

THE QUIET TIME

What is its object? It is twofold. The second is the result of the first:

- (1) Fellowship with the Lord, or what one writer in The Quiet Time (IVF) calls, "The Personal Passion for Christ" (pp. 24-30). It is to please Him
- (2) Our own spiritual growth. that we come.

Illustrations regarding #1 above are:

- (1) Mary of Bethany in Luke 10:38-42. Cf. also John 12:1-9.
- (2) Mary Magdalene in John 20:1, 2, 11-18. Cf. Mark 6:9.
- (3) Paul in Phil. 1:21, 23; 3:7-11.
- (4) Moses in Exodus 33:12-23, esp. v. 15.
- (5) David in many of his Psalms. Cf. Psa. 27:4, 5; also v. 8.
- (6) Job in Job 23, esp. v. 3.

The requirements of the Quiet Time:

- (1) A specific time. How long should it be? It will vary with different individuals. Cf. Power Through Prayer. "The most that can be said is that men whose lives have been fruitful in Christ's service have tended to take every opportunity of lengthening the times of their communion with God. Spiritual maturity will demand a longer time than that which a new convert may find difficult to fill" (The Quiet Time, p. 18).

An hour is probably an average time, but an even shorter time can be profitable. Plenty of rest is necessary if an early hour is chosen.

- (2) A quiet place.

Seek a place that is free from distractions. Get other things off of your desk. This is one time in the day when you need to be away from everyone and everything.

- (3) A quiet heart.

The Chinese have a saying. It is: "Let your heart down." Be unruffled, unhurried, expectant. Get out of bed in the morning thinking of the Lord. Prepare yourself to listen rather than to speak.

- (4) A plan. This will include two things:

- (1) Bible reading.
- (2) Prayer.

In your reading, concentrate on your needs, your problems, your relationship with the Lord--not messages, lessons, etc.

Seek quality rather than quantity. Generally speaking do not read more than a chapter, possibly even less. Let the Lord lead in this. Sometimes one verse will do. Let your reading of larger sections be done during a study time.

Use a Bible with good print, unmarked, unannotated (such as the Scofield Bible). This will leave you free to receive fresh impressions from the Lord. Use different copies of the King James, and then use other translations. So this will mean, not only reading, but re-reading.

Think, meditate, as you read. The OT word for meditate means literally to read words by syllables (so as not to miss anything).

Make notes on your reading. Be simple and brief, and be personal.

Re: prayer, let the Word direct you concerning the content of your prayer, i.e., turn the Bible into prayer.

(Cite quotations from separate sheet, and give an illustration from the Bible.)

This will give freshness and variety to your prayers.

There are five basic types of prayer:

- (1) Adoration, or worship.
- (2) Confession.
- (3) Petition.
- (4) Intercession.
- (5) Thanksgiving, or Praise.

(On these, cf. Scroggie's Method In Prayer, p. 21) Also, The Quiet Time, pp. 14, 15.

Some plan such as Stephen Olford uses may also be helpful:

- S, for Sunday - Sinners.
- M, for Monday - Missionaries.
- T, for Tuesday - Thanksgiving.
- W, for Wednesday - Workers.
- T, for Thursday - Tasks.
- F, for Friday - Family.
- S, for Saturday - Saints.