



Review meditation... any thoughts on what you tried out this week?

- Palms up, palms down?
- Prayer of consecration
- Expanding prayer life

Bring it all together in something you can practice every day...

- Solitude
- Study
- Meditation

- Prayer
- Consecration

Daily “quiet time”



“Quiet Time”

Each of the disciplines we’ve studied is expansive...

Study Bible, books, nature, life...

Practice moments of silence and solitude at different times or choose extended time on occasion...

Scripture: “Pray w/o ceasing”... “meditate all day long”

But you can practice each in one appointment with God a day called a “quiet time” or “devotional time”

So today we are going to try something... we’re relying on God here... I am going to walk you through my quiet time right here...

Not everything will fit your personality or lifestyle... gives you an idea of where to start...

Four “Ps” of an Effective Quiet Time

QUIET

TIME

- PURPOSE
- PATTERN
- PLACE
- PLAN

The four “Ps” of an effective quiet time...

Purpose...

You’ve got to get clear in your mind what you’re trying to accomplish...

Not... check off a list... please someone else... win favor from God by your piety... “magical”/superstitious...

QUIET TIME

Four “Ps” of an Effective Quiet Time

- **PURPOSE**

You are there to put the time in to learn God’s Word, hear from God, rest in God, connect with the Holy Spirit, and prepare to obey God.

You are there to put the time in to **learn** God’s Word, **hear** from God, **rest** in God, **connect** with the Holy Spirit, and prepare to **obey** God.

You probably will never be consistent—and you’ll definitely not be effective in your quiet times—without...

- a clear purpose...
- a godly purpose...

Four “Ps” of an Effective Quiet Time

QUIET

TIME

- PURPOSE
- PATTERN
- PLACE
- PLAN

Pattern

Set up a routine, a specific time or occasion...

Put it in middle of another routine, best if it's your morning or evening routine...

Add this time in as the time it takes you to get ready...

Four “Ps” of an Effective Quiet Time

QUIET

TIME

- **PATTERN**

Set up a specific time or occasion

Use a pattern that incorporates various disciplines.

Use a pattern that incorporates various disciplines

What disciplines can be easily incorporated into a quiet time?

I use silence/solitude, study/journaling, meditation and prayer/consecration, in that order.

Four “Ps” of an Effective Quiet Time

QUIET

TIME

- PURPOSE
- PATTERN
- **PLACE**
- PLAN

Place

Get a place you can consistently go...

- Some of you could dedicate a particular room or place in the house... consecrate it for that use...
- Others need to be more flexible, but try not to be TOO flexible... haphazard place → haphazard consistency

Four “Ps” of an Effective Quiet Time

QUIET

TIME

- PLACE

Should be comfortable and without distraction.

Should be **comfortable** and without **distraction**

Comfortable: spread out, things not falling everywhere, good chair...

Without distraction

This is why I usually don't use my computer...

Some distraction is inevitable, especially in certain stages of life... limit them as best you can...

Your bed... easy chair... no phone...

Four “Ps” of an Effective Quiet Time

QUIET

TIME

- PURPOSE
- PATTERN
- PLACE
- **PLAN**

Plan

So you sit down, you should know what you’re going to read...

We’re looking at my reading from this morning: John 3:22-36. *Turn in your Bibles there now.*

Four “Ps” of an Effective Quiet Time

QUIET
TIME

- PLAN

Plan should include what you are going to read, roughly how long you intend to spend in quiet time, and what materials you will need.

Plan should include **what** you are going to read, roughly how **long** you intend to spend in quiet time, and what **materials** you will need. You can even gather materials the night before...

Materials I use are...

Materials you could add...

Once we have all our materials gathered, we have our plan, we're in our place, and we have our pattern and purpose established, we're ready to begin...



Start with an opening focus prayer...
Not long; not time for 'prayer list'
Quiet heart before God; connect with Holy Spirit

(OPENING FOCUS PRAYER)

Notice right away that there are three paragraphs in my Bible for this reading. We'll take them one at a time.

(READ FIRST PASSAGE ALOUD)

After this, Jesus and his disciples went out into the Judean countryside, where he spent some time with them, and baptized. Now John also was baptizing at Aenon near Salim, because there was plenty of water, and people were constantly coming to be baptized. (This was before John was put in prison.) An argument developed between some of John’s disciples and a certain Jew over the matter of ceremonial washing. They came to John and said to him, “Rabbi, that man who was with you on the other side of the Jordan—the one you testified about—well, he is baptizing, and everyone is going to him.”

—John 3:22-26

I will read it aloud first...

Now you read it silently on your own...

On your notes sheet... Top section says, “Scripture to remember”... something sticks out, write it down...

To this John replied, “A man can receive only what is given him from heaven. You yourselves can testify that I said, ‘I am not the Christ but am sent ahead of him.’ The bride belongs to the bridegroom. The friend who attends the bridegroom waits and listens for him, and is full of joy when he hears the bridegroom’s voice. That joy is mine, and it is now complete. He must become greater; I must become less.”

—John 3:27-30

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Now you read it silently on your own...

On your notes sheet... Top section says, “Scripture to remember”... something sticks out, write it down...

“The one who comes from above is above all; the one who is from the earth belongs to the earth, and speaks as one from the earth. The one who comes from heaven is above all. He testifies to what he has seen and heard, but no one accepts his testimony. The man who has accepted it has certified that God is truthful. For the one whom God has sent speaks the words of God, for God gives the Spirit without limit. The Father loves the Son and has placed everything in his hands. Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God’s wrath remains on him.”

—John 3:31-36

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Let’s share...

(use highlighter to highlight what people share)

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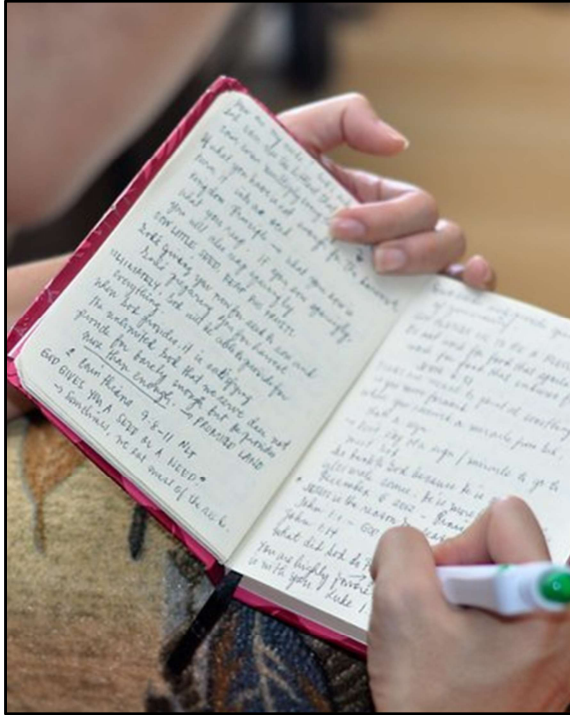
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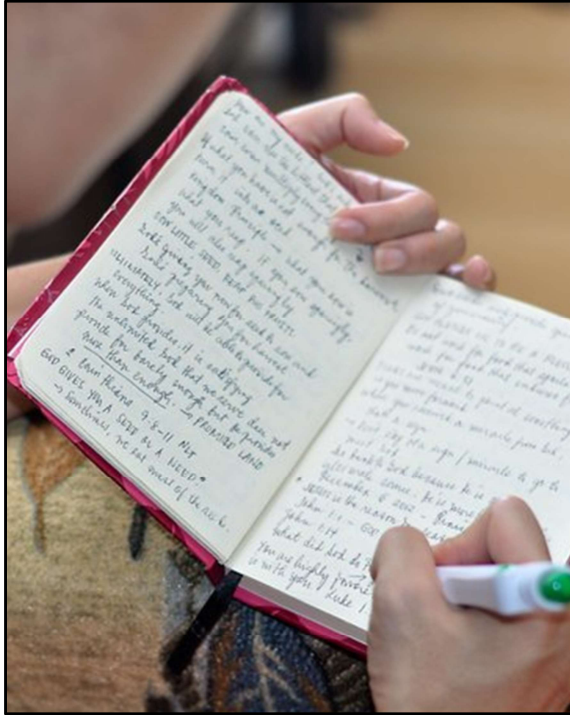
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THINGS TO BELIEVE...

Now go back over the whole passage and write down things this passage is inviting you to believe...

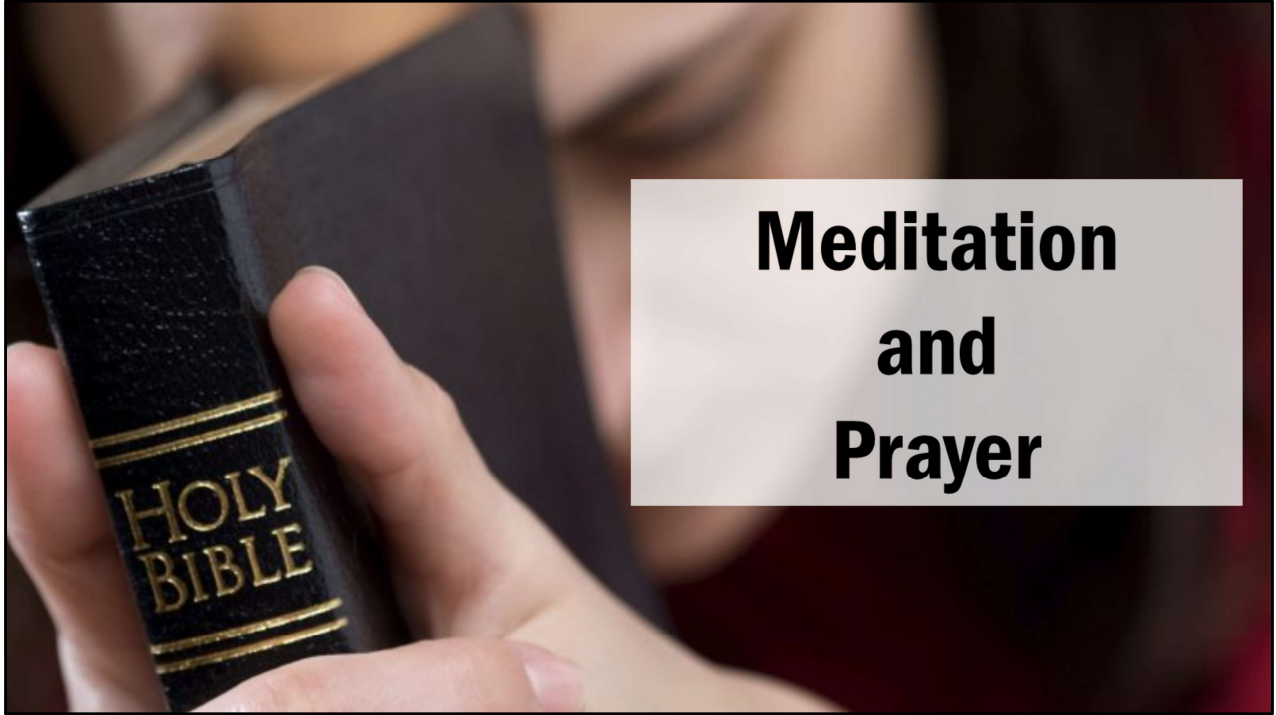
About God... about yourself... about the gospel, your salvation... about right and wrong... anything God is teaching you



THINGS TO OBEY...

Now go back over the whole passage and write down things this passage is inviting you to obey...

What commands are in the passage? What example to follow? What is God telling you now?



Meditation

Choose one or two thoughts from what God spoke to you about them and quietly think over them...

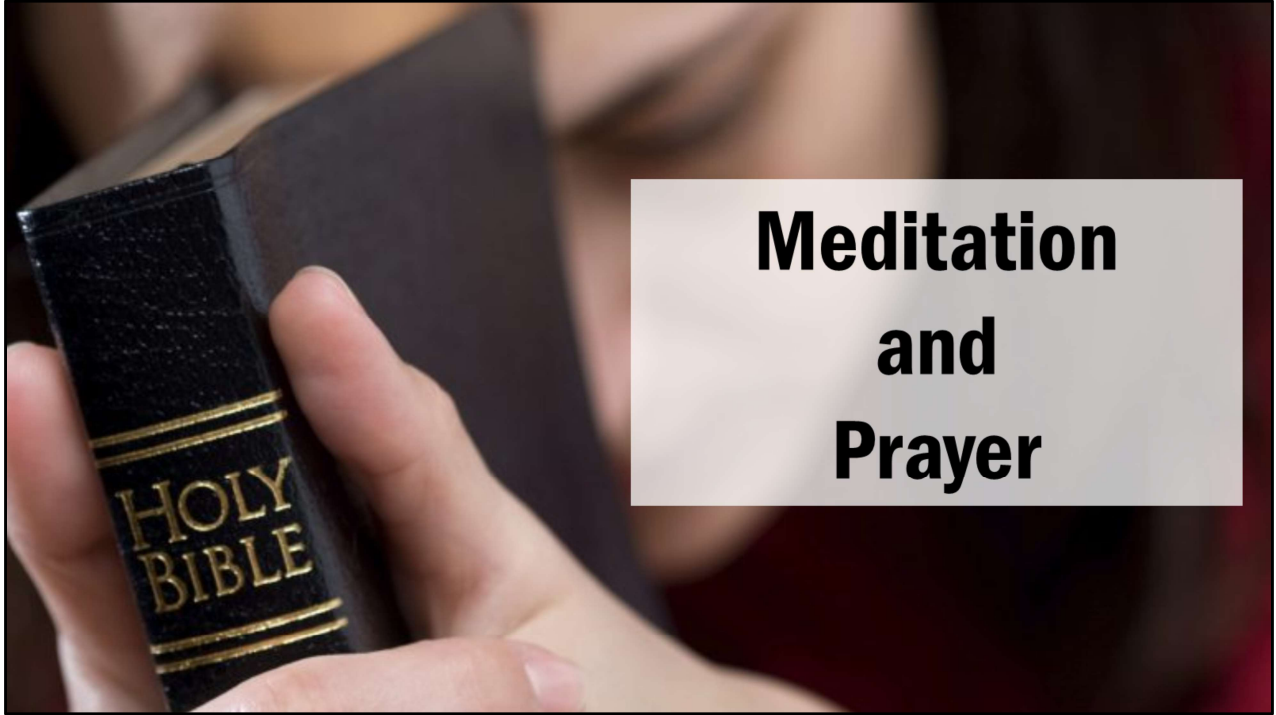
Examples...

Might find it useful to turn on music...

(MEDITATION TIME)



(MEDITATION TIME)



Go through the passage and find things to pray about... think about your own life... ask God to speak to you...

(PRAYER ABOUT DIFFERENT PARTS)

Challenge for This Week

- Develop a purpose, pattern, place, and plan for your daily devotional time.
- Put into practice what we did today.

Weekly challenge:

- Develop a purpose, pattern, place, and plan for your daily devotional time.
- Put into practice what we did today.