

**Confession** - Admit your sins.  
Psalm 66:18, Proverbs 28:13

**Adoration** - Praise God for His greatness, His power, His majesty, His sovereignty, etc. Mention some of the great things He has done in the past, is doing now in the present, and will do in the future.  
Revelations 4:11

**Supplication** - Pray specifically for yourself and for others. Be sure to ask according to His will (according to His Word). 1 Juan 5:14

**Thanksgiving** - Thank God for the little things and the big things in your life.  
1 Thessalonians 5:18

# How to have a daily, personal time alone with God: the Quiet Time

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Talk to God right now and make an appointment to meet with Him.

Lord, I am going to get up at \_\_\_\_ and I want to set apart \_\_\_\_ minutes to be alone with you. I think that the best place to meet you will be \_\_\_\_\_. Thank you so much for taking the time to be with me. I love you with all my heart.  
\_\_\_\_\_ (your signature)

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*God is faithful, by whom you were called to the fellowship of His Son, Jesus Christ our Lord.*  
1 Cor. 1:9

## **A Personal Time Alone with God: the Quiet Time**

### **What is a Quiet Time?**

A Quiet Time is a time set aside exclusively to have personal fellowship with God. It is a time when we can be alone with God and share our heart with Him. It is also a time to be still and listen carefully to what God has to tell us through His Word, the Holy Bible. Perhaps the key word that best describes a Quiet Time is «communication». God speaks to us through the Scriptures and we can speak to Him through prayer. It is very important to maintain this communication with God every day if we want to know Him well and fulfill our purpose in life.

### **¿Why should we bother to have a quiet time?**

#### **1) God desires to have fellowship with us.**

*God is faithful, by whom you were called to the fellowship of His Son, Jesus Christ our Lord. 1 Corinthians 1:9*

#### **2) If we are not in fellowship with God, our life will be empty and without fruit.**

*Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it remains in the vine, so neither can you unless you abide in Me. John 15:4*

#### **3) When we are in fellowship with God and sharing this fellowship with those around us, we will have joy.**

*That which we have seen and heard we declare unto you, so that you also may have fellowship with us. And truly our fellowship is with the Father and with His Son Jesus Christ. We write these things to you so that your joy may be full. 1 John 1:3-4*

### **¿How can we begin?**

**1) Set a specific time and guard it exclusively to spend time with God.** Psalm 5:3

**2) Choose a tranquil place where there will not be any distractions.** Mark 1:35

**3) Plan out what you will do during your time with God.**

Some simple suggestions to get started:

- Choose a book of the Bible and read a paragraph or a chapter every day.

- Go before God with confidence. Jeremiah 33:3 says, *Call to Me, and I will answer you, and show you great and inscrutable things which you do not know.*

- Write down the main idea on a piece of paper or notebook.

- Meditate on these questions from George Mueller and jot down the answer to the one that most interests you.

Is there an example to follow?

Is there a command to obey?

Is there an error to avoid?

Is there a sin I need to abandon?

Is there a promise from God that I can claim?

Is there something new that I did not know before?

- Now that God has spoken to you through His Word, you can speak to Him through prayer. Use the acrostic CAST to help guide you: