

Developing Spiritual Growth

Kendall Granger, Lead Pastor
Part 2 of 4, pastor@newlifeestl.com

DEFINITION: "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."

I. THE IMPORTANCE OF A DAILY QUIET TIME

Your time alone with God should be the top priority in your schedule for **five** reasons:

1. WE WERE _____ TO HAVE FELLOWSHIP WITH GOD.

"So God created man in his own image ..."
Genesis 1:27, 2:7, 3:8 (ESV)

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." **Revelation 3:20 (NIV)**

2. JESUS _____ TO MAKE A FELLOWSHIP WITH GOD POSSIBLE.

"God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord." **1 Corinthians 1:9 (NIV)**

THE HABIT OF QUIET TIME WITH GOD

3. PERSONAL TIME ALONE WITH GOD WAS JESUS' SOURCE OF _____.

Mark 1:35, Luke 22:39, Luke 5:16 (GNT)

*"Jesus **often** withdrew to lonely places and prayed."*

4. EVERY PERSON WHO HAS BEEN EFFECTIVE IN _____ FOR GOD DEVELOPED THIS HABIT.

Abraham, Moses, David, Daniel, Paul, etc.

5. YOU CANNOT BE A _____ CHRISTIAN WITHOUT IT!

Jesus answered, "It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4:4 (NIV)

"I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread."

Job 23:12 (NIV)

*"How can a young person stay on the path of purity? By living according to your word." **Psalm 119:9 (NIV)***

II. THE PURPOSE OF A DAILY QUIET TIME

1. TO GIVE _____ TO GOD.

*"Give to the Lord the glory due to his name. Worship the Lord in the splendor of his holiness." **Psalm 29:2 (NLT)***

*"(Hezekiah) was successful, because everything he did ... he did in **a spirit of complete devotion** to his God."**2 Chronicles 31:21 (GN)***

God deserves our devotion! **Revelation 4:11**

God desires our devotion! **John 4:23**

2. TO GET _____ FROM GOD.

"Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me ..." **Psalms 25:4 (LB)**

2 THINGS TO DO IN A QUIET TIME

CONSIDER YOUR _____: "Ponder the path of your feet and let all your ways be established." **Proverbs 4:26 (KJV)**

"In all your ways acknowledge Him, and he will direct your paths." **Proverbs 3:6 (KJV)**

COMMIT YOUR _____: "Commit everything you do to the Lord. Trust him to help you do it and he will." **Psalms 37:5 (LB)**

3. TO GAIN _____ IN GOD.

"Delight yourself in the Lord; and he will give you the desires of your heart." **Psalms 37:4 (KJV)**

"... (God's) presence fills me with joy and brings me pleasure."
Psalms 16:11 (GN)

FACT: THE BETTER I GET TO KNOW CHRIST, THE MORE I _____ HIM.

The objective of your Quiet Time is not to study **about** Christ, but to actually spend time with him!

4. TO GROW _____ LIKE GOD.

"Jesus has the power of God, by which he has given us everything we need to live and to serve God. We have these things because we know him.... With these gifts you can share in being like God." **2 Peter 1:4 (NCV)**

*"When the council saw the boldness of Peter and John ... they were amazed and realized **what being with Jesus had done for them!**"* **Acts 4:13 (LB)**

HOW TO BEGIN A DAILY QUIET TIME

1. SELECT A TIME THAT CAN BECOME A _____ TIME.

Circle one that seems most likely for you:

- Before school/ work
- During school/ work
- After school/ work
- Before bed

Now try to find a specific time for the time-block you circled.

Reasons for considering an early morning quiet time:

- ❖ **The example of Bible character.**
(Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus.)
- ❖ **It seems logical to begin the day with it.**
"The best time to tune your instrument is **before** you play the concert, not **after!**"

- ❖ It demonstrates that meeting with God is your first priority. You give him the first part of your day!
- ❖ You are likely to be more rested, your mind is less cluttered, and it's often the quietest time!

WHATEVER TIME YOU SET, _____.

HOW LONG SHOULD A QUIET TIME BE:

3 GUIDELINES

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

1. CHOOSE A SPECIAL PLACE.

"Jesus left the city and went, **as he usually did**, to the Mount of Olives ... to pray." **Luke 22:39 (GN)**

The Important Factor:

"Very early in the morning, while it was still dark, Jesus got up, left the house and went to a **solitary place**, where he prayed." **Mark 1:35 (NIV)**

3. GATHER THE RESOURCES YOU'LL NEED.

1. A Bible - with readable print.
2. A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.
3. A Songbook - if you want to sing.

4. BEGIN WITH THE RIGHT ATTITUDE.

"Be still, and know that I am God." **Psalm 46:10 (NIV)**

"Open my eyes to see wonderful things in your Word."
Psalm 119:18 (LB)

"The thing you should want most is God's kingdom and doing what God wants." **Matthew 6:33 (NCV)**

5. FOLLOW A SIMPLE PLAN

"FIFTEEN MINUTES WITH GOD"

(A plan to get you started)

1. RELAX. (1 Minute)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

2. READ A VERSE. (4 Minutes)

Then stop and think about it.

3. REFLECT ON THE VERSE. (4 Minutes)

Think about what the passage means and how you can apply it to your life now.

4. RECORD WHAT GOD IS SAYING TO YOU. (2 Minutes)

Write out your personal application statement.

5. PRAYER REQUEST. (4 Minutes)

Write down your personal prayer request to God.

Write down your prayer request for others.

What if I miss a day?

DON'T FEEL _____.

Don't become legalistic.

Don't give up.

It takes _____ weeks for you to become familiar with a new task. Then it takes another _____ weeks before it becomes a comfortable habit.

MEMORY VERSE:

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.

Galatians 6:9 (LB)

A PRAYER OF COMMITMENT

Father, I realize that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death on the cross. I know that daily fellowship with You is to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent.

In Jesus' name, Amen.

MY NEXT STEP TODAY IS:

- ✓ I will memorize **Galatians 6:9 (LB)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

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