



the Quiet Time

QUIET TIME

- A time alone with God

Definition: An unhurried time of the day where you intentionally seek solitude in order to talk to and hear from God through prayer, the Bible, listening, and meditating.

PURPOSE



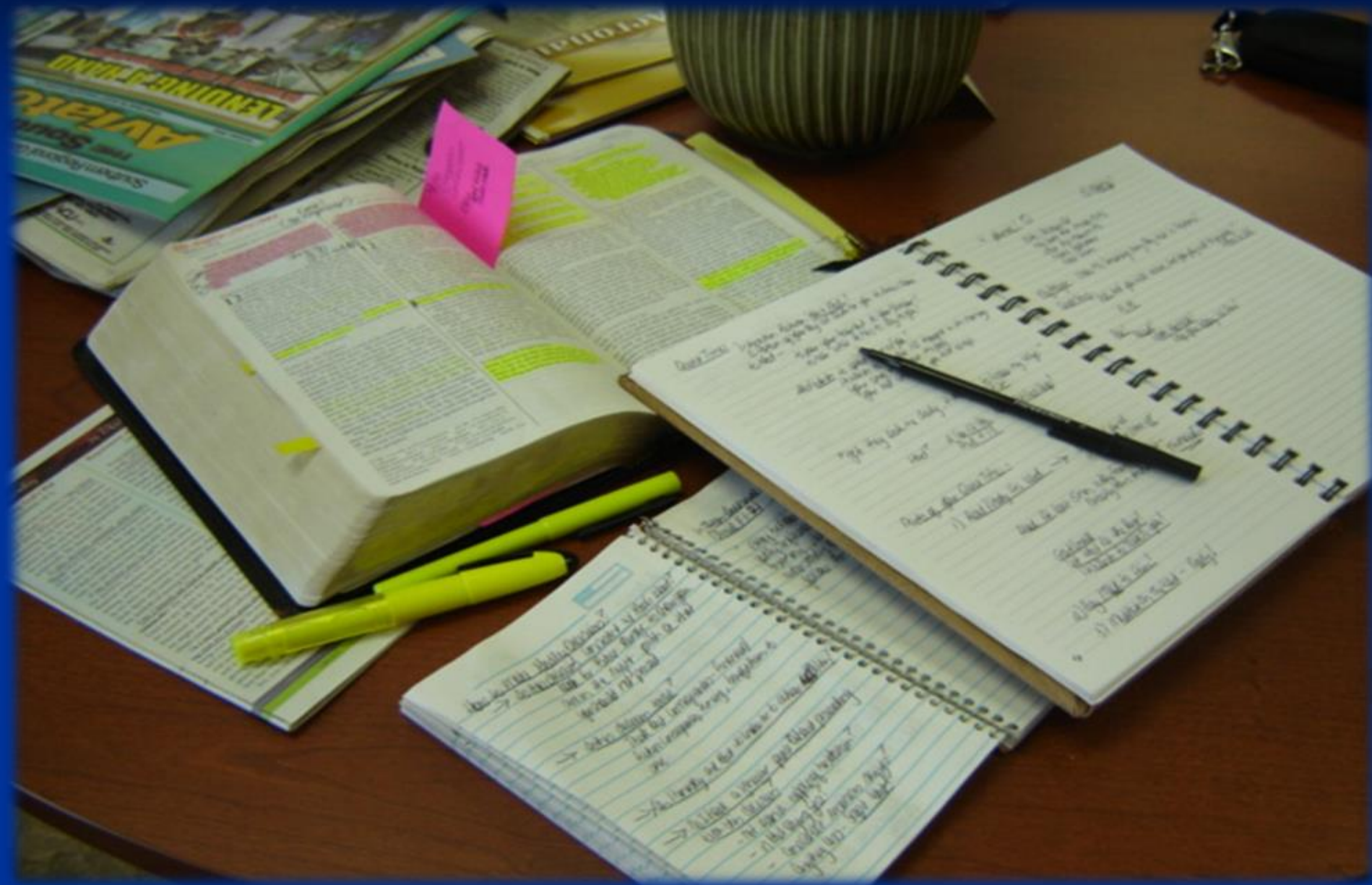
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**When We Spend
Our Time On God**

**It Is Time
Well Spent**



PREPERATION



Q.T - SOUP

■ Scripture

- Pick the **Right portion** of the scripture
- pick the **Right amount** of the scripture

■ Observe

- Read it and Re-read the portion

■ Understand

- try to get the meaning of the text

■ Pray

- apply the Truth prayerfully.

“Quiet”



- Find a **PLACE** where you can spend it alone with God, unhurried and without distraction.
- A priority for Jesus:
“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Mark 1:35

“Time”



- Find a **TIME** and schedule it and stick to it, just as you would anything else in your life.
- Find a regular time & start with a workable expectation.

“Time”



- First ½ of your time:
Seek God in the Bible.



- Second ½: of your time:
**Hear from and talk to God
in prayer**



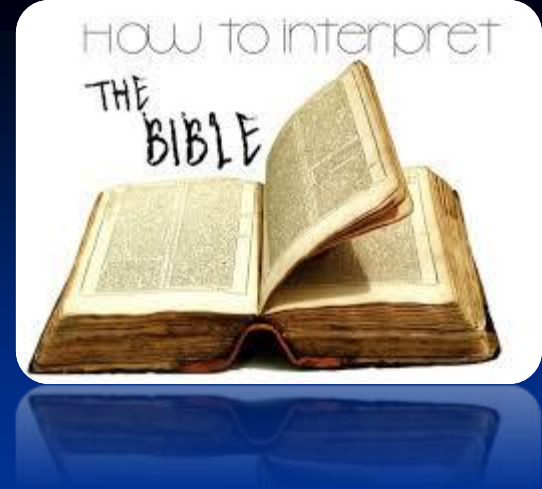
OBSERVE



- Who?
- What?
- When?
- Where?
- Why?
- How?

UNDERSTAND

- What's the context?
- What is the passage saying?



ASPECT

A – Attributes of God

S - Sin to Avoid

P - Promises to Claim

E - Example to follow

C - Command to Obey

T – Truth to know



Prayer



P – Praise

R – Repent

A – Ask

Y - Yield

Practical Tips

- Too tired?
 - Try to find a time during the day.
- Lose focus when you pray?
 - write down your prayers
 - speak out loud
 - use a pattern like A.C.T.S.

Practical Tips

- Hard to find a “quiet time” because you have roommates?
 - Find a place on campus
- Don't know where to start?
 - Ask people here what they do

Not natural? Well, a discipline is like learning to play an instrument ...

- “It takes 3 weeks for you to become familiar with a new task. Then it takes another 3 weeks before it becomes a comfortable habit. Many people never make it past the 6-week barrier of having a quiet time”

— Vineyard 201

Remember: Always Think About Why You're Doing This

A quiet time is not a time
for you to set aside to do something.

A quiet time is a time
for you to set aside to meet with Someone.

Will your quiet time be a

RELATIONSHIP

OR

RITUAL