ask a friend to pray with you!
 - Choose your position: sit/study/walk/kneel/prostrate. (*Psalms 119:32*)

PRACTICAL PRAYER

- 1) Come before God: Revere Him, Recognize Him, Relate to Him. (*Jeremiah 30:21*)
- 2) Be honest!!! Examine your heart.
 - What do you need? (*Ezra 9:6*)
 - Renewal or nourishment; inspiration or power; knowledge or connection?
- 3) Pray Scripture: (*Psalms 42, 51, 73, 119; Exodus 33:15, 1 Kings 8:23ff, Job 42, John 17, Acts 4:24ff, Ephesians 3:14-20*)
- 4) Keep a journal; pray with someone; go on a "prayer walk"; ask another disciple. (*Luke 11:1*)

PRACTICAL BIBLE STUDY

- 1) Start with Prayer – for a receptive heart
 - Be still. Listen. Be ready to obey.
 - Pray scripture. (*Psalms 119:18,24,50,133*)
- 2) Scripture (OT) is about Jesus (*John 5:39-40*)
 - Don't stray far from the NT & Gospels.
- 3) Read the Bible!
Faith comes from hearing the word (Romans 10:17)
 - Learn what each Book is about.
 - Scripture helps us understand salvation. (*2 Timothy 3:14-15*)
- 4) Get the Right Tools*
 - Bible, Notebook, and Spiritual Books
 - Websites, Apps, and Sermons
- 5) Meditate & Memorize
 - Pray to hear God's truth on subjects.
 - Ask others for their "go-to" verses; use cards and quiz each other. (*Psalms 119:11*)
- 6) Vary your Routine
 - Choose a topic, focus on a character trait, a character, do a word study. (Concordance)
 - Never lose sight of the goal – to do what the Word says! (*James 1:22-25*)

CONCLUSION

- 1) God's Word humbly applied keeps us from drifting. (*Hebrews 2:1*)
- 2) What makes Christians different? God's presence (*Exodus 33:15-16*) through the Holy Spirit (*Romans 8:9*), and being with Jesus. (*Acts 4:13*)
- 3) What promise inspires us to change the world?
"I am with you always to the very end of the age." (*Matthew 28:20*) Remember Jesus is with you!

Praying the Lord's Prayer "ACTS" (*Matthew 6:9-13*)

Adoration: start with praise & worship

Confession: be real (he knows) and ask for strength in temptation

Thanksgiving: thank God and be grateful for what he has given you

Supplication: pray for needs and for God's will to be done; don't over-ask

GREAT BIBLE STUDY QUESTIONS

- Who wrote this, to whom, and why?
- What does the scripture mean in context?
 - To the original audience?
 - In God's overall plan of redemption?
- Is there an example for me to follow or sin to avoid?
- Is there a command for me to obey?
- How can I apply this in my life?
- What does this teach about Jesus?
- Is there a promise for me to claim?
- Is there a difficult-to-understand passage for me to ask about, study, or search out?
- Is there something for me to pray about?

Recommended References

- * **Books:** Fee and Stuart, "How to Read the Bible for All its Worth" and "How to Read the Bible Book by Book"
- * **Websites:** NVCOC.org; disciplestoday.org; BibleGateway.com; BibleHub.com; thebibleproject.com
- * **Apps:** ReadScripture; Tecarta; YouVersion