



## MEANINGFUL QUIET TIMES

You can't lead others well and help them to grow unless you're receiving input from God. That's why it's so important that you spend regular time alone with God. This will be necessary for both your spiritual growth and for your leadership.

### PURPOSES OF SPENDING TIME WITH GOD

#### 1. Relationship (Psalm 42:2)

God wants to spend time with you. He wants to build your relationship with Him. As you spend time alone with God, you'll not only gain more knowledge about Him, but you'll come to know Him more intimately.

#### 2. Restoration (Psalm 23:2-3)

God wants to replenish you physically, emotionally, and spiritually. Your days are busy. You probably often feel drained. Spending time alone with God is a great way to refill and recharge.

#### 3. Direction (James 1:5)

God wants you to seek His wisdom. A characteristic of intimate friendship is the freedom to discuss an issue, and ask for advice and wisdom. Your relationship with God is no different.

#### 4. Transformation (Romans 12:1-2)

God wants to make you more and more like Jesus. When people spend time together, they tend to become more alike. God wants you to be around Him enough that you begin to think as He thinks, speak as He speaks, behave as He behaves, and value what He values.

### ORGANIZING TIME WITH GOD

Because this time is about a personal relationship with God, there is no formula for what one should look like. But, generally speaking, time alone with God is made up of three elements:

#### 1. Prayer

Prayer is an opportunity to speak and listen to God. Think of it like a conversation.

#### 2. Reading the Bible

Scripture is God's story. It's full of wisdom, truth, and power. It's impossible to know God without spending time reading His Word.

### **3. Reflection and Application**

You can't be changed by God's wisdom and truth unless you reflect on how it applies to your own life. Without reflection, reading the Bible isn't relational, it's just informational.

## **MAKING TIME ALONE WITH GOD A HABIT**

There will always be things competing for your time, therefore it's important to prioritize a routine that will work for you. Remember: nothing causes God to hold you at arm's length. He always wants to spend time with you. So don't cheat yourself out of the opportunity.

Here are three things that may be helpful in establishing a habit of spending time with God:

#### **1. Pick a Time**

You schedule time for important things in life. You probably prioritize them by writing them on a calendar or by writing yourself a note. Picking a regular time to be alone with God is a way to prioritize this relationship. There are no rules to time of day or duration – that's up to you. The more important thing is to choose a time of day that will be most consistent for you.

#### **2. Pick a Place**

Many people who spend regular time alone with God have a favorite place they go, whether that's a specific room or favorite chair. This may be helpful for you.

#### **3. Pick a Plan**

To make the best use of your time, you'll need a plan. You will connect more easily with God if you find a plan that works for you. The best type of plan is one that fits your schedule and personality, and one that will motivate you to pray and open your Bible on a regular basis.

