

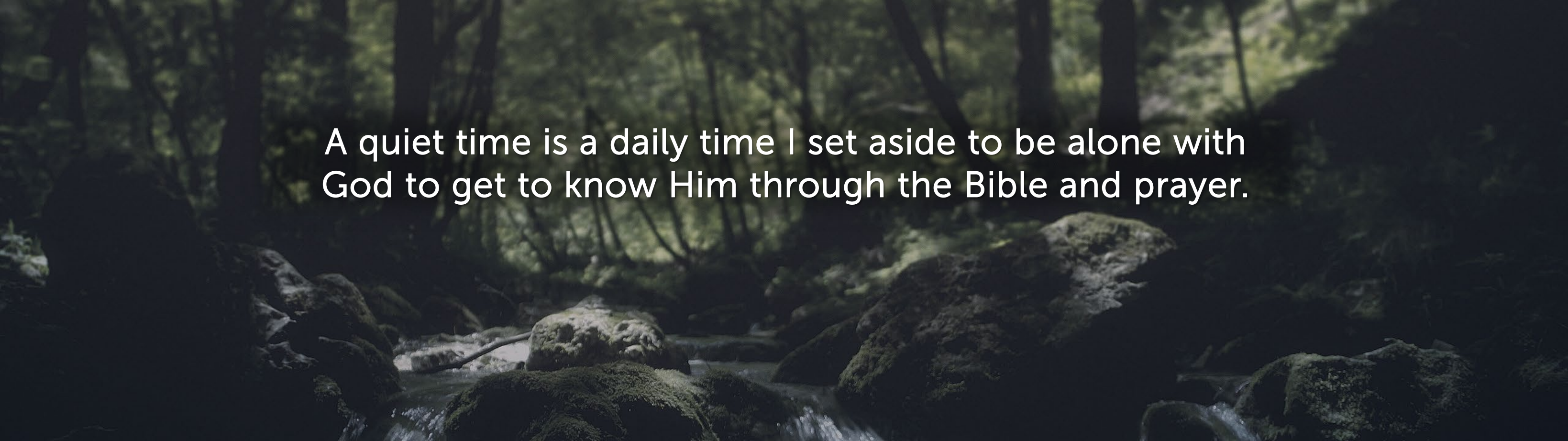


the habit of  
quiet time

A dark, moody photograph of a forest stream flowing over mossy rocks. The scene is dimly lit, with light filtering through the trees, creating a serene and contemplative atmosphere. The water is clear, and the rocks are covered in vibrant green moss. The overall tone is quiet and reflective, matching the spiritual nature of the text overlaid on the image.

## James 1:12 (PHILLIPS)

But the man who looks into the perfect mirror of God's law, the law of liberty (or freedom), and makes a habit (there's that word) of so doing, is not the man who sees and forgets. He puts that law into practice and he wins true happiness.

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of quiet and solitude. The text is centered in the upper half of the image.

A quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer.

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1. We were CREATED to have fellowship with God.

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Genesis 1:27 (NIV)

So God created man in His own image.

A dark, moody photograph of a forest stream. The water flows over large, moss-covered rocks. The background is filled with dense, dark green foliage and trees, creating a sense of a secluded, natural setting. The lighting is low, with some highlights on the moss and water.

## Revelation 3:20 (p. 967)

“Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and eat with him, and he with Me.”

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a somber and contemplative atmosphere. The text is overlaid in the center of the image.

2. Jesus DIED to make a relationship to God possible.

# 1 Corinthians 1:9 (TLB)

God will surely do this for you, for He always does just what He says, and He is the one who invited you into this wonderful friendship with His Son, even Christ our Lord.



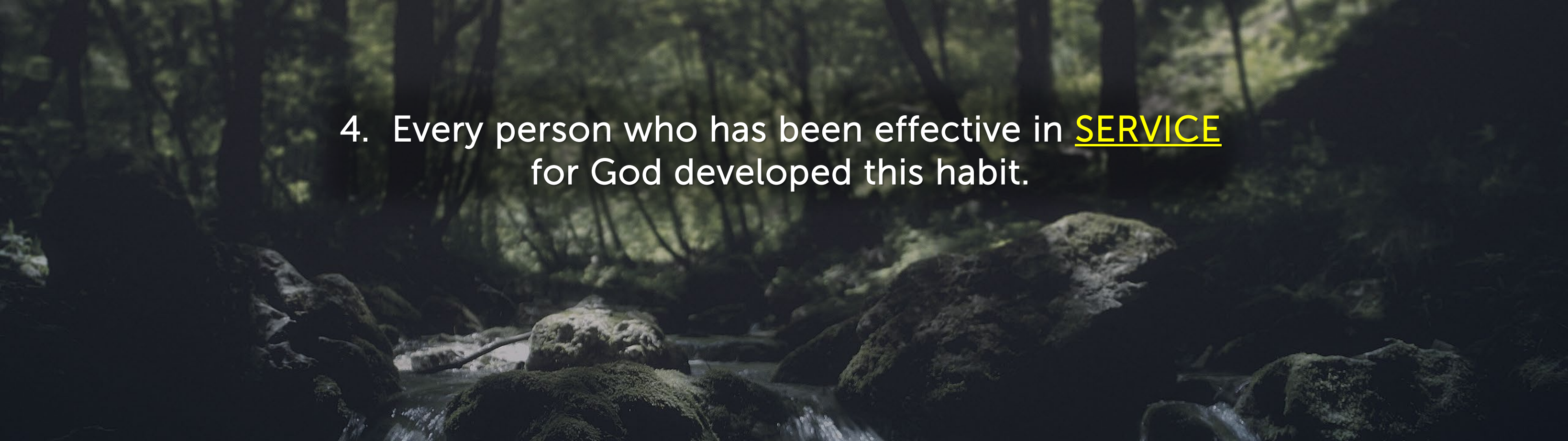
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3. Personal time alone with God was Jesus' SOURCE OF STRENGTH.

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Luke 5:16 (NIV)

Jesus often withdrew to lonely places and prayed.

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of mystery and tranquility. The text is overlaid on the upper right portion of the image.

4. Every person who has been effective in SERVICE for God developed this habit.

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5. You cannot be a HEALTHY Christian without it!

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## Matthew 4:4 (NLT)

“People do not live by bread alone, but by every word that comes from the mouth of God.”

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**Job 23:12** (p. 403)

I have treasured the words of His mouth  
more than my portion of food.

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## Psalm 119:9 (NIV)

How can a young man cleanse his way?  
By living according to Your word.

A dark, moody photograph of a forest stream flowing over mossy rocks. The scene is dimly lit, with light filtering through the trees, creating a sense of quiet and solitude. The water is clear and flows gently over the large, moss-covered boulders. The background is filled with the silhouettes of trees and foliage, adding to the sense of a deep, quiet forest.

# The Purpose of a Daily Quiet Time



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1. To give DEVOTION to God.

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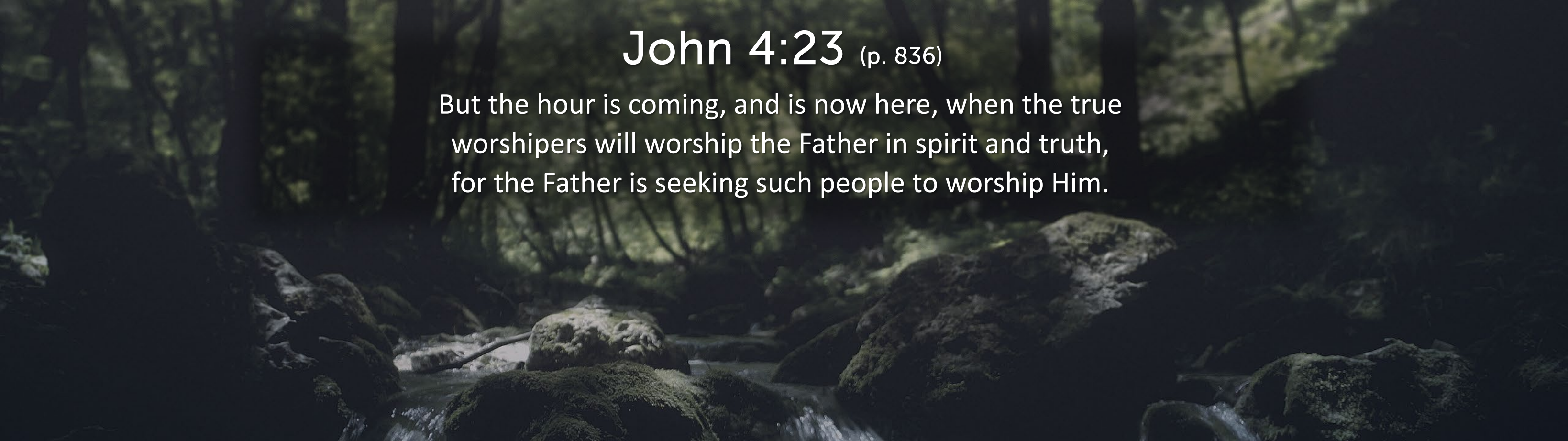
## Psalm 29:2 (p. 431)

Ascribe to the Lord the glory due His name; worship  
the Lord in the splendor of holiness.

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## Revelation 4:11 (p. 967)

"Worthy are You, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they existed and were created."

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# John 4:23 (p. 836)

But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship Him.

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2. To get **DIRECTION** from God.

A dark, moody photograph of a forest stream flowing over mossy rocks. The scene is dimly lit, with light filtering through the trees, creating a sense of mystery and tranquility. The water is clear, and the rocks are covered in thick, green moss. The overall atmosphere is serene and contemplative.

## Psalm 25:4-5 (TLB)

Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me; teach me . . .

A dark, moody photograph of a forest stream flowing over mossy rocks. The scene is dimly lit, with light filtering through the trees, creating a sense of quiet and solitude. The water is dark and reflects the surrounding greenery. The rocks are covered in thick, dark moss, and the overall atmosphere is one of a quiet, natural setting.

# Two Things to Do in a Quiet Time

1. Consider your WAY.

A dark, moody photograph of a forest stream flowing over mossy rocks. The scene is dimly lit, with light filtering through the trees, creating a sense of depth and tranquility. The water is clear and flows gently over the large, moss-covered boulders. The surrounding forest is dense with tall, thin trees, their branches reaching towards the sky.

Proverbs 4:26 (p. 497)

Ponder the path of your feet; then all your ways will be sure.



# Two Things to Do in a Quiet Time

1. Consider your WAY.
2. Commit your DAY.

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of mystery and tranquility. The text is overlaid in the center of the image.

## Psalm 37:5 (NLT)

Commit everything you do to the Lord. Trust Him,  
and He will help you.

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3. To gain DELIGHT in God.

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Psalm 37:4 (p. 435)

Delight yourself in the Lord,  
and He will give you the desires of your heart.

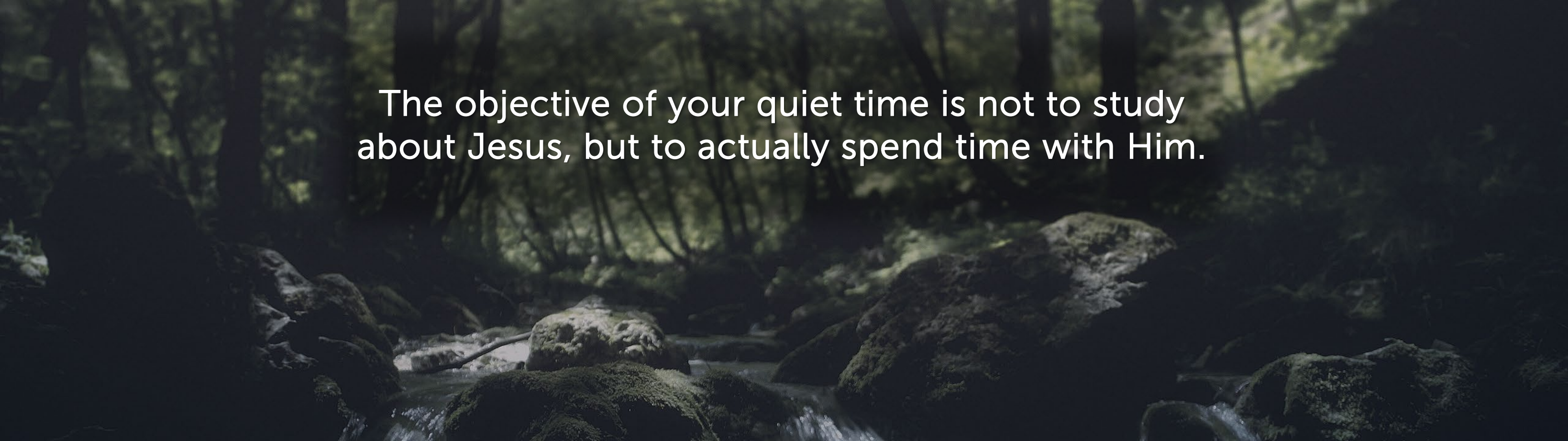
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## Psalm 16:11 (p. 424)

You make known to me the path of life;  
in Your presence there is fullness of joy;

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FACT: The better I get to know Christ,  
the more I LOVE HIM.

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The objective of your quiet time is not to study about Jesus, but to actually spend time with Him.

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4. To grow MORE like Christ.



## 2 Peter 1:3 (NLT)

By His divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know Him, the One who called us to Himself by means of His marvelous glory and excellence.

# How to Begin a Daily Quiet Time

- The best time is when you are AT YOUR BEST.
- Whatever time you set, BE CONSISTENT.

# How Long Should a Quiet Time Be?

## A PLAN TO GET YOU STARTED

1. Start with 15 minutes and let it grow.
2. Don't watch the clock!
3. Emphasize quality, not quantity!

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of mystery and tranquility. The text "Choose a special place." is centered in the image.

Choose a special place.

A dark, atmospheric photograph of a forest stream. The water flows over large, moss-covered rocks. The background is filled with dense, dark green foliage and trees, creating a sense of a secluded, natural setting. The lighting is low, highlighting the textures of the moss and the water's surface.

Luke 22:39 (NIV)

Jesus went out as usual to the Mount of Olives,  
and His disciples followed Him.

## Mark 1:35 (NIV)

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.



# Gather the Resources You'll Need

- A Bible with readable print.
- A notebook to write down what the Lord speaks to you about and to keep your prayer list.
- Lyrics to favorite songs to sing or a set list of songs.

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of mystery and tranquility. The text "Begin with the right attitude." is centered in the image in a white, sans-serif font.

Begin with the right attitude.





REVERENCE

A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of mystery and tranquility. The text is overlaid in the center of the image.

Psalm 46:10 (p.441)

“Be still, and know that I am God.”

A dark, moody forest scene with a stream flowing over mossy rocks. The word "EXPECTANCY" is written in yellow, underlined text in the center.

EXPECTANCY

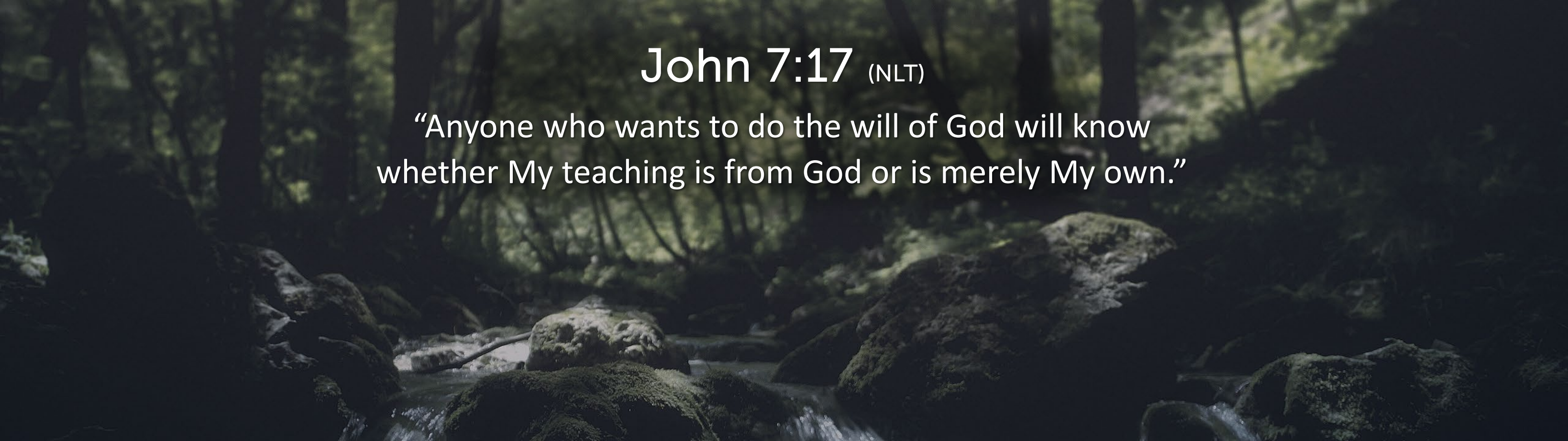
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# Psalm 119:18 (TLB)

Open my eyes to see wonderful things in Your Word.

A dark, moody forest scene with a stream flowing over mossy rocks. The word "OBEDIENCE" is written in yellow, underlined text in the center.

OBEDIENCE

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## John 7:17 (NLT)

“Anyone who wants to do the will of God will know whether My teaching is from God or is merely My own.”

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- A dark, moody forest scene with a stream flowing over mossy rocks. The lighting is low, creating a sense of mystery and tranquility. The text is overlaid in the center of the image.
1. **RELAX** 1 minute
  2. **READ** 4 minutes
  3. **REFLECT** 4 minutes
  4. **RECORD** 2 minutes
  5. **REQUEST** 4 minutes

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Never judge your quiet time by your feelings.



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## Galatians 6:9 (TLB)

Let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up.