

# HOW TO ENERGIZE YOUR QUIET TIME

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

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. 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, spending quiet time with him.

## I. WHY WE NEED A QUIET TIME...

### A. Because we need **intimacy** with God

*As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him? (Ps. 42:1-2 NLT)*

- We were created to have fellowship with God (Gen. 1--2)
- Jesus Christ died on the cross so that fellowship could be restored (1 Cor. 1:9; 1 John 1:3-4)
- The regular quiet time during Jesus' ministry was a source of his strength (Mark 1:35; Luke 5:16; 22:39-44)
- Every great man or woman of God throughout history has spent much time alone with God (Moses, David, Daniel, Paul, Calvin, Wesley, Finney, Moody, Spurgeon, Billy Graham, et. al.)
- We cannot be healthy, growing Christians without daily fellowship with the Lord (Job 23:12; Matt. 4:4; 1 Pet. 2:2; Heb. 5:14)

### B. Because it is our **privilege**

*Honor the LORD for the glory of his name. Worship the LORD in the splendor of his holiness. (Ps. 29:2 NLT)*

- We give devotion to God (Psa. 29:2; 95:6; John 4:23; Rev. 3:20; 4:11)
- We get direction from God (Psa. 25:4-5; 40:8; 73:24; 143:10; Isa. 42:16)
- We gain delight in God (Psa. 16:11; 34:8; 37:4; 42:1-2; 63:1; 73:25; Phil. 3:10)

**C. Because it brings joyfulness to my life**

*You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. (Ps. 16:11 NLT)*

*I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! (Jn. 15:11 NLT)*

- Joy (Gk. χαρά) means inner happiness brought on by a sense of well-being.
- Others will notice a difference in our lives.

**D. Because it produces Christ-like fruit in my life**

*"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." (John 15:5)*

- Bearing fruit is what God produces in my life as I maintain a fresh, trusting relationship with Jesus Christ!
- We cannot grow spiritually without spending quality time with our Lord.

## **II. TYPICAL ROADBLOCKS**

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**A. Doing it the same old way**

- Putting ourselves on "autopilot" will bring dullness.

**B. Depending more on devotional books, rather than on God's Word**

- Devotional books are to be supplemental.
- They are about God's Word, but they are not God's Word.

**C. Not having a Bible study plan**

- Randomness often results in forgetfulness
- No plan, no progress.
- Avoid the stop, drop and read method.

**D. Physical fatigue and hunger**

*Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" (1 Ki. 19:3-5 NLT)*

- If you are sleepy, sleep first
- If you are famished get something to eat first

**E. Unnecessary interruptions and distractions**

- Remove things that interrupt you (e.g., cell phones unless it's an emergency).

- Noises that can be silenced.
- Moving objects outside your window.
- Turn off your TV, radio

**F. Unresolved sin**

*How can I know all the sins lurking in my heart? Cleanse me from these hidden faults. Keep your servant from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. (Ps. 19:12-13 NLT)*

- Sin makes us hide (Gen. 3:10)

**G. Not having a sense of anticipation**

*Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken. (Ps. 62:5-6 NLT)*

- Expect God to encourage you and strengthen you.

### **III. ENERGIZING YOUR QUIET TIME**

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**A. Set your goal on knowing God intimately**

*"Listen, O Israel! The LORD is our God, the LORD alone. And you must love the LORD your God with all your heart, all your soul, and all your strength. (Deut. 6:4-5 NLT)*

- Chuck Swindoll: "God reserves intimacy for those whose hearts are completely His...for those who take time to wait for before Him."
- Memorize scriptures that personally touch you.

**B. Keep your priorities in order**

*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. (Matt. 6:33 NLT)*

- God deserves to be Number 1 in your life.
- Often the Christian's first priority is a daily schedule...doings things.
- When you make time for God you'll discover that there is always enough time for other things in life.
- This is also a basic principle for effective time management.

**C. Get alone with God**

*But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. (Matt. 6:6 NLT)*

- 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.
- These are the "first fruits" of your time.

- 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.

**D. Reaffirm his Lordship**

*"O LORD of Heaven's Armies, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth. (Isa. 37:16 NLT)*

- 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."

**E. Talk to God about yourself**

*O my people, trust in him at all times. Pour out your heart to him, for God is our refuge. (Ps. 62:8 NLT)*

- 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.

**F. Thank God for who he is and what he does**

*Now all glory to God, who is able to keep you from falling away and will bring you with great joy into his glorious presence without a single fault. All glory to him who alone is God, our Savior through Jesus Christ our Lord. All glory, majesty, power, and authority are his before all time, and in the present, and beyond all time! Amen. (Jude 1:24-25 NLT)*

- Recall all that you are in God's eyes and thank Him for it.
- Thank Him for taking you through the experiences of life which are making you like His Son, Jesus Christ.
- Thank Him for who He is to you.

**G. Give yourself some "soak time"**

*"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." (Ps. 46:10 NLT)*

- Meditate on what you've read ("soak 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.

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