

Quiet Time

Jim Downing

I. Introduction.

A. Two key words: meditation and communion.

B. The quiet time is a time in which one's soul is restored and prepared for the day ahead. (Psalm 23)

C. This is a daily experience. (2 Corinthians 4:16, John 6)

1. God could choose to give a person enough spiritual nourishment for a week if He wanted.

2. However, as with the provision of manna in the desert, God seems to give us only daily provision.

II. The time we ought to begin our quiet time is five minutes before we enter our night's sleep.

A. We are to meditate on the Word day and night. (Psalm 1:5)

1. This is a challenging feat.

2. The reason why we are to begin quiet time before sleep has to do with the nature of meditation.

B. Meditation is rumination - a cow chews something up and stores it up for later.

1. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it.

2. We transfer the life into us in a similar manner through meditation. The words of Christ are the words that we are to feed upon.

C. Christ comes in the volume of the book. Scripture is not a barrier to Christ, but access to Him. The Words Jesus speaks are Spirit and life. (Psalm 40:7, John 6:63)

D. Meditation is how we transfer Christ's life to us.

III. Quiet time during the night.

A. When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.

B. The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious dumps on the subconscious is an unsolved problem that prevents the

subconscious from accomplishing its primary purpose. There is a communication breakdown.

C. The only legitimate use of the subconscious mind is to meditate on the Word of God.

IV. How to get started.

A. Suggestion about starting your quiet time.

1. The time to start your quiet time is three to four minutes before you drop off to sleep. Make sure the last waking thought you have is something from the Word of God so that it goes into the subconscious mind. (e.g. something from the Psalms)
2. Find something from the Lord in the text for you personally and close the book right before going to sleep so you have that to think about.
3. Let God's Word be the last word – "**GWLW**". (Proverbs 6:22)
4. The Word of God is stronger than any force we have. The proper use of the subconscious mind is to meditate on it.
5. In the morning continue the same thought from the night before, looking for other thoughts to emphasize the one that God already gave you. (Psalm 119:97)
6. This thought will set the tone for the day. (Proverbs 6:22)

V. Communion and prayer.

A. Petition is the occupation of the heart with needs, prayer is the occupation of the heart with blessings, and worship and adoration is the occupation of the heart with God Himself.

B. Communion with God - praise.

1. We are to give God the glory due His name. (Psalm 96:8-9)
2. We glorify God by repeating in detail to Him what He has done. In doing this we express our appreciation and admiration. (Psalm 104:1, Revelation 4:11)
3. Although the universe is vastly beyond us, God knows even every star. (Psalm 147:4, 1 Corinthians 15:41)

C. Prayer for others - intercession.

1. The example of "Praying Hyde," who was adamant about praying for people to come to Christ. When he failed to worship God, his prayers were not answered.

2. God is more interested that we are concerned with what He has done than with what He will do.

D. Prayer for oneself - petition.

1. In the background of worship and praise, we are in the position to ask for needs.

2. We honor God with the magnitude of our requests.

VI. Conclusion.

A. It is helpful to have a checklist for these things.

B. God restores us through meditation and communion. (Psalm 23)

C. The quiet time is in the garden, but we can take some of His fragrance away from the garden by plucking a flower.

Application questions.

1. What are the mechanics of a healthy prayer time according to the speaker?

2. Why is it so important to begin one's quiet time before bed?

3. What does your prayer life look like currently? Where would you like it to be in the next six months? What will you do to get to that point?
