

Quiet Time

Skip Gray

I. Introduction.

- A. It is helpful to have a checklist when having your quiet time.
- B. A.C.T.S. is a helpful acrostic to keep us in balance.

II. Adoration. (Psalm 50:22)

- A. We need to take time to praise God. (Psalm 28:7)
- B. Focus on God's character and you will have joy.

III. Confession. (Psalm 32:5)

- A. When there is conflict, there is pride. Humility is the way out. (Proverbs 13:10)
- B. Sin needs to be acknowledged and called for what it is.
- C. Unconfessed sin destroys.

IV. Thanksgiving. (Psalm 107:32)

- A. In everything, give thanks.
- B. Our thanks are a joy to God's heart.
- C. We are to discipline ourselves to say thanks so that we will be prepared when disappointments hit. Saying thanks in everything affirms God's sovereignty.

V. Supplication. (Psalm 37:4)

- A. This is asking God.
- B. When we focus on the Lord, God changes our desires to be in tune with His.
- C. We have not because we ask not.

Application questions:

1. Which area of prayer could you use the most growth? Explain.

2. What does it look like for a person to praise God in his quiet time?

3. Spend some time in prayer before God using this model. Record some of your reflections below.
