More time spent with fewer people leads to greater lasting impact for the Kingdom of God.

BSU Christian Challenge
New Mexico State University
Study Series

Quiet Time
Spending Time With God

It is hard to fall in love in a crowd.
We need to be alone with the One we love to really fall in love with Him.

1. Read Philippians 3:10. What was Paul’s greatest desire? ____________________________

2. Read Psalm 63:1. What was the psalmist’s desire? ____________________________

3. Read Isaiah 26:8-9. What did Isaiah want more than anything? _________________
   What do you want more than anything? ____________________________

   What is the danger presented in 2 Kings 17:41? ____________________________

5. Read Mark 1:35 and Luke 5:16. What was Jesus’ habit? ____________________________

   We confuse intimacy with its counterfeit, familiarity.
   Intimacy is what we want but sometimes familiarity is all we achieve.
   Intimacy is dangerous. It’s a knowing and being known deeply and profoundly.

6. Psalm 46:10 says, “Be still and know that I am God; I will be exalted among the nations; I will be exalted in the earth.”
   Can you think of some reasons a person might be afraid to be still before God? ______
   What is God’s ultimate purpose according to this verse? Explain. _________________

7. Which of the following qualities do you think might be developed in your life if you were to establish the discipline of being still before the Lord? Explain your answers.
   • ___Wisdom ____________________________
   • ___Humility ____________________________
A Quiet Time is simply time alone with God in the Scriptures, prayer, and meditation. It is the best way you can get to know God and it is the foundation for consistent spiritual growth. No one becomes a godly person by accident. All great men and women of God throughout history spent consistent, quality time with the Lord. It’s a choice.

_The first thing you do everyday always gets done._
_Make it your time with God._

Here are some steps that may help you establish the spiritual habit of having a Quiet Time.

1. **Find a quiet time and place to meet with God.** This is not a ‘whenever-it-will-fit-into-my-schedule’ time. Make everything else adjust to this. Be sure you select a place where you can give God your undivided attention. Be creative.

   Set your daily time:__________________________

2. **Ask God to come closer to you.** Tell Him you want to hear His voice better. He will draw near to you as you draw near to Him.

3. **Select a passage of Scripture to read and apply to your life.** It’s best if you determine ahead of time what you will read to avoid spending all your time thumbing through the Bible. To start, you might want to read the Gospel of John, a chapter at a time. Allow your thoughts to slow down and let God speak to you as you read. Write down what God says to you.

4. **Pray back to God what you have heard Him say to you.** Make a decision to obey, regardless of what He may say to you. Ask the Lord if there is:
   - A promise to claim? (see Joshua 23:14)
   - A prayer to pray? (see Luke 18:1)
   - A command to obey? (see John 14:21)
   - A sin to confess? (see 1 John 1:9)
5. **Choose to never give up.** Don’t become discouraged. Your mind may wander. When it does, slowly and gently bring it back to the passage and to listening. If you miss a day, don’t panic. Just pick up where you left off. The goal is to meet with Jesus.

<table>
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<th>Seven Minutes With God – A Starter Guide</th>
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<tr>
<td>½ minute -- prayer for guidance</td>
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<tr>
<td>3 minutes -- reading of Scripture and meditation</td>
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<td>1 ½ minutes -- application and writing down insights</td>
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<td>2 minutes -- prayer to commit your day to the Lord</td>
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This is simply a guide.
You may find later that it is impossible to spend only seven minutes with God.

**MEMORIZE Luke 5:16**

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