



CLASS THREE: QUIET TIME

QUIET TIME [Mark 1:35]

Quiet Time / Precious Moment is time made by a disciple of Jesus to read, meditate on the word and pray.

It is a time a disciple spends alone with the Lord in His presence.

From **Mark 1:35**, we see Jesus rise a great while before day to be alone with the father. Jesus, who is our example, made time to be alone with the Father. We as His followers must also make time to be with the Lord.

Quiet Time / Precious Moment includes the following;

- Bible reading; Reading a portion of scripture. [**1 Peter 2:2**].

The Word of God is food for us. Just like how the physical body needs a daily intake of food to ensure healthy growth, our spiritual lives also depend on the Word of God for sustenance.

- Scripture memorization and meditation. [**2 Timothy 3:15 | Jeremiah 1:8**].

Do not be in a hurry to just read the scripture and move. Do well to make time to eat the word of God through meditation. Meditation is to think deeply and consistently about the portion of scripture that you read until it settles in your heart.

- Prayer [**1 Thessalonians 5:17**].

Speaking directly to our heavenly Father is one of the greatest privileges we have through Christ. Prayer is necessary for our daily growth and walk with the Lord. Not only are we edified by prayer, but we are also empowered through prayer.

Importance of Quiet Time/ Benefits of Quiet Time For a Believer

- Builds a believer's faith [**Romans 10:17**].

A daily intake of the Word of God strengthens a believer's faith. What we hear consistently has a way of bringing faith or fear to us.

- Quiet time helps you to prioritize your relationship with God. [**Matthew 6:33**].

When we make time to be with the Lord each morning, it helps us prioritize our relationship with God. 'When God comes first in our lives, we end up living fulfilled.'

- Quiet time helps you have a conversation with the most important person in your life.
- Quiet time enables you to grow up spiritually. [**Ephesians 4:15**]
- Quiet time helps you to know the Lord and love Him eventually. (**John 14:15**)
- It helps you to meditate properly on the word of God.
- It helps you to maintain a healthy prayer life.
- It draws you into intimacy with God.



How to have your Quiet Time:

1. Choose/Select a particular time to always be with the Lord.

It is a great thing to schedule a particular time each day to spend with the Lord. Preferably rising early has proved to be more fulfilling.

2. Choose a particular place to have your quiet time. Move away from all distractions. If possible, switch off your phone, so that you can have a single focus towards your devotion.
3. Have a book or journal specifically for your quiet time. Write the things you learned and also how you are going to apply them to your life.
4. Pray and worship the Lord before you start your devotion.

There is no rigid way to go about your quiet time. The time to have it is not cast in stone. However, it is best to have it during the time where you have the most energy and are very alert. This is usually in the morning. Again, we have an example in Jesus who also had quiet times in the mornings during His days in the flesh.