



PART 2-How to *Energize* Your Quiet Time

The most important thing in life is having a loving, trusting relationship with God.



But one of the believer's biggest dilemmas today is trying to develop a deep, intimate relationship with God while keeping up with all the demands of a busy life. The "tyranny of the urgent" often results in a shallow relationship with Christ which is more task oriented than relationship oriented. Christians trying to maintain a regular devotional life with Christ in the middle of a hectic life often find themselves missing what life is really all about -- knowing God personally and intimately.

DISCUSSION

1. Why is having a regular personal, private quiet time with God so important in the Christian life?
 - It satisfies us (Psa. 90:14)
 - It enables us (John 15:5)
 - It strengthens us (Isa. 40:29-31)
2. What things can make your quiet time go stale?

<ul style="list-style-type: none">• Doing it the same old way• Depending more on devotional books than on God's Word• Not having a Bible study plan	<ul style="list-style-type: none">• Physical fatigue• Interruptions• Unresolved sin• Not having a sense of anticipation
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SEVEN WAYS TO ENERGIZE YOUR QUIET TIME

1. Re-evaluate your priorities.

God wants to be Number 1 in your life so examine your priorities against Philippians 3:10. The word "know" comes from the Greek word "*ginosko*" often means to know by personal experience as opposed to head knowledge. Often the Christian's first priority is a daily schedule...doings things. To "*ginosko*" God we must often make significant changes on our daily schedules. When you make time for God you'll discover that there is always enough time for other things in life.

2. Get alone with God.

Find a place to be alone with your Lord (Matthew 6:6). Pick the best time of the day to spend in prayer, meditation, and reading God's Word. This should be a time when your alertness and energy are the highest. All too often we give Him the leftovers of our time, like at the end of the day when we are exhausted and worn out.

3. Take your time

Our natural tendency is to "attack" our devotions instead of waiting on the Lord (Lamentations 3:25-26). Begin by meditating on who God is --- this will often help you to slow down to God's pace. Be still before God and know that He is your God (Psalm 46:10).

4. Reaffirm his Lordship.

God doesn't want us to put our "works" above our relationship with Him. This means giving up all rights to ourselves and giving them to Him. One way of doing this is by saying "Lord, I acknowledge and accept that you have the unconditional right and reign over every area of my life." Ask God to reveal anything in your life which may be taking priority over your relationship with Him (Psalm 139:23-24).

5. Set your goal on knowing God intimately.

Read the Word with the primary purpose of discovering who God is and what He does. Discovering intimacy with God may not always come through the natural means of our minds. He reserves this for those whose hearts are completely His...for those who take time to wait for before Him. The most meaningful part of life comes from knowing and understanding your God (Jeremiah 9:23-24). Memorize scriptures which personally touch you.

6. Talk to God about yourself.

Talk to God about your relationship with Him. Tell Him what you are experiencing. Tell Him what is perplexing you. Tell Him what is bringing you joy and peace. Confess anything which dominates your focus, or your time, other than Christ. Confess any sin which has crept into your life (I John 1:9). Sin makes us want to hide from God (Genesis 3:8). Talk to Him as the most intimate, most understanding person to ever know you (Psalms 42:1; 147:1-5).

7. Thank God for who he is and what he does.

Recall all that you are in God's eyes and thank Him for it (Jude 23-24). Thank Him for taking you through the experiences of life which are making you like his Son, Jesus Christ (Romans 8:28, 29; II Corinthians 3:18). Thank Him for who he is to you (Deuteronomy 6:4-8).