

## What it means to have a Quiet Time

⇒ **Text:** Mark 1:35

⇒ **Intro:**

- Have you ever noticed that there are differences in believers?
  - Some rush around with burdened hearts and worried minds.
  - Others seem to have a tranquility about them no matter what is going on around them.
  - What brings this tranquility of spirit?
  - The single greatest factor is the practice of having a daily quiet time with the Lord.
- Note the following questions and their answers:

⇒ **I. WHAT IS A QUIET TIME?**

- A. It is time when you get alone with God for the purpose of fellowship and worship.
  - 1. Notice how Jesus did it:
    - a. He departed to a solitary place.
    - b. He prayed

⇒ **II. WHO NEEDS TO HAVE A QUIET TIME?**

- **A. Jesus did.**
  - 1. **See Mark 6:42-46**, Following a busy day and before another day began
  - 2. **See Luke 6:12-13**, Before making an important decision.
  - 3. **See Luke 22:41**, At time of great personal crisis
- **B. Moses did.**
  - 1. When he received the ten commandments. - **Ex. 19:3, 19-20**
  - 2. When the tablets were rewritten - **Ex. 34:28**
- **C. King David did.**
  - **Psalm 55:17**, “Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.”
  - **Psalm 5:3**, “My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.”
  - **1. When seeking direction**
    - a. **2 Samuel 21:1**, “Then there was a famine in the days of David three years, year after year; and David enquired of the LORD. And the LORD answered, It is for Saul, and for his bloody house, because he slew the Gibeonites. ”
  - **2. When in times of crisis**
    - a. **See 2 Samuel 15:30-31**
  - **3. When the realization of personal failure and sin set in**
    - **See Psalm 51**
- **D. You and I need to.**
  - **1. At all times**
    - **1 Thess. 5:17**, “Pray without ceasing.”

⇒ **III. WHAT IS INVOLVED IN HAVING A QUIET TIME?**

- **A. Set aside a particular time to spend alone with God**
  - **1. It must be predetermined.**
    - a. If you don't set aside a time you won't have the time.
    - b. Jesus predetermined the time.
      - 1) Jesus did so before the day began.
  - **2. It must be planned.**
    - a. How much time will you spend?
      - 1) Notice that Jesus planned to spend a good amount of time.
      - 2) **"a great while before day" Mark 1:35**
    - b. It needs to be unhurried.
- **B. Set aside a particular place to get alone with God.**
  - 1. It needs to be somewhere that you can be quiet and uninterrupted.
    - a. Notice Jesus went to a **"solitary place". Mark 1:35**
  - 2. This is important if you are to unclutter your mind so that you can meet with God.
    - **Note: Psalm 46:10** "Be still, and know that I am God:"
- **C. Secure a copy of God's Word to take with you to your time alone with God.**
  - 1. God's Word (the King James Bible) is the primary tool that God uses to speak to us.
  - **Note:**
    - **2 Tim. 3:16**, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:"
    - **Romans 15:4**, "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope."
    - **Hebrews 4:12**, "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."
- **D. Spend time in prayer, talking heart to heart with God.**
  - 1. Pray with purpose and direction.
    - **a. Confession**
    - **Hebrews 4:12**, "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."
    - **1 Jn. 1:9**, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

- **Ps. 66:18**, “If I regard iniquity in my heart, the Lord will not hear me.”
  - **b. Adoration**
  - **Psalm 9:1**, “I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works.”
  - **Psalm 71:14**, “But I will hope continually, and will yet praise thee more and more.”
  - **Psalm 86:12**, “I will praise thee, O Lord my God, with all my heart: and I will glorify thy name for evermore.”
  - **c. Thanksgiving**
  - **Psalm 95:2**, “Let us come before his presence with thanksgiving..”
  - **Psalm 100:4**, “Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.”
  - **d. Supplication**
  - **Psalm 30:8**, “I cried to thee, O LORD; and unto the LORD I made supplication.”
  - **Psalm 142:1**, “I cried unto the LORD with my voice; with my voice unto the LORD did I make my supplication.”
  - **E. Sit quietly and listen to the voice of God.**
    - 1. We must be still so we can hear his voice. :
      - **Psalm 46:10**, “Be still, and know that I am God:”
      - a. He will comfort you during this time.
      - b. He will direct you to scripture during this time.
      - c. He will direct your spirit during this time.
- ⇒ **IV. WHAT ARE THE BENEFITS OF HAVING A DAILY QUIET TIME?**
- **A. Peace**
    - 1. Through refocusing your attention on Himself, rather than your problems.
      - **See Phil 4:6-7**,
      - **Col 3:15**, “And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”
  - **B. Joy**
    - 1. Because the source of your strength becomes Christ rather than your circumstances.
      - **1Pe 1:8**, “Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:”
  - **C. Fulfillment**
    - 1. Spending time alone with Him fulfills the heart like nothing else can.
  - **D. Direction**

- 1. Spending time with Him enables Him to give you direction when you need it.
    - **See Proverbs 3:5-6**
  - o **E. Power**
    - 1. Through the filling of the Holy Spirit
      - **Eph. 5:18**, we are commanded “And be not drunk with wine, wherein is excess; but be filled with the Spirit;”
- ⇒ **Conclusion:**
- o My friend when is the last time that you really had some quiet time with the Lord.
  - o Quiet time with the Lord is essential to your Christian walk.
  - o Quiet time is when you talk with the Lord and He talks with you.
  - o Maybe that is why you are having such a struggle and feel like you are losing the spiritual battle.
  - o Maybe you have allowed the busyness of this old wicked world to keep you from your quiet time with the Lord?
  - o Oh, my dear friend you just do not know what you are missing!!!
  - o Won't you start today and never miss another day of Quite Time with the One who died for you.
  - o He is waiting
    - All you have to do is come.