HOW TO HAVE A Quiet Time
One of the best ways to deepen your personal relationship with God is through a daily, habitual quiet time.
We see in Scripture Jesus started His day by praying to God (Mark 1:35) and that He would often slip away throughout the day to commune with His Father (Luke 5:16.) Quiet time is simply a way of quieting the busyness of the world, and entering into fellowship with God – through Bible study, prayer, worship and reflection.

Reasons for daily quiet time:

- To know God, His Word and His truths: John 1:1, 14
- To protect us from sin: Psalm 119:9-11, 105
- To equip us to do His work: 2 Timothy 3:16-17
- To provide us with wisdom and discernment: Hebrews 4:12
- To give a reason for our hope: 1 Peter 3:15
How to create a quiet time:

- **TIMING** - Early mornings work best for many people, but find a time that works for you. Be consistent. Make it a part of your daily routine.

- **LOCATION** - Find a quiet, comfortable place where you won’t be distracted.

- **EXPECTATIONS** - Trust that God will meet you where you are. Pray something like Psalm 5:3, “In the morning, LORD, you hear my voice; In the morning I lay my requests before you and wait expectantly.”

- **DEPENDENCE** - Humble yourself before the Lord, and ask His Spirit to guide you.
 Reasons for daily quiet time:

- Praise and worship
- Active listening
- Petition and thanksgiving
- Confession
- Praying Scripture
- Bible reading and reflection
Time spent in the Word of God should be a significant part of your quiet time, as it is one of God’s primary means of communicating with His people. You can work through Scripture inductively (observation, interpretation, and application), spend time studying God’s attributes and character, find and reflect on God’s promises to His people throughout Scripture, or work through a Bible study book written by a trusted pastor or author. In any type of Bible study method you choose, the end result should be a deeper understanding of God and a transformation by His Word as we seek to become more like Him.