

Quiet Time: Meeting with God Every Day

Five elements of a daily time alone with God, and how to meditate on His Word

My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.

PSALM 5:3

AT A GLANCE

BIG IDEA	A quiet time is a daily appointment to be with God. When we start the day (or end it) with Him, we carry Him with us. The goal isn't finishing a duty; it's fellowship with God.
SCRIPTURE	Psalm 5:3 · Mark 1:35 · Hebrews 4:16 · Romans 12:1 · James 1:22 · Colossians 1:9 · Psalm 1:2
LENGTH	About 25 minutes, plus a practice quiet time
BEST FOR	Middle school and high school
YOU WILL NEED	Bibles, 3x5 cards, and a simple notebook or journal for each student

Start here: first things first

Christians have called it the "quiet time," the "morning watch," or an evening vigil. Whatever you call it, it's a regular time alone with God. Jesus Himself did this: "Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed" (Mark 1:35).

Paul uses a picture from Israel's offerings: "For if the firstfruit is holy, the lump is also holy; and if the root is holy, so are the branches" (Romans 11:16). When the first part of the dough was offered to God, the whole batch was set apart for Him. In the same way, when you give God the first part of your day, you'll remember Him all day long. And when you give Him the start of your night, you'll rest with your mind on Him.

A NOTE ON ROMANS 11:16

In context, Paul is speaking about Israel and God's faithfulness to His people. Ron uses the firstfruits principle as an illustration for our days, which fits the Bible's broader teaching about giving God our first and best (Proverbs 3:9).

Five elements of a quiet time

1. Attitude: why you come

If we think of a quiet time only as a duty or a box to check, it will quickly become a burden. The only thing that will keep us coming back is **the desire for fellowship with God**. The most important part of this time is not how much you read; it's meeting Him.

2. Location, time, and consistency

Find a solitary place, a regular time, and stick with it. Jesus went to "a solitary place." For you that might be your bedroom before school, the kitchen table, or your car before work. Consistency takes discipline at first, but soon it becomes something you look forward to.

3. Prayer

- **Make sure you meet with God.** "Let us therefore come boldly to the throne of grace" (Hebrews 4:16).
- **Renew your surrender.** Offer yourself to God again: "present your bodies a living sacrifice" (Romans 12:1).
- **Listen as well as talk.** Prayer is two-sided. "I will instruct you and teach you in the way you should go" (Psalm 32:8).
- **Pray for yourself and others.**

4. Bible reading

- **Don't let study replace meeting God.** Jesus warned people who searched the Scriptures but wouldn't come to Him (John 5:39-40).
- **Listen for the Holy Spirit's teaching.** Jesus promised the Spirit "will guide you into all truth" (John 16:13; see also Psalm 51:6; Isaiah 50:4).
- **Be ready to obey.** "Be doers of the word, and not hearers only" (James 1:22).
- **Ask to know God's will.** Pray that you would "be filled with the knowledge of His will in all wisdom and spiritual understanding" (Colossians 1:9).

5. Meditation: thinking it over

Biblical meditation is not emptying your mind. It's *filling* your mind with God and His Word: thinking carefully about what you read, figuring out what it means, and deciding how to live it out. The blessed person delights in God's law, "and in His law he meditates day and night" (Psalm 1:2).

The Hebrew word for meditate (*hagah*) means to murmur or mutter, like quietly repeating something to yourself as you think it over. A good picture is a cow chewing its cud. A cow swallows its food, then brings it back up and chews it again and again, so it gets every bit of nourishment. Thinking about God's Word over and over helps you get all of its goodness into your life.

PRACTICE TOGETHER: EPHESIANS 6:1-3

Read "Children, obey your parents in the Lord, for this is right..." Then ask: What does it say? What does "in the Lord" mean? Why is it "right"? What promise comes with it? Where is it hardest for me to obey? What will I do differently today? That's meditation.

Helps for meditating

Flash cards

Write a verse on a 3x5 card and keep it in your pocket, phone case, or bag. Look at it throughout the day.

A journal

Each evening before bed, write down what you thought about. It keeps your thoughts organized and shows you how God is working.

Say it out loud

Read the verse aloud slowly, emphasizing a different word each time.

Pray it back

Turn the verse into a prayer: "Lord, help me to..."

TALK IT OVER

1. What is the difference between a quiet time as a duty and a quiet time as fellowship with God?
2. Jesus got up early to pray. What would be the best time and place for you?
3. Why is listening an important part of prayer? How can we listen to God?
4. How is biblical meditation different from the kind of meditation the world talks about?
5. What will you meditate on this week? How will you remind yourself during the day?

TAKE IT HOME

Set a daily appointment with God this week: same time, same place. Use the five elements. Choose one verse to meditate on, write it on a 3x5 card, and journal one sentence about it each night before bed.

Give God the first part of your day, and walk with Him all day long.

From fifty years of youth ministry by **Ron Whittam**. Share freely with your students and leaders. · The Youth Ministry Living Room · qrprogramming.com/livingroom

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