

4 Tips for Your Quiet Time eBook

@COFFEEWITHRACH



Quiet time with God is a beautiful form of worship that we get to take part in. Notice how I did not say we “have to do” rather, we GET to do. This is where we get to put on our armor (Ephesians 6) and where we get to know who the Father is. Our quiet time is intended to lead us to the Father’s heart. It’s intended to equip us to fight against the ruler of this world (Satan) and those trying to persecute us for following Christ.

This time with God is not just some time that can be tossed around whenever we feel like it. As disciples, we are expected to know who the Father is. Of course we will never completely understand His ways or character because He is infinite and Holy. But how are we supposed to follow someone we don’t know? How are we supposed to serve someone we don’t know?

These four tips are not your equation to have a “good” or “successful” time with God. Rather, some tips on how to keep God your center of attention while spending time with Him.

1. Set yourself up for success.

Where are you sitting?

Are there distractions?

Where is your phone?

Are you going to get distracted and side tracked if your friend texts you?

And so on...

Ask yourself these questions as you set yourself up to spend time with Him. Distractions are easy and will try to come grab your attention. The truth of the matter is that the enemy **WANTS** to distract you.

Mark 4:19 “but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.”



Put your phone away.

Put your headphones in your ears or sit in silence.

How many times do people get a text message from a loved one and then go check Instagram and then 30 minutes later, they realize they're still on Instagram. Well, put your phone down.

Do what you need to do to focus on God's word.

Sometimes we can't control all of our surroundings, but what we can do is what we **CAN** do. If your situation is hard, just go around it. But don't make excuses for it... there will **ALWAYS** be a reason not to spend time with God.



2. Journal Notes Ideas

Do you have a journal? I would encourage you to grab one if you haven't already! What I do when I spend time with the Father is a few things:

- Before I start, I write out how thankful I am for Him. I write out all the things I am thankful for.

- I then talk about the things I am lacking and need help in. Through my weaknesses, I acknowledge God's power and ask Him to help me. If I am struggling with any specific lies, I will write them out and proclaim the actual truth. So the verse directly combats the lie that I am believing.

- Before reading, I will watch the Bible Project videos on Youtube. There is a video description of each book of the bible and this helps me understand what the specific book of the bible is about. This is a GREAT resource!



- I open up the bible in whatever I am reading and I focus on the text. I write out the questions I have, small observations, and possible connections. (For example, if I am reading Mark and I remember another verse that is similar, I will write that out!)
- I like to highlight or underline verses or passages that stick out to me so when I am going through them later, I know which ones I liked.
- When a certain word is sticking out to you or repeated multiple times, I will look up the definition of it and write it out.

These are just some of the things I do while I spend time with God! I just ordered a commentary and this will help with deeper understanding of the text. There are many ways to study scripture!





3. Don't make it about yourself. Get to know God.

A HUGE misconception that we have about reading our bibles is that it's what WE can get out of it and how WE can benefit from it. While we do put on our armor from the word and are filled with knowledge about who Christ is, it's ultimately about Him. The words in the bible aren't written so we would feel better about who we are. The words are written to explain God's goodness, God's faithfulness, and God's perfect love. When we read scripture, we get to be thankful for this. We get to take refuge in who He is. We find peace not in ourselves, but God's character. We find our strength not in ourselves, but His strength.

We can't learn about who He is and how to take refuge in Him if we are so consumed with "how it can apply to us."

While we benefit from it, it's unhealthy to always go into reading scripture thinking we are going to gain something. Sometimes, it's just having self discipline and showing up. Sometimes it's an amazing experience with God. Either way, it's not about us. It's about learning about His character and because of that, we know who we are.

4. Pray Intentionally


We would have a lot more peace if we prayed. I know that's a bold statement, but I mean it. I know it. I think when we are feeling a lot, we will tend to think God wants nothing to do with our emotions/feelings. But friend..... Have you read any of the Psalms? The whole book is about David talking about His feelings and how God helped Him. Feelings are a beautiful thing we as humans can feel and articulate.

But do we believe God wants to hear our feelings? I feel like we have adapted this way of thinking that He doesn't. That we need to figure things out and then read the bible. Or we just suppress them and never bring them up with God.

All I gotta say is that I definitely used to suppress my emotions and my feelings. I would just write out a lil' thing in my journal and then read scripture. But when I realized that God cared about how I felt and how He wants to HELP ME in my feelings, I started to pray more.

**This is the confidence we
have in approaching
God: that if we ask
anything according to his
will, he hears us.**

1 John 5:14



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When we allow ourselves to feel, we are THAT much more aware of how much we need a savior. So we pray, so we give our feelings to Him, so we talk to our savior. Because He is mighty to save us. He is close to the brokenhearted. Psalm 34:18.

So, how does this relate to prayer? Because we take our requests to God through prayer. Prayer is literally how we talk to God. Quit believing the lies that because you don't pray "good" that you are disqualified to pray. That is a bunch of crap! Just talk to Him. He is our friend, yes. But He is our HOLY Father. So have bold faith and ask in boldness. He already knows what your heart wants to say.



Again, these aren't the "secrets" on how to have a good quiet time, it's just what I do. I love spending time with Him.

If you don't know what to do, keep trying new things.

Keep reading scripture, keep praying, keep asking questions.

There is no right or wrong way to do it. Spending time with our heavenly Father is the most beautiful, humbling, and important thing we can do during our life.

5 "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.

6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

7 "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

8 Do not be like them, for your Father knows what you need before you ask him.

9 Pray then like this:

"Our Father in heaven, hallowed be your name.

10 Your kingdom come, your will be done, on earth as it is in heaven.

11 Give us this day our daily bread,

12 and forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from evil.

14 For if you forgive others their trespasses, your heavenly Father will also forgive you,

15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Matthew 6:5-15