

Having a daily Quiet Time

. . . A simple act with extraordinary results.

When you meet someone for the first time, you really don't know a lot about them, except what you see on the surface. Getting to know a new friend or to deepen an existing friendship takes time. The more time you spend with your friend, the more you get to know them and what pleases them. It can be as simple as talking on the phone, e-mail, Facebook, going shopping, exercising together or going out to eat on a regular basis. Regardless of how you choose to get to know your friend, the more time you spend together the closer your relationship becomes.

It's like that with God. It first begins with a personal relationship with Him through His Son, Jesus. Growing in that relationship takes **TIME**. Not once in a while, but daily.

T . . . Talking ~ praying ~ having a daily conversation with Him (1 Peter 3:12)

I . . . Investing ~ daily reading His Word ~ the Bible (Psalm 119:11)

M . . . Meeting with Him on a daily basis ~ in a quiet place (Matthew 14:23, Luke 5:16)

E . . . Equips you to face each day victoriously, regardless of what your day looks like (2 Peter 1:3-4)



Here are a few ideas to get you started on developing a closer relationship with God. They're ones I've followed for many years and ones that have changed my life and can change yours too. :)

Quiet Place

Find a time when you can be alone with God everyday. Although I find morning is the best time for me because I'm the most alert; that might not work for you; when your kid's nap might be a better time. Also find a quiet place to be alone. For me, it's my deck in the spring/summer/fall and in my family room in the winter. For some of you, the bathroom with the fan running might be the only quiet place in your house. Ask God to help you be creative when and where you meet ~ just make sure it's a time and place free from distractions and interruptions. Just as you love spending one on one time with your kids, KNOW that God LOVES spending time with you, His daughter.

Praise & Worship

Spend some time each day praising God. Here are a few suggestions to get you started.

- ☞ You could take the letters of the Alphabet and list them. (Great for kids, too) Beside each one, write something that describes who God is or what He's done. For example: A ~ Almighty, Awesome, B ~ Beginning, Blots out our sin, C ~ Creator, Compassionate, etc. Take a letter a day and use that to praise God.
- ☞ You could read a chapter from Psalms and/or a few verses from Proverbs each day (for Psalm 119 read 8 verses each day until you finish the chapter). Try reading it out loud. It will keep you from being distracted. The Psalms paint a beautiful picture of who God is and Proverbs gives wisdom for the journey.
- ☞ You could use the words to a favorite worship song or hymn to praise Him.

This takes a short amount of time, but you'll be amazed what starting your day with praise will do.

Reading the Word

Spend some time reading the Word each day. Just as you wouldn't think of going without food each day, don't neglect feeding your spiritual needs as well on a consistent basis.

"Find rest, O my soul in God alone; my hope comes from Him." Psalm 62:5

"How sweet are Your words to my taste, sweeter than honey to my mouth."
Psalm 119:103 "

Your word is a lamp to my feet and a light for my path." *Psalm 119:105*

"The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple. The precepts of the LORD are right, giving joy to the heart." Psalm 19:7-8a

A few suggestions to help you on your journey:

- Read a book of the Bible. If this is new to you, start by reading John or a book that gives helps for Christian living, like Ephesians or Colossians. You can read a few verses or a chapter. The amount you read is up to you because you know your schedule best. NEVER compare yourself to others or what others can do. "Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe." Proverbs 29:25
- Topical or word study. Look in the concordance in the back of your Bible and find a subject you want to know more about; for example, "forgiveness," "love," "patience," "joy." Then look up all the verses related to that word.

Praying the Word

This concept changed my life. I never knew the power available to me until I started doing this. God's Word is "living and active. Sharper than any double-edged sword. It penetrates even to dividing soul and spirit and marrow; it judges the thoughts and attitudes of the heart." Hebrews 4:12. Praying Scripture takes the pressure off of having to come up with the right words to pray. It also keeps our focus off "selfish" praying and shows us how to pray in a way that lines up with His thoughts and His will.

As I'm reading and see a verse that has special meaning to me, I write it down on an index card. I then put my name (and my family's name) in the verse and read it back to God as a prayer. For example: Proverbs 3:5-6 says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will direct your path."

You may want to pray something like this: *Lord*, help us (put your family's names here) trust in You today with all our heart and not lean on our own way of thinking. Help us seek You in all we do, putting You first and You have promised to direct our path.



The amount of time you spend praising God, reading, and praying His Word is between you and Him. Be consistent and start simple ~ maybe 15 minutes especially if you have little ones ~ 15 minutes might even be a stretch ~ so do what you can. Start where you are. If all you can do is say "good morning Lord, guide my day," then that's a place to start. He knows your heart. Then **make it a priority**; when the kids nap, don't get on the computer, Facebook, or whatever is a distraction to you until you spend time with the Lord.



Spending time with God, a simple act that *does* bring extraordinary results!!!!!!!!!!!!!!!

**"Let them give thanks to the LORD for His unfailing love
and His wonderful deeds for men,
for He satisfies the thirsty and fills the hungry with good things."
Psalm 107:8-9**