

Quiet Time

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I. Introduction.

- A. Text: Luke 10:38ff.
- B. The most important thing in our lives is fellowship with Jesus.
- C. Our business and serving God often distracts us or appears more important than fellowship with Jesus.

II. There are several reasons why quiet times are important.

- A. Quiet times are important because Jesus desires our fellowship. (1 Corinthians 1:9)
- B. Quiet times are necessary for spiritual cleansing. Jesus often points out sin to us in our quiet times. (Luke 22:60ff)
- C. Quiet times are necessary for spiritual strengthening in our crisis culture. This “waiting” on God means to “entwine” like a vine. (Isaiah 40:28; 2 Corinthians 4:16)

III. There are several suggestions for what to do during a quiet time.

- A. Quiet times are for having conversation and fellowship with Jesus. Christ speaks to us through the scripture and we respond in prayer as we read.
- B. The objective is to have fellowship with Jesus, not complete a bible reading program. However, the scripture is an important foundation for a quiet time because it is the way Christ speaks to us.
- C. The quiet time is a time of worshipping God. Stop and think about who Christ is and adore Him for it.
- D. A time of reading or meditating on the scripture is important, whatever form that takes.
- E. A quiet time involves specific prayer for other people. (Philippians 1:9-11; Colossians 1:9-11; Ephesians 1:16ff, 3:16ff; Colossians 4:3-4)
- F. Quiet times should take place at a time of day where you are least distracted, are unhurried, and can focus.

Application questions:

1. How do you pray for other people? Do you pray specific things for them? Do you pray according to God's will for them or your own? Take some time to let God lead you in how to pray for your loved ones.

2. Is the way that you incorporate scripture into your quiet time effective for fellowship with Christ? If not, experiment with different ways of incorporating scripture into your quiet time—perhaps read less or read more, memorize scripture, write it down, or put it in your own words.

3. Think about when you have your quiet time. Is it easy to stay focused? Would there be a better time when you would be less distracted?
