



# DAILY QUIET TIME PARTICIPANT NOTES

**WATERFALLS CHURCH**

VERSION 1.0 – 05-02-2021



## 1 What Is a Daily Quiet Time?

Quiet time or daily devotion is \_\_\_\_\_ that allows us to block out other distractions and focus on our connection with Jesus through practices like prayer and Bible reading.

- The Christian faith is about our relationship with God through Jesus Christ. This means that we pray because we want to be united with God.
- Good communication is how you maintain a healthy relationship. The same is true for our relationship with God.
- A quiet time (or devotions) is an expression of this truth. But like all Christian disciplines, maintaining a regular devotional time in and of itself isn't the point—maintaining a close connection to Christ is.

## 2 Why should I have a Daily Quiet Time

We commit to a regular quiet time as a way to deepen our relationship with Christ. And through that connection, we personally grow and become empowered to build the kingdom

a) \_\_\_\_\_

- In his letter to his co-minister named Titus, Paul laid out his expectations for the kinds of people he wanted to see leading churches. He told Titus that they should be, “hospitable, one who loves what is good, who is **self-controlled**, upright, holy and **disciplined**” ([Titus 1:8](#)). The need to have willpower and constraint makes the list twice.
- Like pushing ourselves to get up in the morning and go to the gym when we don't feel like it, following through with quiet times builds self-discipline. [1 Timothy 4:8](#)

b) \_\_\_\_\_

- One of the biggest challenges of the Christian life is a tendency to go through our day and forget about God. While it's not intentional, it's easy to get so preoccupied with our daily lives that we lose sight of the fact that God is right there, present in every moment.
- When we have a stable connection to Jesus built upon our daily practice of spending time with him, God's presence becomes more central to our everyday behavior. It becomes easier to stay mindful of his existence and nearness throughout our day.

c) \_\_\_\_\_

*<sup>1</sup> Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. <sup>2</sup> But his delight is in the law of the LORD; and in his law doth he meditate day and night. <sup>3</sup> And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. **Psalm 1:1-3 (KJV)***



### 3 How should I have my Daily Quiet Time

You might be wondering what's required for a good quiet time, and honestly, you don't need much. But here are a couple things to consider if you want to start your devotional habits on the right foot:

a) \_\_\_\_\_

Everyone has scheduling conflicts that make it a challenge to find a regular quiet time that works. But as much as it's up to you, find a consistent time for daily devotions and make it a regular appointment. Seriously, put it in your calendar on your phone or write it in your planner.

If you make a commitment to try and work in a regular quiet time every day but don't establish one consistently, other things will crowd it out. Scheduling your quiet times like you would an appointment makes it harder for life to interfere.

b) \_\_\_\_\_

- Find a place where you'll be able to focus with as little distraction as is possible. Maybe that's in a particular room in your house, or in your favourite chair.
- It doesn't really matter as long as it's not a place where you're going to be so comfortable that you end up falling asleep or getting distracted by other things (so maybe not at your computer desk).
- Establish a specific space for your daily quiet time. People are creatures of habit, and as you establish a custom of praying and reading Scripture at a specific time in a particular place, you'll find it easier to get into the zone during your quiet times.

c) \_\_\_\_\_

- Maybe that could include candles or certain music.
- If nature helps you connect with God, maybe it would be helpful to have your devotional space near a window looking outside.
- The key is to create an environment that sets you in the mood for prayer and meditation

d) \_\_\_\_\_

- Have an idea of how you're going to structure your daily quiet time.
- If you sit down in the morning and randomly start reading a passage in your Bible, that's fine, but that's not likely to have the kind of impact that having a structured quiet time will.
- Build a habit of spending an hour each day with God. Spend 20-30 minutes of your total quiet time in prayer.
- Just keep in mind, regular devotions require flexibility. Sometimes you can't have your devotion at your typical time or in your typical space. That's OK! Adapt your quiet time to your circumstances and press on.

e) \_\_\_\_\_

Bible study is an important discipline, but it's easy for study to lead you down rabbit trails and away from your ultimate focus—your relationship with Jesus. The objective is to use this time to connect with Jesus, so read thoughtfully and prayerfully. As you're reading, think about:



1. What can I offer praise or thanksgiving in today's reading?
2. Is there an example in this text that I should follow or a command I should obey?
3. Is this text convicting me of sins or errors that I need to repent from and seek God's forgiveness?
4. Are there promises in this reading that I need to claim?

f) \_\_\_\_\_

Having a journal handy can be a profitable way to write down important thoughts you have during your Bible reading.

g) \_\_\_\_\_

- *<sup>15</sup> I will meditate in thy precepts, and have respect unto thy ways. <sup>16</sup> I will delight myself in thy statutes: I will not forget thy word. **Psalm 119:15-16 (KJV)***
- Sometimes when you're reading Scripture, you discover a truth that's insightful and provocative enough that you just need to stop and process it. This is basically the Christian practice of meditation.
- It's not about emptying your mind, such as is encouraged in some eastern forms of meditation. It's really focusing on God's Word, and turning it over in your mind, and as you do so, asking the Spirit to encourage, convict, and instruct you.

h) \_\_\_\_\_

Even though a lot of people struggle to feel like they're getting it right, prayer should be an essential part of every quiet time. (And it becomes a lot easier when you quit fretting about how well you're doing it.) It's the key to maintaining that connection to the vine.

If you're still a little hesitant about what and how to pray, consider the ACTS method. It's easy to remember and sets you up for a potent prayer time. ACTS is an acronym for:

- \_\_\_\_\_: This opens your prayer with time to praise God for who he is and what he's doing in your life. It's also a great time to worship him for the praiseworthy things you identified during your Bible reading.
- \_\_\_\_\_: In John's first epistle, we're reminded that "if we confess our sins, he (God) is faithful and just and will forgive us our sins and purify us from all unrighteousness" ([1 John 1:9](#)). This is where you want to ask for forgiveness for actions, behaviors, or attitudes that you'd like to see changed with God's help.
- \_\_\_\_\_: A spirit of gratitude is essential for Christian maturity. It helps us recognize the benefits and blessings in our life and curbs us from constantly demanding more. And knowing that you're going to spend some time thanking God for his blessings during your quiet times makes you more mindful of them throughout your day.



## DISCOVERY EXPERIENCE LESSON 4 – DAILY QUIET TIME

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- \_\_\_\_\_: It's probably not a word you hear often, but supplication simply means "making a request." This is the time you want to talk to God about all those things you told someone yesterday that you'd pray about. It's where you make your appeals to God for his intervention in your life and in the lives of your loved ones.

The nice thing about the ACTS model is that it places our requests after we've itemized all of the things we're thankful for. When we first communicate what we appreciate to God, that can help reprioritize the things we request.