Spending time in God’s Word – The Discipline of a “Quiet Time”

HOW TO START:

1. **Make sure you are *abiding in* Jesus**, and are *surrendered to* Jesus. If these two things haven’t happened, you aren’t ready to close your Bible yet.

 Abiding = vitally connected to Him, unified with Him in your heart (John 15:1-11)

Surrendered = wholly submitted to His will; you are not on the throne of your life, but rather *Jesus* is on the throne. What He says, you do. You trust His guidance and wisdom unreservedly. You have handed over your rights. He is your Master. (**Luke 6:46-49**, Luke 14:33, John 14:21, Phil 3:7-9)

2**. There should be an immediate step of action** for you to take when you close your Bible. Have a specific act of obedience in your mind that you will chose to do as soon as possible. Write it down. Don’t be satisfied with walking away from time with the Lord until He has placed this on your heart. Ask Him to show you what this step of obedience is. And there is *always* a step of obedience for you to take. Discover it, and chose it. **Be like Jacob in Gen. 32:26 “I will not let you go unless you bless me.” He said as he wrestled with God.** (Heb 11:8-10 \*When *God spoke* to Abraham, he had faith and *obeyed* God and left his homeland, **Matt 7:21-23**, James 1:22-25, Luke 5:27-28 \*Jesus tells Levi to follow Him, and immediately Levi gets up and obeys Him)

WHAT TO DO:

3. **Ask these questions as you read**:

What does this tell me about God’s character?

 What should be my response to what I’m reading?

 Is there a truth here that I need to embrace? (John 8:31-32)

 Is there a command to obey?

 Is there a sin I need to avoid?

 Is there an example I need to follow?

4. **Pick a book of the Bible**, and read through it, little by little, day by day.

-Be disciplined to read it daily (Prov. 21:5, Prov. 13:4). On the days you don’t *want* to read – be even more adamant about opening His Word and reading it, begging Him to change your heart until you desire to spend time with Him (Lam. 3:25).

-The goal is quality of time spent with Him, not quantity of time. *It is better* to be surrendered and abiding in Him for 5 minutes than it is to *not* be surrendered and *not* abiding in Him for an hour.

-**Prov. 2:1-11** \*Good passage on the benefits of being disciplined to get in the Word; *it is worth it.*

REMEMBER:

5. **Always pray and read simultaneously**. This is not simply about a book you are learning from, but a Person you are having fellowship with.

6. DON’T ASK, “What does this mean *to me*?” **DO ASK, “What does this *mean*?”**

The reason why is because the passage has a specific meaning, and to ask what it means *to you* is dangerous. You’ll twist the passage to mean something that fits your circumstances - but it won’t be what the passage is truly about. When you try to discover simply what the passage *means*, only then can you correctly apply it to your life.

Example: Matthew 18:20 “For where two or three are gathered in my name, there am I among them.” If I ask, “What does this mean *to me*?” then I will apply this as “When I’m with my Christian friends, Jesus is with us more so then when I’m alone.” …which is a lie. But if I ask, “What does this *mean*?”, then I have to think about the other stuff Jesus says around this phrase in verse 20, and I’ll realize He is talking about accountability and rebuking fellow believers, and so I’ll apply this as “I need to handle rebuke in the way Jesus explains here…”