

Quote #1

“The greatest victories to the church of Christ or to the individual Christian are not those that are gained by talent or education, by wealth or the favor of men. They are those victories that are gained in the audience chamber with God, when earnest, agonizing faith lays hold upon the mighty arm of power.” (*Patriarchs and Prophets*, p. 203)



1 Kings 19:11-12

Where did Elijah encounter God? Where didn't he encounter God?

Elijah had done so much for God! But still he had to be reminded by God that he couldn't encounter Him in a storm, earthquake, or fire, but rather in the quiet.



Jesus had a unique relationship with God the Father. Although He was continually filled with the Holy Ghost, He still felt the need to spend time alone in regular communion with His Father. What did that look like in Jesus' life?

Mark 1:35: _____

Luke 6:12: _____

If Jesus needed this quiet time with God, then how much more do we need it!

Quote #2

“His hours of happiness were found when alone with nature and with God. Whenever it was His privilege, He turned aside from the scene of His labor, to go into the fields, to meditate in the green valleys, to hold communion with God on the mountainside or amid the trees of the forest. The early morning often found Him in some secluded place, meditating, searching the Scriptures, or in prayer. From these quiet hours He would return to His home to take up His duties again, and to give an example of patient toil.” (*The Desire of Ages*, p. 89)

Quote #3

“He studied the word of God, and His hours of greatest happiness were found when He could turn aside from the scene of His labors to go into the fields, to meditate in the quiet valleys, to hold communion with God on the mountainside or amid the trees of the forest. The early morning often found Him in some secluded place, meditating, searching the Scriptures, or in prayer.” (*The Ministry of Healing*, p. 52)

Quote #4

“In a life wholly devoted to the good of others, the Saviour found it necessary to turn aside from ceaseless activity and contact with human needs, to seek retirement and unbroken communion with His Father. As the throng that had followed Him depart, He goes into the mountains, and there, alone with God, pours out His soul in prayer for these suffering, sinful, needy ones.

When Jesus said to His disciples that the harvest was great and the laborers were few, He did not urge upon them the necessity of ceaseless toil, but bade them, "Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest." Matthew 9:38. To His toil-worn workers today as really as to His first disciples He speaks these words of compassion, "Come ye yourselves apart, ... and rest awhile."

All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, "Be still, and know that I am God." Psalm 46:10. This is the effectual preparation for all labor for God. Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men's hearts." (*The Ministry of Healing, p. 58*)

Why quiet time?

Why do we actually need quiet time with God? Isn't it enough to pray at church? Or while traveling in the car? It is good and important to pray at church, in the car, at school, at the university, at work, etc. But these prayers are not a substitute for quiet time with God. When we read the Psalms the thought of being still before God and spending time in His presence comes up again and again. When we look at these statements it will become clear why quiet time with God is so important.

1st Reason



We spend time in God's presence and gain confidence in our faith.

What does this Psalm say that God wants?

Psalms 91:1,2,14-16 _____

If we dwell "in the secret place of the Most High" and "abide under the shadow of the Almighty" (i.e., if we spend time in God's presence) we gain confidence in our faith and receive answers to our prayers. Our relationship with God becomes deeper and more intimate. And how much God yearns for this relationship with us, because He loves us as our father more than words can describe!

2nd Reason

We better understand God’s character and gain joy in our faith.



How do David and Asaph describe how they got to know God better?

Psalms 63:2-7 _____

Psalms 77:12-14 _____

In God’s presence we discover who God really is. We see His power and glory, His lovingkindness, His willingness to help us, His holiness – even his character. It brings joy to our faith.

3rd Reason

We can pour our hearts out to God.



What did a quiet encounter with God mean to David?

Psalms 62:6-9 _____

4th Reason

We can completely surrender our plans for the day and ourselves to God.



What was David able to do in the quiet?

Psalms 37:5-7 _____

Quote #5

“Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, “Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.” This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.” (*Steps to Christ, p. 70*)

5th Reason

We experience God's leading in our decisions.



How did David experience God's leading through his quiet time with God?

Psalms 4:4-5 _____

Psalms 143:8,10 _____

God longs to guide us in our lives and show us the best way to go. Our lives are so hectic that we often can't hear his small still voice. God can best reveal His will to us when we spend quiet time with Him. You will learn more about God's will in lesson 10: "Knowing God's Will".

6th Reason

We experience how God helps us with our problems.



What was David able to experience?

Psalms 46:2,11 _____

7th Reason

We can bring our petitions to God.



What was David able to experience through his quiet time with God?

Psalms 65:2-3 _____

During quiet time with God, we see what is really important. We ask God for the right things!

8th Reason

We understand God's word better.



What did David do with God's word?

Psalms 119: 97,99 _____

It is so important to spend quiet time in God's word. If we want to experience God changing us through His word then a superficial study of the Bible will not suffice. We need quiet, quality time in order to be able to really understand God's word. It is only then that God's word can change us. More about this in our next lesson.

Quote #6

"Merely to hear or to read the word is not enough. He who desires to be profited by the Scriptures must meditate upon the truth that has been presented to him. By earnest attention and prayerful thought he must learn the meaning of the words of truth, and drink deep of the spirit of the holy oracles." (*Christ's Object Lessons, p. 59*)

9th Reason

God can show us what we are like and what position we are in.



What prayer did David submit to God?

Psalms 139:23,24: _____

Oftentimes we are lacking true self-knowledge. In our quiet time with Jesus the Holy Spirit reveals to us the truth about ourselves. At times, this may be unpleasant. But understanding where and who we really are is a prerequisite to God changing us.

10th Reason

God gives us power to change.

What does God promise, when we are quiet before Him?

Isaiah 30:15: _____

Quote #7

"God bids us fill the mind with great thoughts, pure thoughts. He desires us to meditate upon His love and mercy, to study His wonderful work in the great plan of redemption. Then clearer and still clearer will be our perception of truth, higher, holier, our desire for purity of heart and clearness of thought. The soul dwelling in the pure atmosphere of holy thought will be transformed by communion with God through the study of Scriptures." (*Christ's Object Lessons, p. 60*)

Quote #8

"As we try to become acquainted with our heavenly Father through His word, angels will draw near, our minds will be strengthened, our characters will be elevated and refined. We shall become more like our Saviour. And as we behold the beautiful and grand in nature, our affections go out after God. While the spirit is awed, the soul is invigorated by coming in contact with the Infinite through His works. Communion with God through prayer develops the mental and moral faculties, and the spiritual powers strengthen as we cultivate thoughts upon spiritual things." (*The Desire of Ages, p. 70*)

Tips for your Quiet Time

Each of these 10 reasons for spending quiet time with God are sufficient in and of themselves. As a whole, they leave us with no other choice but to devote a special time everyday to be alone with God. The following tips shall help you to experience the blessing of spending this quiet time with God.

1. Make spending quiet time alone with God a top priority.
2. Choose a good time for your daily quiet time. Early morning is especially suitable. Before you get caught up in the activities of the day spend quiet time with God.
3. Go to bed early. When you do this consistently, you will have the strength to get up early to meet with God. Before you go to bed make an appointment with God for the next morning. Ask Him to remind you in the morning so that you really get up.
4. Find a place where you can be alone with God. This place shouldn't be your bed. The danger of going back to sleep is too great! You can vary the place. Moses met with God on the mountain and later in the sanctuary. John the Baptist found quiet in the desert, Daniel in the quietude of his room. Even Jesus speaks of a room in the Sermon on the Mount where we can encounter our heavenly Father. But He often went to a lonely place in nature. Wherever your place is, let it be a place where you can be undisturbed and can completely concentrate on God.
5. During your worship take time to thank God, to read His word, to meditate on your relationship with God, and to present your petitions to Him.
6. Have a good worship plan! For example, you can plan to read the Bible through in a year or to study "The Desire of Ages" by Ellen White.
7. Keep a worship diary by writing down your prayers and your thoughts on the Bible verses you studied.
8. Don't give up! There will be days where you won't succeed in having your quiet time. God knows your heart and He doesn't keep a tally in heaven of how often you had your worship. If it doesn't work out one day, then have an even better worship the next.
9. Don't be influenced by your moods. There might be days you don't feel like having worship at all. Don't let these feelings mislead you. Take the time anyway. Remember, God is looking forward to being with you!

Quiet time with God means more than having worship for an hour every day. It is an attitude about life in which we know that we neither have to, nor can, earn anything from God. We may rest in His salvation. This awareness makes our daily encounter with God very precious.

