

SESSION 1: Does God *really* expect me to have an effective Personal Quiet Time?

*How do I know that all this isn't just a preacher's conspiracy to identify yet another point in my life that needs work?!?!
Maybe it's just another exercise in guilt!*

A. Do I really need to have an effective Quiet Time?

1. What should be the primary goal of the Christian?
 - a. Isaiah 43:7
 - (1) Those called by His Name have been created for His Glory.
 - b. 1 Corinthians 10:31
 - (1) All that we do should be directed to glorify God.
 - c. 2 Corinthians 5:9
 - (1) Our highest ambition should be to please God.
2. A Goal is one thing, but how about our desires?
 - a. Matthew 5:6
 - (1) Shouldn't we be hungering and thirsting after righteousness?
 - b. Philippians 3:7-17
 - (1) Shouldn't we be passionately pursuing. . .
 - c. 1 Peter 2:1-3
 - (1) Shouldn't we be craving Christ and His Word?
3. Shouldn't we be passionately pursuing Jesus Christ, and the knowledge of Him?
 - a. And if we were, would we even ask the question, "does God expect me to have a daily quiet time?"

- b. Instead, wouldn't we be begging for time with Jesus each day?
- c. As the demands upon us increased, wouldn't our dependency on Christ increase?

4. Don't miss this!!!

- a. John 17:17

(1) Point: It is the Word empowered by the Spirit that God has designed to be the chief instrument of sanctification.

- b. Romans 10:17

(1) Point: It is the hearing of the Word that God has designed as a builder of faith.

- c. 2 Corinthians 3:17-18

(1) Point: It is the beholding of the glory of the Lord that causes us to be transformed into the same image!

5. Want to know the secret of the successful Christian life?

Ok, since you insist. . .

- a. STOP looking for silver-bullet 'successful Christian Life secrets'!
- b. STOP ignoring the obvious!
- c. Pay close attention to the basics that you have been taught!!!
- d. The 'SECRET' is no secret: the Gospel, the Church, the ordinances, the Word, and prayer, all empowered by the Holy Spirit, are what God has provided to accomplish His purposes of molding us into the image of Christ.

6. Practical Tips for the Development of an Effective Quiet Time

- a. Requires discipline and effort.
- b. Requires the development of a taste for the Word.
- c. Requires the understanding that your day won't grow by 30 minutes just because you decide to have devotions. Something else must go.

B. The Key to Biblical Change, from Paul's Epistle to the Ephesians

1. The Context

- a. Ephesians 1 – God has blessed us with every spiritual blessing in heavenly places! I pray that the eyes of your heart would be enlightened to understand what He has done for you.
- b. Ephesians 2 – You were dead in trespasses and sins, but God saved you for the purpose of serving Him with good works prepared beforehand!
- c. Ephesians 3 – For this reason, I am praying for you, that you would be strengthened in the inner man through the indwelling Spirit!
- d. Ephesians 4 – Therefore, walk in a manner worthy of that to which God has called you.
- e. Summary: the context details a radical before-and-after view of the believer, powered by the strength that God Himself provides!

2. The Principle of Biblical Change, Ephesians 4:17-24

- a. “Put off” the old self which is being corrupted by lusts of deceit, v 22
- b. “Be renewed” in your mind, v 23
- c. “Put on the new self” which has been created in righteousness and holiness of the truth, v 24
- d. A series of examples is provided, vs 25-ff

C. Applying the Principle of Biblical Change to Personal Quiet Time

1. Put off old habits that interfere

- a. Put off the habits that have rendered QT difficult, or distasteful.
- b. What are you loving more than Christ and His Word?
- c. Something in your schedule must give!

- d. What are you feeding yourself that blunts and dulls your Spirit-provided hunger for the Word?
 - e. Get rid of it!!!!
 - f. Ask the Spirit to reveal these things to you. Be prepared to obey as He does.
2. Change your mind about an effective Personal Quiet Time.
- a. God DOES expect you to set aside (consecrate) time to meet with Him daily to read your Bible and pray.
 - b. God DOES NOT want your leftovers – He wants your prime-time.
 - c. God WILL enable you to establish the discipline, because it is part of His Will for you!
 - d. Your time with God must become a priority.
 - e. Be renewed in the spirit of your mind!!!
3. Put on the habits for an effective Personal Quiet Time.
- a. Learn some “how to’s” – (that’s why you’re here today!)
 - b. Establish a specific plan. Write it down!
 - c. Be realistic: don’t commit to an amount of time you aren’t going to be able to sustain.
 - d. Make your own spiritual development a matter of daily prayer.
 - e. Ask someone else to help pray you through the development of the habit.
 - f. Don’t be overly concerned about set-backs.

D. Does God really expect me to have an effective Personal Quiet Time?

- 1. Deuteronomy 6:4-9
 - a. Point: The Word was to be an intentional part of daily living!

2. Joshua 1:6-9

- a. Point: The Word was to be a constant object of meditation!

3. Proverbs 2

- a. Point: There is a relationship between effort and result!

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