**Having Quiet Time With God**

Many Christians struggle with spending time with God. Our busy schedules, duties at home, or meeting the needs of our families, make it easy to say yes to other things and no to God. Though these may be legitimate responsibilities they must not cancel out time with God. We must make spending time with God equally important. If we do not we will find ourselves spiritually weak.

A helpful idea is to establish a Quiet Time. A Quiet Time is time set aside to spend with God. We become spiritually refreshed and our minds are renewed. Romans 12:2 says, ***“Be not conformed to this world but be ye transformed by the renewing of your minds that ye may be able to prove what is that good perfect and acceptable will of God.”*** As God speaks to us He provides encouragement, direction, understanding, and confirmation about His will. Then we know him better and grow to experience His love, His peace, and His blessings.

**Four ideas to help begin your Quiet Time:**

**Do it daily.**  Do your best to do it daily. If you miss a day don’t feel guilty. Make efforts to pick up the following day. You will find many excuses to not have a Quiet Time each day. Avoid the temptation to have excuses.

**Find the right time.**  Some people are more alert in the morning others at night. Use whatever time works for you. It is best to spend about 30 min. to an hour.

**Find the right space.** A Quiet Time is just that: Quiet Time with God. So it is best to find a space free from distractions and noise. Avoid looking at phone notices or answering questions from others.

**Have the right supplies.** It is best have a Bible with pages instead of using it on your phone or tablet. You may be distracted with notifications on a phone or tablet. You will also need a pencil, pen and notebook, pad, or journal. This will allow you write notes as you read.

**Four activities in your Quiet Time:**

1. **Read** – Develop a reading plan. Using your Bible is always best. You may decide to read the entire Bible, the Old Testament, the New Testament, or a book from the Bible such as Matthew. Discover what works for you. Make sure it is planned and formatted so it will work for you.
2. **Reflect** – take your time as you read and don’t be in a rush. Allow the Holy Spirit to speak to you. After you’ve read take time to think and ponder. Then ask yourself a few questions. What words or passages got your attention? Why did it get your attention? Are you in a trial? Do you need improvement? What principle did you extract and what can you apply in your life daily?
3. **Rite (Write!)** – Write down some things you received during your time of reflection. Underline certain passages that stood out to you. Circle or underline words that mean something to you like Grace, Peace, or Love. Write down passages you may choose to remember or ways God wants you to apply what you’ve read.
4. **Request (Pray!)**  – Listen and talk to God. Prayer is not only talking to God but listening also. This is why quietness is important. God may decide to speak in a “low whisper” 1 Kings 19:12. When He does you want to hear. During this time you may also wish to confess, give thanks, intercede for others, give praise, or make a request.

Once you begin a Quiet Time your perspective will change. God, life’s trials, life’s accomplishments, and others will be seen differently. You will begin to experience joy and hope because your trust in God’s ability to resolve your issues will increase. You will not be the same. Others will notice the difference as well. You will begin to influence others for Jesus. Take the time to begin your Quiet Time today. Don’t delay!