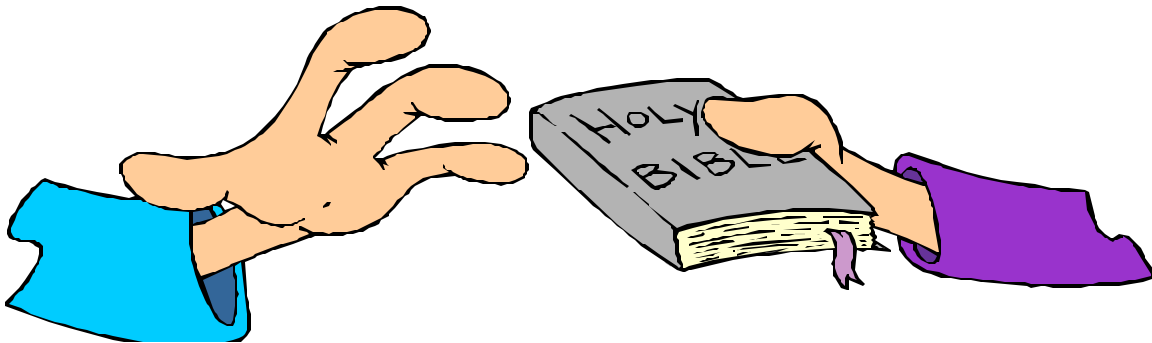


QUIET TIME TRAINING CLASS



OBJECTIVE: The purpose of this class is to provide a basic understanding of how to have a great relationship with God through a personal time of study and prayer, a.k.a. Quiet Time. It will equip you to individually pursue your relationship with God through a daily “Quiet Time”.

METHOD

The class takes only seven lessons of approximately 45 minutes each. It involves one teacher and one student. The student could be either a young Christian or a Christian seeking a deeper relationship with God. Both the teacher and the student should commit themselves to completing the class. Schedule the time and place of each class before you begin, possibly now.

INTRODUCTION

The Quiet Time is the most important ingredient in your relationship with God. Yet, it is also the most neglected. This class will help to provide the tools you need to have an effective, exciting and meaningful relationship with God. It is important that you begin now to take it seriously. Too many Christians are spiritually “dried up” because they have never developed the skills needed to have a good Quiet Time. Too many new Christians remain babes in Christ and some even fall away simply because no one took the time to help them learn how.

The most important part of the introduction is for you to know and realize that you can have a great relationship with God! It will not come to you overnight or in a few days. It is the result of disciplined study and consistent prayer. You must be patient and not expect too much too soon. You have seven lessons to learn the basic skills needed; don’t be in a hurry. A hurried study of anything will reap little benefit.

SUPPLEMENTAL STUDY

Each lesson consists of a section termed “Supplemental Study”. During this time, you are encouraged to choose a section of God’s Word to study and apply what you’re learning. The teacher should take the responsibility to determine what is studied each time. This is an important part of the class; do not neglect it!

HOW TO GET STARTED: Remember, the first thing you should do is commit yourselves to finishing the entire class. This will probably require some sacrifices to be made. Make them! You won’t be sorry you did. Next, sit down and pre-determine the time and place for each meeting. This will allow you to pre-arrange your schedule for the whole class. Teacher, if for some reason you cannot make your appointment, get a substitute to take your place. Pick a time and place with a minimal amount of distractions.

OUTLINE: Lesson 1 - “REASONS TO HAVE A QUIET TIME”
Lesson 2 - “REQUIREMENTS FOR THE QUIET TIME”
Lesson 3 - “PRINCIPLES FOR THE QUIET TIME”
Lesson 4 - “STUDY THE WORD”
Lesson 5 - “DEVOTE YOURSELF TO PRAYER”
Lesson 6 - “MAKING IT LAST ALL DAY LONG”
Lesson 7 - “PITFALLS TO AVOID”



Teacher _____

Student _____



Date _____

Time _____

Place _____

LESSON 1 - REASONS TO HAVE A QUIET TIME

1. Take a moment to pray about your study. Ask God to use this time in a great way and to open your hearts to learn.

2. Read each of these passages and describe what you read:

Mark 1:35 _____

Matthew 4:4 _____

Mark 6:46 _____

Luke 6:12 _____

Psalms 5:3 _____

Psalms 143:8 _____

3. As you can see from these verses, the Quiet Time is absolutely essential to your spiritual growth. If Jesus and David were so dependent upon it, we should be also. The biggest reason to have a quiet time is that it is vital to your spiritual health. It should eventually become more important to you than physical food. We make time for those things that are necessary. The Quiet Time is necessary. **John 4:34; 6:27.**

Read Hebrews 5:11-14 and discuss with each other the key ingredients to maturing in Christ, then write them down.

4. Supplemental study time.

5. Prayer. Take some time to thank God for the time you have had and for each other. Ask Him to bless your time together for the next lesson.



Teacher _____

Student _____



Date _____

Time _____

Place _____

LESSON 2 - REQUIREMENTS FOR THE QUIET TIME

- 1. Take a moment to pray about today's study. Thank God for your last study and for bringing you both together again.
- 2. Today's study is going to be very practical. We will discuss some of the requirements to having a good Quiet Time.

- a. You need to have a specific time and place. (Remember Mark 1:35). Do not simply say, "Oh, I'll have it sometime today." Having a specific time and place will help you develop a habit, much like brushing your teeth or taking a shower. Take a moment, right now, and determine a specific time and place you plan to have your quiet times, then write it down.

Time _____

Place _____



- b. Begin using a Quiet Time journal or notebook. Writing out your responses and thoughts as you study will help you think more clearly and remember what you study. This takes discipline. However, its benefits are great.
- c. Resolve to enter every quiet time with zeal to know God. A legalistic or apathetic attitude will accomplish little. Develop a spirit of expectancy.

Read the following passages and describe what you learn:

Jeremiah 9:23-24 _____

Psalms 1:1-3 _____

Psalms 119:18 _____

- 3. Supplemental study time.
- 4. Prayer. Take some time to pray about what you've learned today and on Lesson 1. As you pray, think about the passages you've studied. You may even want to read them as part of your prayer.

Teacher _____

Date _____

Student _____

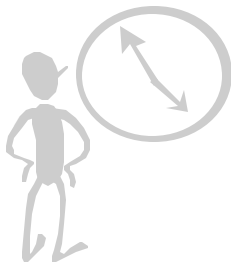
Time _____

Place _____

LESSON 3 - PRINCIPLES FOR THE QUIET TIME

1. Take a moment to pray about your study. Try to remember your first two lessons and ask God to open your heart to learn today. Pray that you will have an expectant heart.

2. There are some basic principles that will help you to have meaningful Quiet Times.



a. Be patient. You will get more out of fifteen minutes spent unhurriedly than an hour of impatiently watching your clock. What does Psalm 130:5-6 tell you?

b. Be alert. Do your best to choose a time that your mind is awake. Otherwise, you may end up having a very “quiet” time. For some people, early in the morning is best; for others late at night. Decide which is your best time and give it to God.

Describe David’s attitude in Psalm 119:147-148 _____

c. Learn to meditate or contemplate on the passage you are studying. You can do this by asking these questions:

- Is there any new command to obey?
- Is there a new promise to claim?
- Is there a sin to avoid?
- Is there anything that keeps me from obeying this passage?
- Is there something God is telling me personally?

What did David meditate on in the following verses?

Ps. 119:15 _____

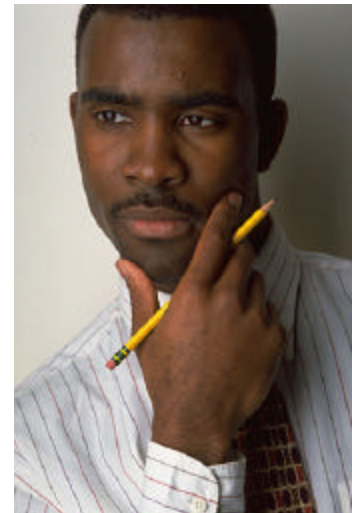
Ps. 119:27 _____

Ps. 119:48 _____

Ps. 119:78 _____

Ps. 119:97 _____

Ps. 119:99 _____



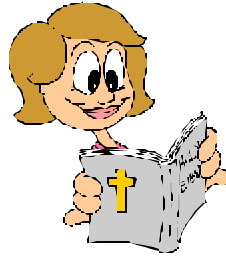
3. Supplemental Study

4. Prayer. Take time to pray about what you have learned and remember to pray about the next class.

Pray that you will look forward to it with great anticipation.

Teacher _____

Student _____



Date _____

Time _____

Place _____

LESSON 4 - STUDY THE WORD

1. Take a few minutes to pray about your study today. You may want to briefly review the last lesson. Use this prayer to prepare your heart and mind for a great Quiet Time.

2. What do the following verses teach us about the Word of God?

2 Tim. 3:16-17 _____

Heb 4:12 _____

James 1:21 _____

Psalms 19:7-8 _____

Psalms 119:9, 11 _____



3. Part of the foundation for a good Quiet Time is the study of God's Word. As you have studied, the word is active, it does a lot of things. Every Quiet Time should be at least based in the word of God. You should make a habit of reading the passage you are studying more than once, preferably three times. This will allow you to grasp both the general and specific meanings inferred. Then, be sure to write down what you learn. It will help you to remember.

4. You should plan ahead of time what you're going to study. You may even want to plan now what to study when this class is over. Planning ahead will enable you to get more excited about your study.

5. You may want to borrow or buy some study helps such as commentaries to aid you. Such helps can prove to spice up and enlighten your Quiet Times. However, be sure you don't use them to the exclusion of the Word. Normally speaking, you are your best commentary.

6. Supplemental study.

7. Prayer. Pray about making the word part of your daily life. You may want to review the passages studied today and pray about them

Teacher _____

Student _____



Date _____

Time _____

Place _____

LESSON 5 - DEVOTE YOURSELF TO PRAYER

1. Begin with a prayer, asking God to open your heart to today's study on prayer. This is an important study; you need to have a sharp mind.
2. What do you learn from the following verses about prayer?



Luke 6:12 _____

Col. 4:2-4 _____

Phil. 4:6 _____

Acts 4:31 _____

I Thess. 5:16-18 _____

3. Learning to pray can be very difficult. It is difficult because it is not natural. It takes some effort. The only way to learn is simply to do it. Prayer is talking with God, having a conversation with Him. He speaks to you through His Word and you speak to Him through prayer.
4. There are basically 4 categories of prayer. Read the following verses and write down what kind of prayer is described:
 - a. Psalm 103:1-2 _____
 - b. Eph. 6:18 _____
 - c. Ps. 51:1, 38:18 _____
 - d. Ps. 55:1-2, 16-17, 22 _____

Whatever you called these four categories of prayer is fine. Some call them praise, intercession, confession and supplication. When you pray, try to include all four areas. Another idea is to use the word ACTS. This stands for **A**doration, **C**onfession, **T**hanksgiving and **S**upplication.

5. Supplemental study.
6. Prayer. Take some time to review what you've learned today. Pray about these things as specifically as possible. Thank God for what you are learning about your relationship with Him.

Teacher _____

Student _____



Date _____

Time _____

Place _____

LESSON 6 - MAKING IT LAST ALL DAY LONG

1. Prayer. Take a moment to reflect on and pray about your previous five classes. Ask God to give you concentration today.
2. Your Quiet Time could very easily become a legalistic part of your day that has little impact on your life. The purpose of a Quiet Time is to grow closer to God, thus giving you guidance and strength throughout the whole day. If your Quiet Times are not doing this, take a closer look at your attitude.

3. Describe the attitude expressed in the following verses:

Phil. 3:10-11 _____

Ps. 42:2 _____

Ps. 56:3-4 _____



4. Making your Quiet Time last all day is developing an eagerness to serve and please God. Here are some helpful hints:

- a. Take your Quiet Time seriously. Make it an important part of your day. Don't let other things crowd your time out.
- b. Be disciplined to use a journal to write down what you're studying and learning. Writing it down will give you better recall later on in the day.
- c. Share your relationship with others! When you share your relationship with God it grows, and so does your intensity to have good Quiet Times.
- d. Memorize a scripture.

5. According to Psalm 119:1-6, what kind of day does God want you to have?

6. Supplemental study.

7. Prayer. Ask God to help you grow in your desire to know Him and please Him. Pray about your Quiet Time lasting all day long. Pray to have a great Quiet Time on the last lesson of this class.

Teacher _____

Student _____



Date _____

Time _____

Place _____

LESSON 7 - PITFALLS TO AVOID

1. Take a few minutes to review the previous six lessons and then pray to have an open and receptive heart today.

2. Quiet Times can suffer from many pitfalls. Avoid them is sometimes very difficult. We should be constantly striving to give new spark and life to the Quiet Time.

3. a. Laziness.

This is perhaps the biggest culprit. We live in a society that breeds laziness and ease.

Laziness will cause us to miss Quiet Times, sleep through them, or totally forget to have them. Laziness is sin and must be dealt with as sin. Don't succumb to the temptation to call laziness by its more pleasant nickname: "tired, busy and preoccupied." What do these verses tell you?

Prov. 10:4, 26 _____

Prov. 13:4, 20:4 _____

b. Boredom. Quiet Times can tend to get boring and dry. To avoid this you need to choose exciting passages to study. A three-year, daily study on Leviticus may prove to be less than exciting. Talk to others about exciting topics of study and then plan them into your Quiet Time schedule.

4. Take some time now to review the seven classes. What did you learn? Take a few minutes and write down your thoughts on each class.

Lesson 1 REASONS _____

Lesson 2 REQUIREMENTS _____

Lesson 3 PRINCIPLES _____

Lesson 4 STUDY THE WORD _____

Lesson 5 PRAYER _____

Lesson 6 LAST ALL DAY _____

Lesson 7 PITFALLS _____

5. Supplemental Study

6. Prayer. Take some time to thank God for this class and each other. Ask Him to help you pursue a relationship with Him each day through your Quiet Time.

