



Welcome back to DRIVE!

Tonight: Part Two of Discovering Spiritual Maturity.

In this episode, we will discuss:

- ▶ “Quiet Time”: what it is and why it matters.
- ▶ How to start having a QT, and what to do when you get stuck.
- ▶ A quick primer on prayer.

We trust the DVD content, and the information provided in this workbook will help you as you continue to grow deeper in your relationship with God, by influencing others for Christ.



HOW TO HAVE A QUIET TIME

What does "quiet time" even mean?

DEFINITION: "A quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer"

FACT: "The point of your quiet time should not be to just study about Christ, but to actually spend time with Him."

I. THE IMPORTANCE OF DAILY QUIET TIME

1. We were _____ to have fellowship with God.

"So God created man in his own image..." (Genesis 1:27, 2:7, 3:8)

2. Every person who has been effective in _____ for God developed this habit.

Abraham, Moses, David, Daniel, Paul, Jesus

Peter and John - *"When the council saw the boldness of Peter and John ...they were amazed and realized what being with Jesus had done for them!"*

3. You cannot be a _____ Christian without it!

"Man cannot live on bread alone but on every word that God speaks." Matt 4:4 (GN)

"...I have treasured the words of His mouth more than my necessary food." Job 23:12 (NAS)



II. THE PURPOSE OF A DAILY QUIET TIME

1. To give _____ to God.

"(Hezekiah) was successful, because everything he did ... he in a spirit of complete devotion to his God." 2Ch. 31:21 (GN)

God **deserves** our devotion! (Rev. 4:11)

God **desires** our devotion (John 4:23)

2. To get _____ from God.

"Show me the path where I should go, O Lord; point out the right road for me to walk." Ps. 25:4 (LB)

3. To gain _____ in God.

"...(God's) presence fills me with joy and brings me pleasure!" Ps. 16:11 (GN)

FACT: The better I get to know Christ, the more _____ !

4. To Grow _____ like God.

"Jesus has, by which he has given us everything we need to live and to serve God. We have these things because we know him.... With these gifts you can share in being like God" 2 Peter 1:4



III. HOW TO BEGIN A QUIET TIME

1. Select a specific time.

The best time to have a quiet is when I am _____!

Reasons for considering an early morning quiet time:

1. Example of Jesus.

"Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place where He prayed." Mark 1:35

2. It's quieter. You are more rested. Your mind is less cluttered.

3. It seems logical to begin the day with it.

4. It demonstrates that meeting with God is your first priority. You give Him the first part of your day.

Whatever time you set, _____.

How long should a quiet time be? (3 Guidelines)

- ▶ Start with 15 minutes and let it grow.
- ▶ Try not to watch the clock.
- ▶ Emphasize quality, not quantity

2. Choose a special place.

*"Jesus left the city and went, as he usually did, to the Mount of Olives to pray."
Luke 22:39*

3. Gather the resources you will need.

- ▶ A Bible
- ▶ Notebook - to write down what the Lord speaks to you about.
- ▶ Prayer List - From church or Small Group.
- ▶ Some music if you need it.



4. Begin with the right attitudes

- ▶ _____
- ▶ _____
- ▶ _____

5. Follow a simple plan

List of some good devotional books to get you started

- ▶ The Purpose-Driven Life, by Rick Warren
- ▶ My Utmost for His Highness, by Oswald Chambers
- ▶ Beginner's Devotional, by Jamy Lee Warrington
- ▶ Experiencing God, by Henry and Richard Blackaby and Claude King

FIFTEEN MINUTES WITH GOD

(a simple plan to get you started)

1. _____

Slow down! Take a few deep breaths. Ask God to help you focus on what he wants to say. Wait a minute.

2. _____

(See notes from last week "How to read God's Word") Pick up where you left off. Take your time. Stop when you feel God has told you something. Stop and think about it.

3. _____

(See notes from last week, "how to meditate on God's word. Think about what that verse means to your life, personally. Part of reflecting could be memorizing the part that stuck out to you.

4. _____

Write down your thoughts. Write out a personal application that is practical, passable, and measurable

5. _____

Now it's time to pray! As in, it's now our turn to talk to God. Use the notes from the end of this small about "How to pray" to help here.



IV. HOW TO OVERCOME THE PROBLEMS WITH YOUR QUIET TIME

1. The problem of DISCIPLINE

The first problem in establishing your quiet time will come at you the moment you wake up each morning: Am I going to get out of bed? **(The Battle of the Blankets)**

- a) **1. Go to bed** _____.
- b) **2. Get up** _____.
- c) **3. Fall asleep** _____ **to your time with God**

2. The problem of DRYNESS

Sometimes you will feel like your not getting anywhere with your quiet time **(The Battle of the Blahs)**

Never judge your quiet time by your _____.

Possible causes for dryness:

- ▶ Physical Condition
- ▶ Disobedience to God
- ▶ Rushing
- ▶ Getting in a rut
- ▶ Not sharing insights with others

3. The problem of DISTRACTIONS

It's amazing how easily we can be distracted even when nothing is going on around us! Here's a few suggestions:

- 1. Get out of** _____
- 2. Get thoroughly** _____
- 3. Read and pray** _____
- 4. Keep a** _____
- 5. _____ during your prayer time**



V. HOW TO PRAY

1. Approach prayer with the right attitude

Be _____

Don't try to impress _____

Don't try to Impress _____

2. Just P.R.A.Y.

P is for _____. Praise God for both who He is, and what He has done.

R is for _____. Ask the Holy Spirit to reveal sin. Confess sin specifically

A is for _____. Ask God to meet your needs, and others needs too.

Y is for _____. Pray for God's will to be done in every area of your life.